



## LOCKDOWN TAKES A TOLL ON MENTAL HEALTH, ANXIETY LEVELS UP AS JOB LOSS FEARS RISE

A lot many are fearing loss of job, some have already seen pay cuts and appraisals are getting delayed almost for everyone. The COVID-19 crisis and the ongoing lockdown has left employees feeling anxious and worried about their future, prompting many corporates to look for ways to keep the staff motivated. Some are roping in psychologists to conduct "happiness sessions" for staff members over video conferencing, others have decided to keep communicating with them regularly about business updates and a few are also promising necessary steps to safeguard their career progression.

## News Digest

### Retired Soldier Injured in Militant Attack Dies

Srinagar: A former Territorial Army (TA) soldier, who was shot at by militants in south Kashmir's Kulgam district, succumbed to injuries at an army hospital here on Monday. Official sources said that the former soldier Abdul Hamid Matoo succumbed to his injuries at the army's 92 base hospital in Srinagar in the wee hours today. A resident of Buchroo village of Kulgam, Matoo was shot at and injured by unidentified militants on Sunday evening. Meanwhile, a police officer said that a case under relevant sections of law has been registered and further investigations taken up.

### Militants, Forces Trade Fire In Pulwama

Srinagar: Government forces and militants on Monday exchanged gunfire in Malangpora area of South Kashmir's Pulwama district. Unknown militants attacked joint party of CRPF and police at Malangpora near Railway Station this evening, reports said. The joint team returned the fire triggering off a brief gun-battle. Following the shootout, additional reinforcement were rushed to the area and searches were launched to nab the attackers.

### Three Commit Suicide In Doda

Jammu: Three people, including a woman, allegedly committed suicide in separate incidents in Doda district of Jammu and Kashmir, police said on Monday. Mohammad Rafiq (35), a resident of Sekwan village, jumped into the Chenab river from Ganpat bridge on Monday afternoon and drowned, a police official said. Efforts are on to recover his body, he said, adding that preliminary investigation suggested that he was upset over some family issue. Neelma Devi (40) allegedly committed suicide by hanging herself inside her house at Barana village on Sunday, the official said. He said police have started inquest proceedings to ascertain the motive behind her taking such an extreme step. **▶PAGE 02**

### Govt Revokes PSA of 36 Detainees

Srinagar: The Jammu and Kashmir government on Monday revoked Public Safety Act (PSA) detention orders of 36 persons lodged in different jails, reports said. Home department of J&K Union Territory today revoked detention orders of 36 persons lodged in different jails, news agency KNO reported quoting sources. Details gathered from different jails and police revealed that detainees whose PSA was revoked today are lodged in Central jail Srinagar (16), KotBhalwal central jail Jammu (16), and one each in district jails of Kupwara, Anantnag, Baderwah and sub-jail Hira Nagar. According to sources, the government has also decided to revoke PSA detention orders of 30-40 prisoners lodged in jails outside Jammu and Kashmir.

## PM Modi To Address Nation Today

Press Trust Of India

NEW DELHI- Prime Minister Narendra Modi will address the nation on Tuesday at 10 am, the Prime Minister's Office said.

The 21-day nationwide lockdown to curb the spread of coronavirus ends on Tuesday and the prime minister is likely to talk about its possible extension.

"Prime Minister @narendramodi will address the nation at 10 AM on 14th April 2020," the PMO tweeted.

Last month, the prime minister had addressed the nation twice — on March 19 and March 24.

On March 19, he had called for resolve and restraint to fight coronavirus. He had also announced a 'janta curfew' on March 22, a Sunday.

On March 24, he had announced the 21-day nationwide lockdown to check the spread of the deadly virus.

In a video message on April 3, Modi had urged people to switch off the lights at their homes and light up lamps, candles or mobile phone torches for nine minutes at 9 pm on April 5 to display the country's "collective resolve" to defeat the coronavirus.

## Iran Evacuated Pilgrims Return After 1 Month Quarantine

SRINAGAR- 44 evacuees from Iran were airlifted to their homes in Kashmir and Ladakh on Sunday after completing a one-month-long quarantine period at the Indian Navy Quarantine Facility at Material Organisation, Ghatkoper, Mumbai.

The evacuees had arrived on March 13 and on March 28 all of them tested negative for Covid-19. But amid the national lockdown their stay at the facility got extended as they had no means of travelling to their homes in Kashmir valley and Ladakh, reported news agency ANI.

A team of medical staff from the Navy monitored the health of the evacuees. They were supported **▶PAGE 02**

## House Boat Owner Booked For Hiding British Tourist

SRINAGAR: A British national has been sent to a quarantine facility while his host in Kashmir has been booked here in Kashmir capital Srinagar, reports said Monday.

According to reports a house boat owner not only hosted a British citizen but also provided him accommodation at his house boat.

The tourist was spotted by a police official and during questioning he admitted to have reached the Valley via Srinagar-Jammu Highway and had managed to skip the Foreigner Registration Offices of both Jammu and Kashmir Tourism and police **▶PAGE 02**

## 12 Tabligh Members Among 28 More Test Covid-19 Positive In Kashmir

Kashmir Tally Crosses 200 Mark, Over 53,000 Under Lens In J&K

Observer News Service

SRINAGAR: Twelve more non-locals, all members of Tablighi Jamaat and a four-year-old girl were among 28 people, who tested positive for coronavirus in Valley on Monday, taking the total number of infected people in Kashmir to 225, and 273 across the Union Territory, officials said.

"25 new cases of Covid-19 reported in J&K. All from Kashmir. Total now at 270. Further details in daily bulletin being released shortly," Government spokesperson Rohit Kansal Tweeted.

However, hours after his Tweet, a news agency reported three more Covid-19 cases, all from Srinagar, taking the day's tally to 28.

The new cases that were reported today included twelve non-locals, all religious preachers who had arrived in Valley on March 22. All of them hailing from the Indian Capital New Delhi were placed under quarantine at EDI Pampore immediately after their arrival, reports said.

"While we attend every case with same attention, gladly there's no local Covid +ve for 3rd day. Sadly, 12 new reported today, all from same group of outsiders who've been in quarantine since Mar 27. #Srinagar needs to continue with precautions, patience, and no panic," Deputy Commissioner Srinagar, Dr Shahid Choudhary wrote on his Twitter page.

Srinagar, the capital city witnessed three fresh cases of Covid-19 after a break of two days. The three new cases are two elderly women from Chattabal, both contacts of previous Covid-19 patient and a 27-year-old woman from Zoonimar area. She had been to New Delhi recently. In north Kashmir's Bandipora, **▶PAGE 02**



VOLUNTEERS REGULATING MOVEMENT Of People In Srinagar's Habba Kadal Locality on Monday. Photo: Abid Bhat

## 2 Covid-19 Positive Children Recover, Discharged

Observer News Service

SRINAGAR- Two children who had tested positive for the novel coronavirus last month have recovered and were discharged from the hospital after their repeated samples came negative, official said today.

"First two COVID-19 Positive children discharged today from JLNH Hos-



pital Rainawari Srinagar along with their mother who was COVID-19 Negative but was staying with her daughters. The repeat samples of **▶PAGE 02**

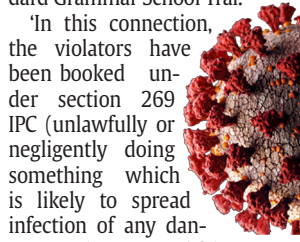
**BESIDES, 13856 PERSONS HAVE COMPLETED THEIR 28-DAY** surveillance period. Moreover 10, more patients have recovered today, 04 are from Kashmir and six from Jammu,"

## 8 flee From Red Zone, Booked; Put Under Quarantine

Observer News Service

SRINAGAR: Eight people who fled from Red Zone in south Kashmir's Pulwama district were booked on Monday under various sections of the Indian Penal Code (IPC) for violating the quarantine laws.

Tehsildar Pulwama received information from the field staff that eight people were staying at a house in Amirabad Tral after escaping from a Red Zone village of Parigam and Qazigund, an official spokesperson said. Taking swift action, the district authorities traced all the eight persons and put them



under quarantine at Hamdard Grammar School Tral. "In this connection, the violators have been booked under section 269 IPC (unlawfully or negligently doing something which is likely to spread infection of any dangerous disease to life), section 270 IPC (malignant act likely to spread infection of dangerous disease to life), section 271 IPC (knowingly disobeying any quarantine rule) and section 188 IPC (for disobeying any government orders)," the official spokesperson said. **▶PAGE 02**

## Covid-19 Recovered Patients As Normal As Others: Dr Naveed

Observer News Service

SRINAGAR: Kashmir's leading pulmonologist and head Chest Disease Hospital Srinagar Dr Naveed Nazir Shah Monday said Srinagar will soon move into the stage of discharging recovered COVID-19 patients and it was important to understand that these persons are now as normal as others.

He said while it is understandable that people are scared of this disease and one must take all precautions as required it is important to understand that those who had it and have now recovered are just as free from it as

others who don't have it.

Dr Naveed said the stigma that has been seen as having been attached to someone affected with this infection is uncalled-for and it is important to end it for all societies to live a normal life.

He said there is no risk of transmission after a patient has recovered and become negative for the viral load — adding however that as a precaution the recovered person must remain under quarantine for the required period after discharge from the hospital.

The doctor said all such persons should keep themselves isolated from **▶PAGE 02**

## Authorities Warn Of Strict Action Against Those Violating Curbs

SRINAGAR- Restrictions to contain the spread of coronavirus were intensified in declared red zones across the Kashmir valley, with authorities warning of strict action against those violating prohibitory orders.

State forces have sealed off main roads in most places in the valley and erected barriers at several other places to check the unwanted movement of the people and to enforce the lockdown, officials said.

Only persons with valid passes were allowed to move, they added.

There will be no inward and outward movement of any person from areas declared red zones and the people will stay in their homes to ensure complete lockdown as restrictions have been intensified. Strict action will be taken against those who violate the prohibitory orders, they said.

They said the curbs were intensified after chief secretary, BVR Subrahmanyam, directed all Deputy Commissioners and District Police heads for strict implementation of restrictions in all 77 Red Zones (areas reporting maximum cases) declared in **▶PAGE 02**

## 12 Lockdown Violators Held: Police

SRINAGAR: Police on Monday claimed to have arrested twelve people for prohibitory orders in Ganderbal district of central Kashmir.

12 people were arrested by police station Lar for defying the prohibitory orders issued under section 144 CrPc in view of Covid-19 pandemic, a police spokesperson said today. He said a case FIR number 28/2020 under relevant sections of law has been registered and further investigation into the matter started.

"Police have once again requested the general public to follow the restrictions imposed by Government in order to prevent the spread of Covid-19 and those who are violating the restriction orders will be dealt strictly," the spokesperson said. **▶PAGE 02**

## 2 Fresh COVID-19 Cases In Ladakh

LEH: Two more people tested positive for coronavirus in Ladakh, while one patient recovered on Monday, taking the total number of active cases in the union territory to five, officials said.

The total number of cases reported in the union territory stands at 17.

Of the fresh cases, one is reported from Sabu in Leh and another from Shakar-Chiktan in Kargil. The patient who has been cured is from Kargil, he said, adding that his reports came on Sunday.

He said reports of 40 samples were received from Delhi on Sunday and all of them were negative. Twenty-eight samples were sent from Leh and 12 from Kargil. **▶PAGE 02**

## Mirwaiz In Most Influential Muslims List For Sixth Time

Observer Monitoring Desk

SRINAGAR: Incarcerated Hurriyat Conference (M) Chairman Mirwaiz Umar Farooq has been listed among the world's most 500 influential Muslims, sixth time in a row.

Pakistan Prime Minister Imran Khan has been chosen as "Man of the Year" while US Congress woman Rashida Tlaib has been selected as "Woman of the Year", Malaysian Newspaper New Straits Times reported today.

Jordan based Royal Islamic Strategic Studies Centre (RISSC), an international Islamic non-governmental organization has released the list of the world's most 500 influential Muslims for the year 2020 in which Mirwaiz figures for the sixth consecutive time. The Hurriyat Chairman inherited the



title of 14th Mirwaiz in 1990 at the age of 17 after the assassination of his father. "At the young age of 20 he became chairman and founder **▶PAGE 02**

## ‘Why on Our Bodies, Homes’: A Dispatch From Kupwara

Auqib Javed

KUPWARA: A day after three corpses were retrieved from the smouldering rubbles in bombed Kupwara hamlets, some mournful villagers returned to see their homes, barns, cowsheds and coops reduced to a warzone site.

The air still smelt of bitter smoke, while a dented car stood like a mangled iron adjacent to a corpus of charred wood. The scalded wreckage reminded many of the nightmarish nineties when frequent arsons would inflict scorched scars in parts of Kupwara. Two women stood inconsolable in front of their blasted home, sobbing: "They should better kill us at once, than this!"

Their cries made a howling sound, as a shrapnel-wounded vil-



laging mother with the body of her 8 year old son who died after being hit by a shrapnel during cross LOC shelling in village Tumina in Kupwara on Sunday. Photo credit: Social media

lager nearby rolled up his trouser to show his bandaged limb to scribes.

At a stone's throw, a middle-aged man sat in front of his shell-ripped home. He broke down like a baby over the sudden devastation unleashed on this idyllic hamlet, tucked around 60km from the explosive Line of Control.

When shells suddenly landed on this postcard countryside pocket on Sunday, many villagers felt that a new warfront has emerged from their backyard.

Amid raining shells from across the LoC, a desperate run-for-life, trailed by screams and cries, ensued. "We ran without footwears, leaving behind all our belongings," said a relative of the mother of four children, who was killed in Sunday's shelling along with two other villagers, including a **▶PAGE 02**

## India Issues Demarche To Pak Over Kupwara Killings

NEW DELHI: India on Monday issued a strong demarche to Pakistan over the killing of three civilians, including a minor, by Pakistani troops in a ceasefire violation along the Line of Control in Keran sector of Jammu and Kashmir, official sources said.

The three people were killed when Pakistani forces resorted to unprovoked ceasefire violation on Monday. "A strong demarche was made to the Pakistan side on the killing of three innocent Indian civilians," said a source. Demarche is a diplomatic note, generally issued to lodge protest over any action of development.

Last Sunday, Keran sector was the scene of a deadly operation in which five elite army commandos laid down their lives while eliminating a group of **▶PAGE 02**