

News Digest



19 Booked For Lockdown Violation

Srinagar: Acting tough against the violators of Government prohibitory orders, Police in a series of actions have arrested 19 persons in Sub Division Sadder, Srinagar. Thirteen persons were arrested in the jurisdiction of PS Sadder for defying Govt orders. Accordingly, cases under relevant sections of law have been registered at PS Sadder and further investigations into the cases have been initiated. In the jurisdiction of • P-02

Handwara Complaint **Against Arnab**

Srinagar: Jammu Kashmir Zamindar Forum Saturday registered a complaint against TV Anchor Arnab Goswami at Police Station Handwara for relating Palghar mob lynching incident to Muslim community The forum has requested police to register an FIR against 'communal' anchor Goswami for trying to create a wedge between Muslims and Hindus in India. "Please lodge a case against Arnab Goswami, co-founder • P-02

'Rancho Khan' **Detained For FB Post**

Amid Pandemic, This Survivor is Becoming Kashmir's Mental Help

Jyotsna Bharti

mental health specialists and **uffering from bipolar** averted the possible mental disorder, Faisal Shafi was going through a escalation case in Srinagar. "We're doing our bit by terrible time in lockdown. serving at the psychological

The man in his mid-forties front in these testing times," Nida told Kashmir Observer. "A availed therapies until he could. But once his supsound mind plays a vital role in port system collapsed and maintaining a healthy body." threatened to further derail The aim, she said, is to help his already unsound mind- in whatever way "we can and set, his daughter sought we will keep doing that to the help from a friend, who's best of our capabilities".

nected her friend's father to

actively arranging mental Nida's NGO has been workconsultations in the valley. ing for a cause, mental health awareness, which, she believes, Founder of 'Ittifaaq- United We Stand', Nida Rehman con- has not been given as much



mportance as it deserves. from people currently grap-"We keep getting calls pling with mental stress," them a patient hearing, we importance as it deserves.

connect them with mental health experts."

Nida's mental awareness campaign started in the year 2014, when flood of biblical proportion unleashed a great mental distress in the valley. Then, as a student of University of Kashmir, she started a few campaigns and programs with the help of her friends for

programs, she started getting children's education. texts from Kashmiri teenagers "Kashmir is not a normal place like any other city or

on Facebook asking for help. state," Nida said, when asked "I remember, one evening about the motivation behind when I opened my Facebook account, I saw messages

want to run away. Maybe be-

continuous hindrance in edu-

cation, people here still lack the understanding of mental

health issues which made a

lot of children comfortable

having a conversation with

In 2017, when Nida was doing well with the NGO

me, than their parents."

cause of orthodox society and

"People feel suffocated and flooding from **PAGE 02**

COVID-19 Claims 6th Victim **2 Pregnant Women, 3 Cops Among 42 Test Positive**



Observer News Service tested rising to 1071. "Finally J&K breaks the 1000 SRINAGAR: A 72-year-old man test barrier- 1071 samples tested became the sixth COVID-19 fa- in the last 24 hours. But that also tality in Jammu and Kashmir means more positives," Principal new cases of novel Secretary Information and

DISTRICT WIDE CASES Bandipora

PSA Against 27, Yasin Khan **Revoked**

Srinagar: Authorities on Friday evening revoked the Public Safety Act (PSA) detention orders of 28 persons lodged in prisons within and outside J&K. Sources disclosed that Home Department has revoked PSA detentions of 21 persons lodged in different jails outside J&K and seven others in Central Jail Srinagar.

The prominent in the list includes Muhammad Yasin Khan, who heads Kashmir Economic Alliance and Kashmir Traders and Manufactures Federation (KTMF). Khan was detained by the J&K administration following the downgrading state of I&K into two UTs.

Apart from others, the detention orders of two close associates of Peoples Conference chairman Sajad Gani Lone have also been revoked. Ahead of abrogation of Article 370, police also rounded up activists of NC, PDP, PC from different parts of Kashmir. **PAGE 02**

Attack on Healthcare Workers Now A **Non-bailable Offence**

Observer News Service

SRINAGAR: The J&K Government has ordered strict action "including and not limited to Disaster Home department. Management Act or Epidemic Diseases (Amendment) Ordinance" against anyone who attacks any healthcare worker in Jammu and Kashmir.

the NGO.

In this regard, the Government has made the IGsP of Jammu, Kashmir and the District Superintendents of Police as Nodal Officers within their respective jurisdictions for ensuring adequate protection to the healthcare professionals, medical staff and frontline workers. The nodal officers have been asked to augment their safety and security cover.

"The Nodal Officers shall also take immediate and strict action in case them, including and not limited to amongst the entire **PAGE 02**

the provisions of the Disaster Management Act, 2005 and the Epidemic Diseases (Amendment) Ordinance, 2020," reads an order issued by

The order comes two days after MHA asked states and union territories to ensure adequate protection to healthcare professionals, medical staff and frontline workers by augmenting their safety and security cover.

"You are aware that the wholehearted and untiring services rendered by the entire medical fraternity, while even risking their lives, has enabled the country to resist the spread of the highly infectious CO-VID-19 virus, that has already been declared as a pandemic by the World Health Organisation (WHO). At this time, any single incident of violence against healthcare professionals is of any incident of violence against likely to create a sense of insecurity

NECESSARY POLICE SECURITY BE ALSO extended to Doctors and other medical staff who visit places to conduct screening of people to find out symptoms of disease."

Srinagar: Ganderbal police has arrested a man for posting an 'abusive comment' on the official Facebook page of the District Police. "A case FIR number 74/2020 under relevant sections of law stands registered at Police Station Ganderbal and investigations were initiated." a police spokesman said. The spokesman said that "during the investigation of the case, the Facebook account named as Rancho Khan was tracked • P-02

LG Says Ramzan-ul-Mubarak To People

Jammu: Lt. Governor Girish Chandra Murmu has greeted the people on the commencement of the holy month of Ramzan and hoped that this auspicious period would be a harbinger of peace, amity, brotherhood, progress, and prosperity in J&K. In a message, the Lt. Governor said that the holy month of Ramzan is a period dedicated to fasting, service, and pravers and it underscores the values of austerity, patience, tolerance, • P-02

coronavirus were confirmed on ernment spokesman Rohit Kansal Saturday in the Kashmir Valley, tweeted. the biggest one day spike since the outbreak started.

Among the fresh cases include two pregnant women besides mother and her two minor sons as well as three policemen. The spike is attributed to in-

lahabad, Prem Murti Pandey, who

works at Mumbai airport, says he

lockdown in Mumbai, but then

could go on for a while.

spreading," he told PTI.

did just that.

one from Kupwara district. The bulk of the cases-28-were crease in the number of tests as J&K broke 1000 test barrier on Satconfirmed at the COVID-19 testing urday with the number of people laboratory at **PAGE 02**

17 Recover, Discharged from 3 Hospitals

eventeen persons, who were hospitalized after testing positive for Coronavirus last month, were discharged from three Kashmir hospitals today after repeatedly testing negative for the infection they had contracted.

Among these 17 persons, one is a non-local from Kerala who was tested positive after coming in contact with a Tablighi Jam'at • P-02

Mosque in Bandipora Hotspot Sealed

uthorities Saturday sealed Central Mosque in a Bandipora area that is being declared as hot spot for Covid-19 infection.

Reports said that on the directions of district administration, Tehsildar Bandipora, sealed Markazi Masjid Sharif at Gund Qaisar village. The village has been declared as hot spot for the spread of Covid-19 infection. • P-02

 Srinagar Officials sources said of the Shopian among 42 cases, 28 were confirmed at Viral Diagnostic Lab of SKIMS Soura and include seven from Bandipora, three from Shopian as many as from Baramulla and

63 55 Baramulla Kupwara 46 38 Anantnag • Jammu 26 Udhampur 20 Ganderbal 14 14 Budgam 6 Kulgam Rajouri 4 Samba 4 • Pulwama 3 Kathua, Kishtwar and

115

84

Ramban districts have one case each.

Militants Killed In Awantipora Quietly Buried In Sonamarg

certained.

Observer News Service

SRINAGAR: Police on Saturday said three persons, including two militants were killed in an encounter with the government forces in Goripora area of Awantipora in south Kashmir's Pulwama district.

According to the Inspector General of Police, Kashmir Vijay Kumar two militants and their "hardcore associate" were killed in the gunfight.

He however said the identity of the slain militants was yet to be as- to ensure health and security of the ceased prior to their burial **PAGE 02**

The encounter had ensued after joint team of army's 50 RR, SOG and CRPF launched a cordon-and-search operation in Goripora in the early hours of Saturday amid specific information about the presence of some militants there.

All the three were quietly buried at Sonmarg in Ganderbal district by the police as per new norm to prevent large funerals for slain militants.

people during pandemic period, the administration has decided to conduct burial of militants at isolated places.

"Allowing funerals at the native places of killed militants would lead to the breakdown of the strict protocols of lockdown thereby endangering the health and well-being of the community at large," he added.

The administration have been following a proper procedure for such burials such as conducting of postmor-A police officer said that in order tem and taking DNA samples of the de-

Amid Prayer And Penance, Ramazan Starts In Kashmir



Holy month of Ramazan began here Saturday as Muslims in Kashmir started their daily fasting period under a raging pandemic with mosques and shrines shut. KO Photo by Abid Bhat

PHE & IFC Renamed As 'Jal Shakti Dept'

SRINAGAR: The Jammu and Kashmir administration has formally accorded sanction to renaming of the Public Health Engineering and Irrigation and Flood Control Department as the 'Jal Shakti Department'.

It ordered inclusion of the 'Jal Shakti Department' at serial No. 27-A in the first schedule of the J&K government business Rules and deletion of sub-entries (2) and (5) appearing at serial No. 27 (Public works) in the first schedule of the J&K government business.

The decision was taken at the Administrative Council, which met under the chairmanship of Lt Governor G C Murmu, on 5 February this year. The Administrative Council had also accorded sanction to the implementation of the Jal Jeevan Mission • P-02

'Only One Way Open': Man Buys Truckload **Of Onions To Drive To His Village**



Buses and trains don't run and flights are grounded during this lockdown to stop the spread of He spent the first phase of the

coronavirus. " I realised that the government had left one way open,"

it seemed that the restrictions Pandey said, referring to the re-"Actually Azad Nagar in Andlaxation on the movement of esheri East, where I live is a very sential commodities like fruit and congested area and there is a vegetable

bigger risk there of coronavirus His plan also involved watermelons -- 1,300 kilos of them.

he bought the watermelons for Rs 10,000 and sent the vehicle back to Mumbai with the consignment. He had already struck a deal with a buyer in Mumbai

On April 17, Pandey hired a

mini-truck for Pimpalgaon near

Nashik, about 200 km way. There,

Next, he studied the Pimpalgaon market for a good deal in onions

Pandey said he bought 25,520 kilos of onions at Rs 9.10 per kg, shelling out Rs 2.32 lakh. He then hired a truck for Rs 77,500 and set off on April 20

with the onions on a 1,200-km journey to Allahabad. **PAGE 02**

From Front page...

Rs 500 Fine For Spitting In Public Places, Not Wearing Face Mask

infection, the District Authori- able offence. ties in Pulwama while invoking section 34 of the Disaster Man-

PULWAMA: As a measure to restoring to spitting in public ing the people to wear masks Rupees 500. contain the spread of COVID-19 places has also been made a li-

The District Magistrate, Pul-

and face covers and not to spit

The government, health inin public places and work plac- stitutions and medical experts of Corona virus infection. es. The order has been issued have been continuously issuing wama, Dr. Raghav Langer, who in public interest and anyone circulars and guidelines adagement Act has made it man- is also Chairman, District Di- found not wearing mask or vising people to wear masks, datory to wear face masks and saster Management Authority spitting in public places will maintain social distancing, face covers in public. Moreover today issued an order caution- have to pay a penal amount of hand washing, using sanitizers Gudoora, Chandgam, Pinglena to spread infection of any dan- ment orders).

and avoiding of spitting in pub- and Parigam of Tehsil Pulwama gerous disease to life), section

Moreover the Seven Red Zone abide by the orders as any vio-Villages of Pulwama which in- lation will invoke section 269 IPC (knowingly disobeying any clude Khaigam, Sangerwani, IPC(unlawfully or negligently quarantine rule) and section 188 Abhama of Tehsil Rajpora and doing something which is likely IPC (for disobeying the Govern-

lic places to contain the spread are under strict restrictions and people have been advised to to spread infection of danger-

270 IPC (malignant act likely

DSEK To Start Audio Classes For Students Of Kashmir Division

Educational Broadcast (audio classes) for students of Kashmir Division from next week. The broadcast is be-Srinagar. The Educational medium of radio while sitting in their homes.

The idea behind the initia- nel of Doordarshan Kendra, in view of Covid-19 pandemic.

SRINAGAR, APRIL 25 Di- nagar during day time for ed through DDK and All India rectorate of School Educa- which the time slots have al- Radio daily for the students. tion, Kashmir, is starting ready been specified by the Moreover, DSEK has also station.

ate of School Education, who telecast the lessons pre-Kashmir has already taken pared by DSEK. ing organized in collabora- some initiatives in order to Broadcast will enable stu- studies while in lockdown. number of students through dents to learn through the DSEK has started tele-classes from 26th March 2020 eo classes have been kept through the Kashir chan- available for students on its

their homes due to nation- of elementary and second- able online classes for stuwide lockdown announced ary classes. While two more dents. classes are going to be added

Teachers will be delivering nel from next week taking ered to the students through lessons as per curriculum the number of tele-classes at their doorsteps and presand the same will reach to to four on daily basis. More ently they are working on one and all students through classes are being added tak- the same. In order to ease out aired on All India Radio. Sri- classes, which will be be caused due to the Covid-19

Pertinently, the Director- through local cable networks but teachers and parent also In addition to this, the Dition with All India Radio, reach out to the students to rectorate of School Educahelp them to continue their tion has connected to a large its digital platform and vid-YouTube channel which is tive is to engage the students Srinagar and presently two linked to the official website and to reach out to them classes are aired daily on of DSEK. Not only this, the while they are confined to DDK covering the syllabus DSEK has also made avail-

Besides, home assignto this chunk on Kashir chan- ments have also been delivradio. The lessons will be ing the number to eight the mental stress of students studies do not suffer due to

for complete counseling of reached out to the students students. Not only students, seek advice and guidance regarding Covid-19, mental stress and career options of students at this helpdesk where experts, clinical psychologists and career counselors reply to the queries of students online and on call. Director, School Education, Kashmir, Mohammad Younis Malik said that these platforms have been kept available for children so that they do not feel isolated and can continue with their studies while staying at their home due to lockdown. He said that the Directorate is exploring every possibility to

pandemic, the Directorate

has established a helpdesk

reach out to the students online and offline so that their corona virus outbreak







Kashmir Observer O2 Sunday | 26-04-2020



Photos By Abid Bhat

Amid Pandemic, This Survivor...

teenagers," she recalled. "Asking for help, they feared of their identity being revealed. But when I assured them confidentiality of the conversation, they started opening up on their mental problems.

Later those talks would motivate Ittifaaq to launch its first campaign 'Beadaarr' which means 'wake up', in April 2018. Nida updated posts related to the campaign on social media with hashtag "#let's talk mental health".

"To make people accept the problems, awareness needs to be created and that is what we are catering through Beadaarr," she said. "But sadly, people initially thought that I was saying that all of us are mad in Kashmir. But with time, they understood and supported me."

The campaign was fairly active and appreciated, which gave Nida more strength to go forward with more campaigns.

One campaign which gained a lot more traction was 'Dil Chu Aamut Phatnas' (My heart is tearing apart in suffocation), where people can share their experiences, thoughts and stories about their illness

four days alone.

The weekend started with the "unfortunate" death of a septuagenarian patient from Qazipora Tangmarg in north Kashmir's Baramulla district.

He died at SKIMS hospital Bemina here, making it the fifth death in Kashmir and overall 6th fatality due to the novel coronavirus in J&K.

The elderly, they said, had tested positive for the dreaded disease earlier this month and admitted to the hospital on April 13 with underlying ailments such as pneumonia, hypertension and other "comorbidities."

According to Dr Shafa A Deva, Medical Superintendent SKIMS Bemina the patient was admitted to the high dependency unit on 13th of this month. "He was pneumonia, hypertensive, AF and BCH patient and was shifted to ICU yesterday where he passed away today," the doctor said.

Regarding 23 fresh cases from Anantnag five of them belong to a single family from Kulail-30-year-old female, 60-year-old woman, 30-year-old man, 35-year-old male and 60-yearold male- besides 39-year-old woman, her two sons- aged 4 and 7-years-old. Both pregnant women are also from Anantnag-30-year-old from Mukhdampora and 26-year-old from Nowgam. The other cases from the southern Kashmir district include 8-year-old girl from Kanilwan, 10 persons from Kharpora-six females (aged 15, 16, 18, 40, 48, and 60) and four males-aged 19, 52, 62 and 65-while one person—46-year-old man is from Pushroo. Regarding seven cases from Bandipora, sources said, they include four males-aged 23. 31. 43 and 80-and three females-aged 15. 32 and 60. Being contacts of previous patients, four of them are from Naidkhai, two from Gund Kaiser and one from Gund Jahangir, informed CMO Bandipora Dr Tajamul Hussain. Five cases were reported from Srinagar after break of more than a week and they include two residents of Bemina-60-year-old man and 55-year-old female besides one each from Takanwaripora, Nishat and Gulab Bagh. The Shopian cases are from Heerpora, a small village comprising around 1000 households and include 65-year-old and 40-year-old women besides 19-year-old male. With these cases, Heerpora now has 48 COVID-19 patients even as a few among them have recovered. Baramulla district's three cases are policemen-two of them aged 40-years each from Malpora Sheeri. They are uncles of a previous patient, also a policeman. The duo is posted at District Police Lines Baramulla while the third case is 50-year-old, a resident of Takiya Sultan and is posted in DIG office Baramulla. Deputy Commissioner Baramulla Dr GN Itoo said that samples of all other policemen posted at DPL (photo section) as well as DIG office have returned negative and "there was no need to panic." "They all were already in quarantine," he said.

facilities operated by government, 263 in Hospital Quarantine, 376 in hospital isolation and 10974 under home surveillance.

Besides, 48400 persons have completed their surveillance period.

Officials said that out of 12835 test results available, 12341 samples have tested as negative till April 25.

Moreover, 03 more COVID-19 patients have recovered and discharged, 01 from SKIMS Soura and 02 from CD Hospital Jammu. --With inputs from GNS

17 Recover, Discharged from member. Nodal Officer for Coronavirus at JLNM

Rainawari Hospital, Dr Bilquis said that 5 patients were discharged from the hospital after their recovery from lethal COVID-19 infection. She added that among the five, one patient was discharged from the hospital after 25 days as he was symptomatic and tested repeatedly positive four times before testing negative.

Dr Bilguees said that rest of the patients e asymptomatic and were discharged after 18 days from the hospital.

the responsibility of all State Governments/UT Administrations/ District Administrations and law enforcement agencies to take all necessary measures to ensure adequate protection to healthcare professionals and frontline workers, and to prevent any incident of violence against them.

PSA Against 27, Yasin Khan ...

After outbreak of deadly coronavirus, J&K government has revoked detention orders of 170 persons lodged in J&K, Uttar Pradesh and Haryana jails.

As per mechanism worked out by the government, the revocation orders of all detainees have been sent to Home departments and director generals of police of Haryana, Punjab, Uttar Pradesh and Delhi for issuing directions to police to enable their transit in respective jurisdictions.

The concerned deputy commissioners in Kashmir have been directed to issue necessary passes to family members of detainees along with vehicle passes for to and fro movement to prisons in Uttar Pradesh. After abrogation of Article 370 by BJP-led government, the government detained 5000 persons in Jammu & Kashmir including three former Chief Ministers and top mainstream leaders. Of them, more than 300 were shifted outside J&K and lodged in Uttar Pradesh and Haryana jails

He reached there on April 23 and headed straight to the Mundera wholesale market on the outskirts of the city. Unfortunately, he couldn't find anyone who would pay cash for the load.

So Pandey took the truck to his village, Kotwa Mubarkpur, a couple of kilometres away. The onions were unloaded there.

TP Nagar police post in-charge Arvind Kumar Singh said Pandey came to Dhoomanganj police station on Friday and a medical team examined him. For now, he has been asked to quarantine himself at home.

As for the onions, Pandey still hopes to get a good deal.

Right now, the mandi is full of onions from Sagar in Madhya Pradesh. Once the Sagar supply is over, onions from Nashik will find buyers, he said. PTI

19 Booked For Lockdown

Police Station Rajbagh, six persons have been arrested for defying government orders. In this regard, a case FIR number 33/2020 stands registered in PS Rajbagh and further investig been initiated.

This campaign got a positive response from people and they started taking participation more than ever.

People came forward to talk openly about their fear, their issues and suffocations. The campaign tried to reach to everyone using the online and offline medium.

Nida and her team organised way more events and campaigns of 'Dil Chu Aamut Phatnas' in cafes, colleges, universities, so that people could know more about it, as they realised that people want to talk.

The campaigns and events were going fine, until Kashmir lost its communication along with special status in summer 2019. Nida and her team couldn't do anything, even after knowing what her people are going through.

This took a toll on Nida's mental health, and she slipped in depression.

"It was a very hard time for me," she recalled. "I remember I used to feel that my life has now come to a dead-end. All that I have tried to do in the alley seemed to be disappearing. Deserted streets, concertina wires, deafening silence, snowbound mountains, the uncertainty of life put in a spot where I just wanted to run away from this place, the place I have loved more than anything."

But after 2G internet connection was restored early this year, Nida, with the help of her family and doctor, fought back the depression and returned to help more and more people with renewed resolve. This time she knows how it feels to get drown within.

Today, Ittifaaq is once again helping people to fight their stigma of mental health.

To provide assistance and help to needy, they put out the numbers of therapists, psychologists and psychiatrists on their Instagram and Facebook page.

Not just that, they also tie-up with the doctors from IMHANS to help the patients and assist them in this crucial lockdown of Covid-19. Many young volunteers also put up many entertaining and productive posts asking people in the valley to follow, so they can help people in their way.

Breaking the mental taboo and stigma, Nida believes, will surely help in fighting with disorders soothingly.

2 Pregnant Women, 3 Cops...

Chest Disease hospital Dalgate and include 23 from Anantnag district and five from Srinagar. While these cases have pushed the J&K COV-ID-19 tally to 496, 116 were confirmed in the last

The last case was reported from Kupwara, a 50-year-old male who is a healthcare worker from Ganipora, Handwara.

"One health care worker from Gonipora earlier deployed at COVID Hospital Kupwara has tested positive today. The patient is already under isolation and primary contacts are being shifted to quarantine for sampling. All other samples for today including those from Red Zone Anderhama have tested negative. Total Active Cases for Kupwara stand at 38 now," deputy commissioner tweeted.

According to CMO Kupwara, Dr Kounser Amin two persons, including the first COVID-19 patient from Anderhama Muqam-e-Shahwali, have recovered and were discharged.

Meanwhile, according to officials, out of the positive cases, 378 are Active Positive, 112 have recovered and while six patients died so far.

Furthermore, till date 66343 travellers and persons in contact with suspected cases have been enlisted for surveillance which includes 6324 persons in-home quarantine including

A medico at Kupwra said that two patients after recovering from Covid-19 infection were discharged. One among them is from the red zone Muqam Shah Wali and was the source of infection in the district.

Nodal Officer for Coronavirus, Dr Nouman Nazir at JVC SKIMS Bemina said that 10 patients were discharged from the hospital and among them one is from Kerala.

He said that among the discharged patients 5 are from Tangmarg, 1 from Bandipora and 3 are from Srinagar.

42 new positive cases of novel Coronavirus (COVID-19), all from Kashmir division, were reported today thus taking the total number of positive cases in Jammu and Kashmir to 496.

Mosque in Bandipora Hotspot

The district has already crossed 100 mark as new 7 positive cases surfaced in the district on Saturday. Bandipora has now 115 positive cases wherein 89 are Active Positive, 18 recovered and 1 has died.

Gund Jahangir and Gund Qaisar are badly hit areas.

Total number of cases in the district now stand at 115 of which 91 are active while 22 patients have been discharged so far. A patient has also died due to Covid-19 in Gund-Jahengir of Hajin.

Attack on Healthcare...

healthcare community," reads a letter written by Home Secretary to Chief Secretaries.

The Supreme Court on April 8 directed Government of India, respective States and Union Territories besides respective Police authorities to provide the necessary police security to the doctors and medical staff in Hospitals and places where patients who have been diagnosed COVID-19 or patients suspected of COVID-19 or those quarantined are housed.

"Necessary Police security be also extended to Doctors and other medical staff who visit places to conduct screening of people to find out symptoms of disease," the top court had said as per global news service.

The home secretary has stated that it was

Militants Killed In Awantipora...

in accordance with the religious customs. Families who identify and claim the bodies of the slain militants are being provided passes by concerned DCs in order to facilitate their presence at the last rites in the presence of magistrates.

The procedure was followed at Ganderbal where the respective families participated in the last rites of three killed militants, according to a local news agency GNS.

With the fresh killings, the number of militants killed in April this year alone has gone up to 22 and the overall count in 2020 to 54.

PHE & IFC **Renamed As 'Jal.**

(JJM) and roadmap to achieve 100 percent coverage of piped water supply by December 2021 across the J&K.

"In order to accomplish the roadmap and align the activities of the department with the National Mission of Jal Jeevan, the administrative council accorded sanction to the renaming of PHE & I&FC Department as 'Jal Shakti Department' and setting up of a Mission Directorate of Jal Jeevan Mission, J&K, by merging Communication and Capacity Development Unit (CCDU) to look after JJM works and an executive committee of JJM for its assistance with the creation of necessary staff," the government had said in a statement.



In Sopore, Police have seized 04 vehicles for defying Govt orders issued u/s 144 CrPC over COVID-19 in the jurisdiction of Police Station Sopore.

Handwara **Complaint Against** of 'Republic TV' under section 117, 120B, 153,

153A, 295A, 298, 500, 504, 505 and 506 of Indian penal Code," reads the complaint filed by JK Zamindar Forum President Abdul Hamid Malik.

"I have every right to proceed against Arnab Goswami who has twisted facts about Palghar lynching incident and gave it a communal colour. He blamed Muslims for this lynching incident, which is very unfortunate." KNT

'Rancho Khan' **Detained For FB..**

by Ganderbal police by using modern techniques". "The account was traced and it surfaced that the account is operated by one Tawseef Ahmad son of Bashir Ahmad resident of Padshahi Bagh, Tilwanpora, Srinagar".

Accused was arrested and shifted to Police Station where he remains in custody, police said. Ganderbal police have warned the rumour mongers and hate mongers to refrain from misuse of social media platforms. "Any person found indulging in such activities will be dealt strictly under law", the spokesman said.

LG Says Ramzanul-Mubarak...

and self-restraint which are imperative in practicing social distancing and mitigating the spread of infection in the prevailing COVID-19 pandemic.

The Lt. Governor hoped that this holy month of Ramazan will bind us all together and spread peace, harmony, and brotherhood in the Union territory and our nation.

NEWS

Brinjal, Chilly seedlings distributed at Lalmandi

RINAGAR, APRIL 25: Continuing its effort to reach out to General Public and distribute vegetable seedlings of Brinjal, and Chillies under the campaign "AAYEIN SABZI **UGAYEIN**". Department of Agriculture Kashmir today distributed seedlings at Kitchen Garden, Lalmandi.

This campaign is aimed to ensure maximum reach out to the growers who could use their spaces and enjoy healthy produce of vegetables in these extra ordinary circumstances

While speaking on the occasion, the Director Agriculture, Kashmir Altaf Aijaz Andrabi said the main aim of distribution of Seedlings is to promote Kitchen Garden activities in both rural and urban areas.

Director Agriculture said that the Department is committed to promote Kitchen Garden Scheme and provide quality vegetable Seedlings to the growers which could create surplus vegetables besides fulfilling domestic requirement can export the remaining quantity to national market.

During the distribution necessary guidelines issued by various organizations regarding Covid-19 (Social Distancing) were followed in letter and spirit.

Hand Sanitizer **Manufacturer Fined**

ANDWARA, APRIL 25: Legal Metrology Department (LMD) penalized a manufacturer of hand sanitizers with a fine of Rs. 40,000 for violation of Section 18 and Section 36 of the Legal Metrology Act, 2009 read with the Legal Metrology (Packaged Commodities) Rules, 2011.

Earlier, a team of LMD headed by Assistant Controller, Kupwara booked a case against the manufacturer after carrying out seizure of hand sanitizer samples from Handwara market. Subsequently, the matter was taken up with the manufacturer who, admitted the offence and requested for compounding while assuring the Department that the consumer interests will be protected in future

Besides, a fair price medical shop was also penalized for not adhering to the Government rates fixed for surgical face masks.

19 persons booked for violating lockdown, 4 vehicles seized

rinagar: Acting tough against the violators of Government prohibitory orders, Police in a series of actions have arrested 19 persons in Sub Division Sadder, Srinagar.

Thirteen persons were arrested in the iurisdiction of PS Sadder for defying Govt orders. Accordingly, cases under relevant sections of law have been registered at PS Sadder and further investigations into the cases have been initiated.

In the jurisdiction of Police Station Raagh, six persons have been arrested for defying government orders. In this regard, a case FIR number 33/2020 stands registered in PS Rajbagh and further investigation has been initiated. In Sopore, Police have seized 04 vehicles for defying Govt orders issued u/s 144 CrPC over COVID-19 in the jurisdiction of Police Station Sopore. 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

DAK Appeals Recovered Coronavirus Patients To Donate Plasma

Srinagar: Doctors Association Kashmir (DAK) on Saturday appealed recovered coronavirus patients to donate plasma that can be used to treat serious cases of COVID-19.

"People who have recovered from the disease would be saving lives by donating their plasma," said DAK President Dr Nisar ul Hassan.

"Plasma therapy involves the transfusion of plasma from a recovered patient to a critical patient," he said.

"The therapy is based on the premise that blood of a patient who has recovered from COVID-19 contains antibodies with the specific ability to fight the novel virus and help the critical patient to recover," he added

Dr Nisar said convalescent plas-

ma therapy is showing promising results and has become a ray of hope in the fight against the novel coronavirus pandemic.

"Citing a study from China, he said plasma therapy was given to ten COVID-19 patients and the results were promising.

"Countries like US, Iran and UK are already using plasma therapy with success," he added.

He further said plasma therapy has shown encouraging results on four coronavirus pa-

tients in Delhi. Dr Nisar said the process of donating plasma is similar to donating blood and takes about an hour.

"The donor is connected to a cell-separating machine, also called apheresis machine that removes plasma, while simultaneously returning

the remaining components (red blood cells, white blood cells and platelets) to the donor," he said.

"Both SMHS and SKIMS hospitals have these machines in place," he added.

Dr Nisar said plasma can be donated more frequently as compared to blood. It can be donated as often as twice a week

"Plasma from one person can be used in recovering two infected persons," he said.

Dr Nisar said an antibody titer of at least 1:160 in the plasma of a donor is considered to be adequate for transfusion.

'The number of the helpful antibodies rises steadily in the bloodstream of a recovered patient and peaks between 21 and 28 days after recovery," he said.

Opening of Darbar-Move amid COVID-19 Div Com visits Civil Secretariat; inspects preparations



SRINAGAR: Divisional Commissioner, Kashmir, Pandurang K Pole, today visited Civil Secretariat, Srinagar to inspect preparations and other measures, on spot, against current COVID-19 situation, for the upcoming Durbar Move which will partially open on May 04.

The Div Com entered the build ing through decontamination tunnel and directed concerned to ensure that every person enters the Civil Secretariat through sanitizing tunnels.

He visited various sections of the secretariat building and inquired about the status of renovation works.

Later, Divisional Commissioner chaired a high level meeting at meeting hall of Civil Secretariat to review fool proof arrangements in and around the premises besides measures against Corona virus infection. The meeting was informed that repairing, painting, whitewashing, landscaping and other works in and around the premises are going on at full pace. The Div Com directed the concerned departments to ensure that the renovation and repair work at Civil Secretariat and in all government residential quarters is com-

pleted well in time besides facilities like potable water, power, ration. sanitation and other measures are made available and thermal screening counters at premises and related offices are installed. R&B department will ensure to repair all roads leading to the Secretariat and other related offices at an earliest.

For distribution of movement passes to Move employees, District Administration will deploy ADC Srinagar at the premises to issue colour coded passes.

In view of current COVID-19 pandemic situation, threadbare discussion was held regarding sensitization, installation of COVID-19 screening kiosks and regarding fumigation of vehicles of employees, in and around Civil Secretariat and its related offices and in accommodations of Move employees. The Divisional Commissioner directed health department to install adequate number of Covid-19 screening kiosks at Civil Secretariat, Raj Bhavan, High Court, old Secretariat, A G office and other Darbar-Move related offices. The department will also place Corona virus sampling facilities at Dispensary in the premises. He directed Estates department

to place sanitizers and masks at important locations of the premises besides ensure distribution of free masks at main entry gate on daily basis to the visitors. The department will prioritize the accommodations for move employees at green zones.

SMC will conduct fumigation drive on daily basis in the premises and other Move related offices besides in SRTC vehicles which are dedicated for the Darbar employees.

To ensure Social Distancing, Div Com directed Estates department to deploy sufficient staff in the premises. SRTC will board minimum numher of commuters in a vehicle for dai ly transportation and all seats will be properly marked for sitting purposes to ensure Social Distancing.



This Day In History

- 1514- Copernicus makes his 1st observations of Saturn
- 1755-1st Russian university opens (Moscow)
- 1803 Meteorites fall in L'Aigle, France

1441

- 1803- Meteorites fall in L'Aigle, France
- 1828- Russia declares war on Turkey to support Greece's independence

ISHA

8:41

- 1865 Battle of Durham Station, NC (Greensboro)
- 1865 Battle of Ft Tobacco, VA 1904 - Bell Telephone Company of Antwerp Belgium forms
- 1915- Italy secretly signes Pact of London with Britain, France & Russia
- 1920 Harlow Shapley and Heber D. Curtis hold "great debate" on the nature of nebulae, galaxies and size of the universe at US National Academy of Sciences, Washington, D.C.
- 1926- Germany & Russia sign neutrality/peace treaty
- 1928- Madame Tussaud's waxwork exhibition opens in London
- 1929-1st non-stop England to India flight lands
- 1942- Coal mine explosion kills 1,549 at Honkeiko Manchuria
- 1944 Papandreou government in Greece forms
- 1945- World War II: Battle of Bautzen last successful German tankoffensive of the war and last noteworthy victory of the Wehrmacht.
- 1954 Nationwide test of Salk anti-polio vaccine begins
- 1956- First modern container ship, the Ideal X, leaves Port Newark, New Jersey for Houston, Texas
- 1959- Cuba invades Panama
- 1961- French paratroopers' revolt suppressed in Algeria
- 1962- Ariel 1 Launch (1st UK Satellite) 1962-US/UK launch Ariel: 1st international pavload
- 1964 Tanganyika & Zanzibar form The United Republic of Tangan-
- vika & Zanzibai 1966- An earthquake of magnitude 7.5 destroys Tashkent, Uzbekistan
- 1967- San Marco 2 Launch (1st Equatorial Launch)
- 1968 US underground nuclear test, "Boxcar," I megaton device
- 1971- Turkey state of siege proclaimed
- 1978 France sends troops to Chad





The Divisional Commissioner also reviewed fool proof security arrangement in and around the secretariat besides in residential quarters.

He stressed the officers to keep close vigil and maintain close coordination to ensure hassle free shifting of Darbar-Move to the summer capital city.

ICPS Steps In To Keep Child Protection Services Running

Important to keep up kids' mental health during lockdown: Kamili

AMMU, APRIL 25: Amid the emerging situation due to the outbreak of coronavirus (CO-VID-19), Integrated Child Pro-tection Scheme (ICPS), Social Welfare Department has geared up its efforts to keep the service delivery of child protection running for its large number of beneficiaries, mostly juveniles, who fall under the ambit of its care, and those who are in conflict with the law.

This was stated by Mission Director ICPS, Shabnam Shah Kamili who is also the UT level Nodal Officer from the Social Welfare Department, while briefing about the efforts underway for ensuring a protective environment for children in difficult circumstances as well as other vulnerable children here today.

Kamili informed that as part of efforts, ICPS has recently released an amount of Rs 40 lakh for its District Child Protection Units in order to facilitate COVID-19 related measures at the district levels. Besides, under its Scholarship scheme monetary grants of Rs 2000 per juvenile were also released among the 1267 beneficiaries.

Stressing on the need for keeping up kids' mental health during corona-



virus, Kamili said that a tele-counselling programme for children has been launched to help children and parents fight against the mental trauma caused due to the lockdown on impressionable minds of young children.

"The department is taking all the necessary steps in making arrangements for the juveniles, while regular inspections are being carried out on a

weekly basis in child care institutions. A mass outreach programme on raising awareness on measures to be taken to tackle the spread of coronavirus has also been started," she added.

She further said that on account of well-being of children in need of care and protection, they have been shifted into SOS facilities. All Juveniles Justice Boards have been directed to process bail applications of inmates lodged at Observation Homes in J&K.

Strict Instructions have been issued to all the Child Welfare Committees to follow the guidelines as issued by the Ministry of Women & Child Development in prevention and best interest of children lodged in various CCIs, she said.

Elaborating on other actions taken by Social Welfare Department so far after lockdown. Kamili said that more than six lakh students have been awarded pre and post-matric scholarships. While as more than six lakh old age persons/widows /persons with disabilities are being paid pensions of Rs 1000 have been issued in advance and approximately 6.5 lakh children in the age of 0-6 years, lactating and pregnant women and out of school adolescent girls have been provided supplementary nutrition.

Besides, she said, funds for three months in advance have been placed at the disposal of CAPD/FCI to provide rice for the recipe under supplementary nutrition programme.

Further, six NGOs operating in child care have been provided grant in aid for one year on 31st March this year, she added.

1978- NASA launches space vehicle S-20 1984- President Reagan visits China

- 1986- France performs nuclear test
- 1986- World's worst nuclear disaster: 4th reactor at Chernobyl nucle
- ar power station in USSR explodes, 31 die, and contamination reach much of Western Europe.
- 1991 Soccer star Diego Maradona, suspended for using cocaine, arrested in Argentina for possession & distribution of illegal narcotics
- 1993- Boeing 737 crashes at Aurangabad, kills 56
- 1993- STS-55 (Columbia) launches into orbit
- 1994- Taiwan Airbus A-300 crashes at Nagoya Japan, 262 killed
- 1994- Physicists announce first evidence of the top guark subatomic particle.

2005- Under international pressure, Syria withdraws the last of its 14,000 troop military garrison in Lebanon, ending its 29-year military domination of that country.

From KO Archives India, Pak Have Achieved 'Breakthrough': Musharraf

"slamabad - India and Pakistan have achieved a "breakthrough" in their peace process and have "clearly resolved" to move towards a "final settlement" of the Kashmir problem, President Pervez Musharraf has said.

'My talks (in New Delhi) with Prime Minister Manmohan Singh yielded positive results and led to a joint state-ment which reflected a clear resolve to address all issues and a resolve to move towards a final settlement at the Kashmir issue," the president said in an interview with staterun APP news agency.

"A breakthrough has been achieved in the peace process between the two countries," the president said. "Prime Minister Singh has unambiguously expressed

the resolve to solve all issues, including Kashmir, as also stated in the joint statement. "The Indian prime minister also committed himself to

resolving all disputes at the"

multi-lateral forum of the Asian-African Summit in Jakarta when he said we want to resolve all issues in an amicable manner," the president said. He said he was hopeful of progress towards a fair resolution of the Jammu and Kash-mir dispute. "I am optimistic - there is sincerity as it has been accepted that all issues should be addressed- we have to address the Kashmir issue." Musharraf said the general environment between Paki-

stan and India had improved "substantially" after his visit

Musharraf, who also watched the final India-Pakistan one-day cricket match in New Delhi April 17 before his talks with Manmohan Singh, said he was pleased with Pakistan's victory in the series. The president said he told UN Secre-tary General Kofi Annan during a meeting on the sidelines of the Jakarta summit that the expansion of the Security Council should be only in the non-permanent category. India is bidding for a seat in an expanded Security Coun-

cil. Pakistan has made known its opposition to India's candidature. (IANS)

(Kashmir Observer, 26 April, 2005)



Send your write ups and feedback at editpage.ko@gmail.com

OPINION

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NO HOLDS BARRED



I took both exams and all thankfully I got a good score. I had worked hard for my applications and I'm indebted to my father who had to travel to my high school during the lockdown to secure my documents from there. Perhaps my bad luck, communal riots broke out in Delhi and I was left with no option but to escape to safety of Kashmir. Back home I was again pushed into whats now universally called "Information Blackhole"

Help Poor But Keep Your Camera At Home

AABID TURABI

There are many needy people who don't ask for help fearing their self esteem and privacy may be at risk. We are still young in the age of social media and we have to learn everything good is not worth sharing. Our smart phones sometimes outsmart us. We can give food to animals and birds and share those on social media.

ight to privacy is protected as intrinsic part of Right to Life and personal liberty under Article 21 and as a part of freedom guaranteed by part third of the Constitution of India. This right holds its importance equally even in these difficult times when Covid -19 has made many people needy to such an extent that they might be compromising their privacy.

Tranquility lies in serving people who are in need and this Covid-19 has made many people time bound needy. The labourers don't beg, they work but in these circumstances they are helpless. Similarly many people with money and assets are bound by the lockdown and have become themselves needy.

In a nation of over a billion popula-tion where still 49% depend on primary sector to meet their basic requirements, crisis like Covid-19 makes many vulnerable helpless. In last two to three weeks I have witnessed people helping each other without considering caste, religion or ethnicity. But at the same time social media platforms like Facebook and Instagram were flooded with stories showcasing the brotherhood of mankind. But photos showing helper helping the helpless and then posting such photos for netizens to see and appreciate intrigues me. We need to realise one thing that it is good to help people but it's not necessary to flaunt the philanthropy by posting photos of charity on social media.

Over the past two weeks I saw people of high repute like the top level bureaucrats to the lowest in the hierarchy sharing photos in which they are helping people. I derive two basic assumptions from this



But in both the cases there is a third who are being helped and whose photos is being helped. He has an rson who equal self esteem and worth but due to some circumstances he isn't able to stand for himself or herself. There is a little difference between use and abuse of camera; at one moment you might be using it while the next you might be abusing and disturbing someone's personal space and privacy. We should be very careful while using our camera these days. Most of the people

are latter upload are very poor and unaware of the social issues but the people who have knowledge and are in need don't come to ask for help fearing our smartphones as the Urdu poet puts it ;

dar gaya

There are many needy people who don't ask for help fearing their self esteem and privacy may be at risk. We are still young in the age of social media and we have to learn everything good is not worth sharing. Our smart phones sometimes outsmart us. We can give food to animals and birds and share those on social media. We enjoy a superiority over someone doesn't mean we should be proclaiming sovereignty on social media. It has only been this decade and second half of last that we have started to use social media so as I said we are too young in this field and we have to learn and remind ourselves of the ethical issues related to these things.

By posting our photo in which we are helping others on social media we are not telling our future generation to work rather we are guiding them a thing with which they can pretend they are helping while they are not. The culture we are promoting by this is very poisonous and it'll rust the roots of our ethics and social fabric.

It has a Islamic perspective too. Islam doesn't encourage show off and in matters of giving it tells us to remain extremely confidential.

People working in Public Service Institutions should be highly conscious that these institutions have been brought only to help the general public and it is the duty of everyone to keep to ourselves the information shared by the people. We can't for mere social media attraction and Facebook likes ruin someone's prestige.

Some of us may say we take consent from the person who is in the photo or video, but speak logically while keeping ourselves at their place would we like our photo to be posted on Facebook. I'm sure not.

Either these people are trying to incite in us the general feeling of compassion and encourage us to work for humanity, then that is a very noble cause. Or they are trying to showing to people that they are helping and getting social media likes and attention; this has the least possibility.

Khud-dar mera shehar ka faqon sai mar gaya

Ration to bat raha tha woh photo sai

Author works at SKIMS, MCH Bemina. He can be reached at: turabi1294@gmail.com

ello, world! first and foremost, I hope that all of you are healthy and safe. During this global pandemic, everyone out there s working from home, shouldn't we be thankful for the technology that allows us to work, study, and live right from our homes? Can you even imagine this long lockdown without access to highspeed internet? Can you imagine your life without internet? Well, here in my homeland, laws are arbitrarily enforced (or not enforced) according to the whims of the authorities. Access to internet is granted to public when and if authorities, who rule over us, decide it should be. I wonder if any law sanctifies internet ban during a pandemic, especially in a country like India, the world's largest democracy. During this hard time, it's well known what easy internet access to people means. Right now every sector of our society has been hit hard by this pandemic- whether it be business, education or medical care. For the people out there working and studying from their homes, think about lesser mortals like us. How will we survive this pandemic?

On 5th August 2019, as I woke up, and, as usual, checked my phone I was shocked to see that all communication including internet access, had been withdrawn. This was because authorities decided to revoke whatever little autonomy we had under the Indian constitution. I was crestfallen as I had not registered for the SAT and TOEFL exams. I was preparing for these exams for a long time and I found myself unsure as to whether I'll be able to take my exams. Luckily during that long lockdown, I somehow managed to travel around 800 kilometres to get internet access. It cost me a lot. I had to live there for around four months and spend large amounts of money. I went to Delhi and registered myself for those exams. I'm the kind of person who never gives up on anything. But at the same time, I was worried about my family because there was a complete ban on communications as well and I was unable to even make a phone call to my parents.

Struggles With Internet: The Torment of Young Kashmiris

SHAHID MOHAMMAD KHAN



I took both exams and all thankfully I got a good score. I had worked hard for my applications and I'm indebted to my father who had to travel to my

high school during the lockdown to secure my documents from there. Perhaps my bad luck, communal riots broke out in Delhi and I was left with no option but to escape to safety of Kashmir. Back home I was again pushed into whats now universally called "Information Blackhole". I was not sure whether my application had been accepted or not. So after a few days, I went to a government office, the only place with internet in the entire district. I waited for hours because of the huge rush of desperate people, nearly 300. Finally I managed to access my mailbox and I found out that I have been accepted by not one but by four universities i.e University of Kansas, University of Massachusetts-Boston, Case Western Reserve University, and UIC. Tears of happiness rolled down from my eyes because I had worked very hard for this moment.

But now there was another challenge: university interviews. For that, I needed a healthy internet connection. You can't work on an internet connection with a speed of around 15 kbps. As I said, life was not that easy for me. And right now, I'm not able to participate in my university webinars, or even in my interviews. We are told this is a matter of "national security" and authorities here provide outrageous excuses. Luckily, real people out there are understanding and they helped me get things sorted out.

Countless other students, like me also suffered due to this long lockdown and internet ban. And right now when one can't go outside of their home, all you need is a good internet connection. But we have been denied this basic human right over and over again. Students out there can't take their online classes, so we are hit hard by this global pandemic as well as by the long political lockdown on our freedoms. As Jack Welch said, "Internet is a Viagra of big business." We are all connected by the internet, like neurones in a giant brain. So don't try to rationalise decisions that only ruin our future. Provide us our basic rights. Having internet access is one of them.

> Author can be reached at: gkshahid0@gmail.com

PANORAMA

As I have already

mentioned in my

previous article, fast is not

tolerate fasting, either due

to old age or because of

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her baby. The one who is

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9 Ridiculous Myths about Ramazan

The blessed month of Ramazan is around the corner and so are the myths surrounding it.

his article is intended to shed some light on a few very important concepts that are generally misunderstood by people.

1. One likely to lose weight during Ramazan :

Gaining weight? Ahh! No worries, Ramazan is coming, you'll surely lose some kgs, that's what you get to hear right? Well, let me tell you a fact

Most of the people actually GAIN weight instead of losing it, odd isn't it? Since you believed that Ramazan is a month of fasting and not eating.

The amount of food prepared an hour before Iftar is mind blowing, be it keeme ke samose, pakodas, ruafza or the very tasty fruit chaat! At Iftars, it actually seems like everyone out there is trying to make up for the meals they missed!

2. Ramazan is all about staying away from food and water:

Wait! You're wrong there.

Ramazan is not merely about fasting, there is more to Ramazan.

Apart from fasting, one is supposed to offer extra namaz, recite the Qu'ran, pay Zakat, be kind to others and taraweeh, yes!! In this blessed month, our good deeds are doubled and the opportunities to draw close to Allah are magnified.

3. The misconception regarding one's own saliva :

It is generally believed that swallowing one's own saliva nullifies the fast.

No, swallowing one's own saliva does not invalidates the fast as the saliva is produced through the natural process of one's body. However, swallowing large amount of saliva intentionally for nourishment breaks the fast.

4. No sex:

Sexual intercourse is HARAM during the day while fasting, but it is allowed in the night. Kissing, hugging or embracing each other does not invalidates the fast as long as there is no ejaculation because of these actions. Muslims are not allowed to brush during the fast and this makes their breathe bad :

One is not allowed to use toothpaste during the fast, as one is likely to swallow it. However, it is advisable to use Siwaak, infact Siwaak is Sunaah and also helps the person do away with the bad breathe!

Also, one is allowed to gargle, and use the toothbrush (without the toothpaste) if he/she feels uncomfortable.

6. Muslims are required to fast regardless of their physical

Ramadan Mubarak

condition :

Not true. Islam is quite a liberal religion (Allhumdullaih) As I have already mentioned in my previous article, fast is not obligatory on a person whose body cannot tolerate fasting, either due to old age or because of severe illness. Fasting is also not obligatory on the mensurating women (infact it is unlawful for them to fast). A pregnant women is allowed to escape fasts if she fears that it would harm her or her baby. The one who is travelling a distance of two or more walking days is allowed not to fast. The child is not obligated to fast (until he/she is 7 years). Fasting is also not obligatory on the insane person.

7. Fasts during Ramazan are the toughest kinds of fast :

Fasting is not a cakewalk, but it isn't that difficult either. And it is really stupid of people to think the that month long Ramazan fasts are toughest of all. We're allowed to break our fast after sunset and allowed to eat

anything till sahar.

Ever came across Jain's fasts? Jains take fasting to a whole new level. They fast continuously for 3 days and sometimes even for a week, without even a piece of food or a glass of water. Infact, the Karvachauth fast is more tough than Ramazan fasts! RESPECT to all the Jains and ladies who undertake Karvachauths out there!

8. Medical treatment breaks the fast :

No, eye drops, ear drops, nose sprays, drilling of teeth, gargling, injections (with the exception of those used for nourishment), invoulntary vomiting and even sleeping does not invalidates the fast as long as one avoids swallowing any material that may reach the throat.

9. One is allowed to smoke, chew gum or drink plain water during the fast :

A big NO!!!!! Any of these activities shall nullify the fast.



Ramazan Message !

🖌 In the spiritual realm, Ramazan opens the floodgates of spirituality. This enables a Muslim to become a real momin. A Muslim is just one who recites the kalima, recognising the existence of Allah, while a momin is one who experiences the kalima at a spiritual level, feeling the presence of the Creator. This is possible when one applies the spiritual message of Islam in his/ her life with full determination. Secondly, the message of Ramazan also makes it incumbent upon believers to be generous and help society.



ENERALLY, in the holy month of Ramazan, the majority of Muslims around the world tend to became more religious in their day-to-day activities. They fast, perform extra prayers and also donate generously to the needy and take part in other social services.

In this way, many Ramazans have come and gone in one's life. But what is essential to understand is the multidimensional message of the holy month of Ramazan. Subsequently making it a part of one's life will enable Muslims to reap the benefits of Ramazan. These benefits belong to the spiritual, moral, social and physical realms of life.

In the spiritual realm, Ramazan opens the floodgates of spirituality. This enables a Muslim to become a real momin. A Muslim is just one who recites the kalima, recognising the existence of Allah, while a momin is one who experiences the kalima at a spiritual level, feeling the presence of the Creator. This is possible when one applies the spiritual message of Islam in his/her life with full determination. Secondly, the message of Ramazan also makes it incumbent upon believers to be generous and help society.

The Holy Prophet (PBUH) experienced Islam at the spiritual level and received holy guidance (the Quran). He was fully conscious

of his Creator Allah. He was never oblivious of his duties towards the Creator and His creation. He fulfilled his responsibilities towards his family and society. He felt the pain of the poor, the sick and paupers and felt duty-bound to redress their grievances. Thus he became a role model par excellence for the entire ummah.

As the holy month of Ramazan brings a lot of rain of special blessings and bounties, Muslims can develop a sense of Allah's consciousness in their minds and hearts. They have an opportunity to come closer to Allah, forsake materialistic thinking and control their animal instincts so that divine grace starts pouring forth.

Fasting has been recognised universally in all revealed religions, though the forms and motives vary. But it is a great source of inner purification. Allah says: O ye who believe! Fasting is prescribed for you, even as it was prescribed for those before you, that ye may ward off (evil) (2:183). The ultimate aim of fasting is piety, which entails spiritual recharging of the soul with additional prayers, recitation of the Quran, meditation and restraining bad behaviour. Islam is a complete way of life. It provides numerous opportunities to the faithful to become enlightened.

Consciousness of Allah and feeling His

presence in one's existence and surroundings is an essential part of Islamic teachings. This is to be renewed, reinforced and further strengthened in the month of Ramazan. The Quran enjoins fasting with an aim of making Muslims ascend to spiritual heights. We fast to inculcate the spirit of Islam in every aspect of our life. Every human being lives, acts and moves in His presence. This has been mentioned time and again in the Holy Book. At one place Allah says: "...[T]here is no secret conference of three but He is their fourth, nor of five but He is their sixth, nor of less than that or more but He is with them wheresoever they may be. ...(58:7).

We live in a material world and are confined in a material body, therefore, feeling Allah's spiritual presence within and without is not everybody's cup of tea. This requires intense introspection at the personal level aimed at reforming thoughts, actions and attitudes.

At the moral level, the holy month of Ramazan provides an opportunity to all Muslims to renew their commitment to be true, honest, and straightforward in dealing with other fellow beings. Those who sincerely fast are sure to acquire respect and dignity. We interact with others through words and the Holy Prophet says that fasting is a shield so the person fasting should not indulge in foul speech. This will make the believer more pious, God-fearing, and civilised.

At the social level, fasting generates social discipline among Muslims. In every society, there exists a great social barrier between the haves and have-nots. This is removed only when the rich class is made to feel the pangs of hunger like the poor, who go without food in their normal life. This will also allow the rich to be philanthropic in their attitude towards the poor.

There are also physical benefits of fasting. Our bodies are like machines; their digestive system remains operational round the year. However, if one fasts in the month of Ramazan, the body gets rest and is reinvigorated with additional capacity to work. The health of a person gets improved with fasting. It also accustoms him or her to face the hardship of life with increased power of resistance.

In a nutshell, Ramazan is meant to upgrade Muslims to make them momins in order to reflect the multidimensional message of Islam

Life&Times Fat-Free FASTING

Samina Shaheem

Don't Want To Gain **Excessive Weight This** Ramazan? You! Takes A Look...

The month of Ramazan brings with it prayers, good deeds and lots of pakoras and jalaibees to our dinner table. Yes, the mere thought of consuming these scrumptious dishes is so tempting but the fact is that all these yummy foods add extra pounds on our body. If you are one of those who gain weight during Ramazan, the following tips will certainly be worth your while. Read on to find out more.

Why Do You Gain Weight In Ramazan?

There are several reasons why one tends to gain weight in Ramazan. First and foremost being the fact that we end up consuming large portions of food. We may think not eating from morning to evening will help us lose weight, but the amount of goodies we stuff at iftar covers up for all those hours we didn't eat. But, we couldn't have been more wrong. For the skinny people out there, the thirty days of fasting causes them to lose weight. However, for the healthy and overweight people, not eating anything all day and then cononce can cause serious weight gain. Weight Gain, No More!

Tired of looking at that bulging stomach of yours everyday after iftar? Well, follow these tips and you might just end up losing weight instead of gaining it. Have A Light, Balanced Iftar

In Ramazan, your metabolism slows down and your energy decreases as a result. The iftar meal isn't supposed to make up those hours you spent without food. Forget that you haven't eaten all day and imagine you have sat down for your dinner meal and eat accordingly.

Break your fast with dates as they are a quick source of the sugar your body needs after a fast. You don't need to have more than one date as dates are quite high in sugar. Then, go for a small portion of soup, such as a vegetable or lentil soup, and avoid cream based soups. Follow it with a mixed vegetable salad and limit the amount of olive oil in the dressing to 1-2 teaspoons. Skip all other appetizers including the carbohydrate rich ones.

When you are done with your appetizers, it is important to take a break. You don't want to overwhelm your digestive system. Offer your prayers, take a five-minute walk, or hold a conversation. This has many advantages; it allows your body the time to give you the right signals on exactly how hungry it really is. It will also give your stomach a heads-up to start digestion without overworking it. You will eat less and digest far better.

When you are ready to resume your meal, choose only one main dish, suming a lot of sugary and fried food at choose wisely and avoid fried dishes, make sure it is balanced in carbs and

your portions. Also, have fresh fruits and fresh juices, instead of the readymade ones, which may contain high amounts of sugar. Regulating your food intake in the evenings can help you control your weight. And consuming less food, will in turn decrease the calories consumed, allowing you to lose or maintain your weight during this holy month.

Don't Skip Sehri

It's true that your 'eating hours' are quite limited, but this doesn't give you an excuse to forgo your saharmeal, the pre-dawn breakfast before the fast. Skipping it will get you hungrier and you will end up overeating for iftar.

When choosing your sahar however, make sure it is limited in salt to avoid getting thirsty. It should also be composed of complex carbs such as whole grain bread, instead of white refined bread, and it should contain a good source of protein such as cheese or eggs. This combination will ensure vou have a stable level of glucose in your protein, and most importantly control blood so you don't get hungry the next roasting, steaming or grilling. Keep in

those in white bread tend to leave you feeling heavy and then hungry later. Simple carbs will also cause your blood sugar level to rise and then drop shortly after, not only making you hungry, but add taste without adding calories. also making you crave sugar. Don't forget to take yoghurt as you don't feel thirsty if you consume yoghurt at sehri. Have A Light Meal After Taraweeh

A few hours after iftar your body would have digested the meal and you will be left either hungry again or craving sweets. Don't allow your body to get into that phase, instead, have a light meal at 10:30 pm to curb sugar and junk food cravings. Limit the meal to nutrient-high foods like fruits, veggies, Yoghurt Or Nuts. **Healthy Cooking** When cooking, make your favourite

Ramazan recipes healthier by avoiding deep frying whenever possible. Instead, reduce the amount of fat in your meals by cooking your food with a little bit of vegetable oil. You can opt for baking,

does not necessarily mean reducing its flavour. You can enhance the seasoning of your dishes by using fresh vegetables, fresh herbs and spices, which **Understand Sugars**

Foods loaded with sugars are your en-

emy in Ramazan. Your body will crave sweets after iftar, especially after an unbalanced meal, and the more you eat of them the more your body will crave it. This is just how your body works with sugar. We know it's hard to cut out all the sweets, and if you want to lose weight, you need to trick your body instead of depriving it. If you crave sugar, have a piece of fruit before indulging in original delights. Simple tricks like these will allow you the occasional inyou will limit that indulgence portions. **Stay Active**

Fasting is not an excuse for us to sleep all day or be lazy. Maintain your usual stead, herbal teas make a great alterna-daily activity level to a certain extent, tive to water and may aid in digestion.

day. Fried foods and simple carbs like mind that reducing fat in your cooking but avoid the sun and heat at its peak. Remember that you'll be burning more fat than ever on an empty stomach. After breaking your fast, aim for 30 minutes of vigorous exercise a day that can be done from home. Experts advise you to work out after iftar so you're not losing muscles or getting severely dehydrated. Hydrate

Kashmir Observer Sunday | 26.04.2020

Although it may seem like a mission impossible with the long fasting hours this year, hydration is key to weight loss during the month of fasting. Drinking enough fluids will not only keep you from becoming dehydrated while you fast, but it will also control your sugar cravings after you break your fast. Aim for a good two litres or eight glasses of fluids a day. Have two glasses at iftar, four glasses in between iftar and sahar, dulgence so you don't feel deprived but and two glasses at sahar. Keep in mind that caffeinated drinks such as coffee or black tea do not count and it would be best to avoid them all together. In-

Expansion Of Cities Linked To Outbreak Of New Diseases, Scientists Warn

Press Trust Of India

rban expansion at the periphery of cities, sometimes called extended urbanisation, is creating "new ecological niches" for the spread of infectious diseases, according to a study which sheds light



posed by suburban sprawl. 'Economic growth, changing labour markets and conflicts are driving urban expansion and migration from rural-to-urban in developing countries at unprecedented pace," said Creighton Connolly, an urban geographer from e School of Geography at

Scholarships This Week Kashmir Observer in association with Buddy4Study. com presents scholarships available for the

meritorious students of Jammu and Kashmir

Scholarship Name 1: MHRD PhD Fellowships for ASEAN Students 2020

Description: Ministry of Human Resource Development, Government of India has announced this fellowship for students from ASEAN countries to pursue the PhD programme at an IIT of their choice. The aim of this fellowship is to support the research study of ASEAN students. **Eligibility:** Students from ASEAN countries who are aspiring to get enrolled

in a PhD programme at an IIT, can apply for this fellowship.

Prizes & Rewards: Selected students will get monthly stipend up to INR 35,000 per month, research grant of up to INR 170,000 and various other benefits.

on the governance needed to reduce future outbreak risk.

According to the scientists, including those from the University if Lincoln in the UK, this kind of expansion of cities is altering the spatial relationships which shape how millions of people live and interact with each other and with nature. The review study. published in the journal Urban Studies, assessed how the global trend towards urbanisation has contributed to the rise in the total number of disease outbreaks per decade since the 1980s.

Rapid urbanisation, particularly in developing na- the populations living in tions of Asia and Africa, is these regions are particularly between urban and rural environments with populations drawn to new types of ulations of humans and livesuburban settlements on the stock into contact with disperiphery of cities, the researchers said in a statement.

These settlements. the study said, might be in the shape of suburban neigh- populated, poorly planned, settlements, refugee camps, or and out of sight of govern- researchers said.

communities of workers living near mines or factories. searchers added.

According to the study, these suburban and 'periurban' areas are more likely than cities to be the source of new and re-emerging infectious diseases.

The scientists believe that creating fluid relationships vulnerable to diseases that which originated in these jump the animal-to-human boundary, as they bring popthe study noted. placed wildlife in a manner

that does not happen in cities. these areas are often densely bourhoods, informal self-built lacking health infrastructure of global urbanisation, the

According to the scientists, ment authorities, the rethere are three key dimen-

They said these areas also sions to understanding the serve as a conduit between link between urbanisation city and countryside -- makand infectious disease risk -ing municipal, regional, and the dynamics of population even national boundaries efchange, infrastructure, and fectively "porous". governance.

Recent SARS and Ebola They said further interdisciplinary research is needed outbreaks are high proin these fields -- especially file examples of epidemics as the world responds to the new types of suburban hincurrent COVID-19 pandemic terland before spreading which first emerged in Wuinto larger, established cities, han, China, in December.

The researchers cautioned This structural weak spot that without improved underto infectious disease outstanding, public health poli-The neighbourhoods in breaks has largely been cymakers locally, nationally and effective ways to adapt to and internationally will be illoverlooked in academic studies of the epidemiology equipped to identify and mitigate the heightened risk of infectious diseases, the scieninfectious disease outbreaks tists noted in the study.

the University of Lincoln and lead author of the study. "Improved transport in-

frastructure has cut journey

times between countryside,

suburbs and cities from days

to hours. However the infra-

structure vital for good pub-

lic health, like health clinics

and clean water, often lags

The scientists believe that

governance, particularly the

mechanics for responding

rapidly to disease outbreaks,

are also weaker in these fringe

communities in the so-called

'urban shadow' compared to

They said this could be be-

cause jurisdictional respon-

sibilities are often blurred in

A better understanding of

the changing spatial relation-

ships between cities, suburbs

and countryside, the factors

that shape these changes,

them, will be key to reducing

the risk of future outbreaks of

these areas.

established towns and cities.

behind," Connolly added.

05-05-2020 Last Date to Apply: Application mode: Apply online www.b4s.in/observer/MAG3 Short Url:

Scholarship Name 2: Burning Questions Fellowship Awards 2020

Description: Tiny Beam Fund's Burning Questions Initiative (BQI), a nonprofit foundation has announced this scholarship for doctoral and post-doctoral researchers around the world. The fellowship aims at addressing the negative impacts of global industrial food animal production especially in low and middle-income countries.

Eligibility: PhD degree holder or enrolled for PhD from around the world can apply for this fellowship.

Prizes & Rewards: Selected fellows wil get financial award up to USD 25,000. Last Date to Apply: 11-05-2020

Application mode: Apply online Short Url: www.b4s.in/observer/BQF5

Scholarship Name 3: YLAC Counter Speech Fellowship with Instagram 2020

Description: Young Leaders for Active Citizenship (YLAC) has announced this fellowship for the Indian children in Class 8 to 12. The fellowship is a platform for exceptional teen leaders to use the power of visual storytelling to drive change. Eligibility: Indian students in Classes 8 to 12 who are aged between 13 and 18 years can apply for this fellowship.

Prizes & Rewards: The selected fellows will have an opportunity to attend a fully-funded 2-month training program.

Last Date to Apply: 10-05-2020 Application mode: Apply online www.b4s.in/observer/YLA4 Short Url:

Scholarship Name 4: Empowerment and Equity **Opportunities for Excellence in Science 2020**

Description: Science and Engineering Research Board (SERB), India is offering this award to Indian researchers belonging to SC and ST categories. This scheme aims to provide research support to them and facilitate their equal participation in research and development in the field of Science & Technology. The selected candidates will receive financial benefits.

Eligibility: Indian active researcher from the ST or SC community, holds a PhD degree and is working for at least four years on a regular basis in academic institutions/national lab or any other recognized R&D institutions in the field of Science and Engineering, can apply for this scholarship.

Prizes & Rewards: Selected stdents will get funding up to INR 50 Lac, equipment, manpower, consumables, travel and contingency allowance and other benefits over the period of 3 years.

06-05-2020 Last Date to Apply: Application mode: Apply online www.b4s.in/observer/EEO5 Short Url:



available for patients with more use authorisation, a fast-track ap- throughout the world," Levin said. "We specialise in spacecraft, not oped a new, easy-to-build medical-device manufacturing," said Michael Watkins, Director of NASA's

"But excellent engineering, rigor-VITAL (Ventilator Intervention ous testing and rapid prototyping man simulation lab," said Mat- supply chains, NASA said. are some of our specialties. When people at JPL realised they might at the Icahn School of Medicine have what it takes to support the medical community and the broader community, they felt it was their VITAL is designed to treat pa- duty to share their ingenuity, exper-

NASA is now seeking FDA approv-

severe COVID-19 symptoms, it said. proval process developed for crisis VITAL can be built faster and mainsituations that takes just days rather tained more easily than a tradithan years, the US space agency said. "We were very pleased with

formed in our high-fidelity hu- manufacturers through existing thew Levin, Associate Professor at the Icahn School of Medicine.

"The NASA prototype performed being set up in convention centres, as expected under a wide variety of simulated patient conditions. "The team feels confident that the

VITAL ventilator will be able to safely ventilate patients suffering from to be sedated and an oxygen tube COVID-19 both here in the US and

tional ventilator, and is composed of far fewer parts, many of which the results of the testing we per- are currently available to potential

Its flexible design means it also can be modified for use in field hospitals hotels, and other high-capacity facilities across the country and around the globe, the agency said.Like all ventilators, VITAL requires patients inserted into their airway to breathe.

NASA Develops High-Pressure Ventilator To Fight COVID-19

Press Trust Of India

ASA engineers have develhigh-pressure ventilator tailored specifically to treat CO- Jet Propulsion Laboratory (JPL). VID-19 patients. The device, called Technology Accessible Locally), passed a critical test this week in New York, an epicentre of CO-VID-19 in the US, NASA said.

tients with milder symptoms, tise and drive," Watkins said. thereby keeping country's limited supply of traditional ventilators al for the device via an emergency

'No Evidence' That **Recovered Covid-19 Patients Cannot Be Reinfected: WHO**

re-infection," the WHO said.

second infection," it said.

workforce

make them immune to the virus,

they could immediately rejoin the

review the evidence on antibody

responses to the virus, which

emerged in the central Chinese city

of Wuhan late last year. Some 2.8

million people have been reported

to be infected by the novel coro-

navirus globally and 196,298 have

died, according to a Reuters tally.

people who have recovered from

infection have antibodies to the virus, the WHO said. However,

some of them have very low levels

of neutralizing antibodies in their

blood, "suggesting that cellular

immunity may also be critical for

recovery", it added.

Most studies have shown that

The WHO said it continued to

Agencies

Geneva: The WHO warned governments against issuing 'immunity passports' or 'risk-free certificates' to people who have been infected.

The World Health Organization (WHO) said on Saturday that there was currently "no evidence"



that people who have recovered from COVID-19 and have antibodies are protected from a second coronavirus infection

In a scientific brief, the United Nations agency warned governments against issuing "immunity passports" or "risk-free certificates" to people who have been infected as their accuracy could not be guaranteed

The practice could actually increase the risks of continued spread as people who have recovered may ignore advice about taking standard precautions against the virus, it said.

"Some governments have

Combating Coronavirus Pakistan lockdown extended till May 9

Agencies

Islamabad: The Pakistan government has extended the countrywide lockdown to stem the spread of the coronavirus pandemic for 15 more days until May 9 amid doctors warnings against easing restrictions and the number of Covid-19 cases increasing to 11,729, with 248 deaths.

The decision was made during a meeting of the National Coordination Committee (NCC) on Covid-19 chaired by Prime Minister Imran Khan on Friday, reports The Express Tribune.

Addressing a news conference at the National Command and Operation Centre (NCOC) on Covid-19, Federal Planning, Development and Special Initiatives Minister Asad Umar said the lockdown had been extended in consultation with the governments of the four provinces.

Umar said the "trace and track system" announced by the premier a day earlier to identify positive cases would be





Rohingya Stranded At Sea, Bangladesh Says Not Its Responsibility

According to the United

Nations refugee agency, UN-

HCR, the stranded Rohingya

might "have been at sea for

weeks without adequate food

weeks ago, Bangladesh res-

cued a total of 396 Rohingya

people from a vessel that

had been adrift for about two

months after also failing to

take the responsibility every

time? Momen asked "Bangla-

desh has already taken more

than a million of Rohingya.

We are running out of our gen-

Watch (HRW) said the govern-

ment of Bangladesh should im-

mediately allow stranded refu-

gees ashore and provide them

with the necessary food, water,

dered a heavy burden as the

result of the Myanmar mili-

"Bangladesh has shoul-

"Bangladesh should con-

On Saturday, Human Rights

'Why should Bangladesh

Momen said that just

and water.

reach Malaysia

erosity now.'

and healthcare.

Agencies

Dhaka: The Bangladesh government has refused to allow some 500 Rohingya refugees stranded on board two fishing trawlers in the Bay of Bengal to come ashore, drawing criticism

from rights groups. Foreign Minister AK Abdul Momen told Al Jazeera on Saturday that the Rohingya refugees, who are believed to have been at sea for weeks, are "not

Bangladesh's responsibility." 'Why you are asking Bangladesh to take those Rohingyas? They are in the deep sea, not even in Bangladesh's territorial water," Momen said, adding that there are at least

eight coastal countries surrounding the Bay of Bengal. "It's your duty to ask Myanmar government first because those are their citizens."

Momen told Al Jazeera. The two trawlers - carry-

ing an estimated 500 Rohingya women, men and children are in the Bay of Bengal after being rejected by Malaysia, which has imposed restrictions on all boats in light of the coronavirus pandemic.

tary's atrocity crimes, but this is no excuse to push boatloads of refugees out to sea to die.' said Brad Adams, Asia director at HRW.

Iran Was Ready To Hit 400 US Targets Had Trump Not Kept Calm

AGENCIES

Tehran: The commander of Iran's Islamic Revolutionary Guards Corps (IRGC) air arm

was the culmination of weeks of tensions between the U.S. and Iran, during which Iranbacked Iraqi militias killed an American at an Iraqi base in

strikes, though Trump had previously threatened to attack 52 Iranian targets-possibly including cultural sites, which would constitute a war

tinue to help those at grave

risk and preserve the interna-

tional goodwill it has gained

in recent years for helping the

Bangladesh's coastal au-

Speaking to Al Jazeera,

thorities meanwhile, denied

the presence of any trawlers

carrying Rohingya refugees in

Lieutenant Commander So-

hail Rana, Teknaf station

head of Bangladesh coast-

guard said they had not seen

any "boats carrying Rohing-

ya refugees in Bangladesh's

territorial water in the past

have no such boats," Rana said.

however, told HRW that on

April 20 he saw "two trawlers

full of Rohingya coming toward

the shore while I was at sea in

my fishing trawler with others".

"Again, trawlers full of Ro-

hingya are heading to Baha-

rchara Union [in Cox's Bazar]

They are waiting at sea to en-

ter into Bangladesh."

The same day, a local resident posted on Facebook:

"The areas that we patrol

A Bangladeshi fisherman,

its territorial waters.

Rohingya.'

few days"

'No such boats'

KASHMIR OBSERVER Sunday| 26-04-2020

COVID-19: Death toll nears 200,000 as UN pushes for global vaccine effort

Agencies

Washington: The global coronavirus death toll approached 200,000 on Saturday as the United Nations launched an international push for a vaccine to defeat the pandemic.

Governments around the world are struggling to limit the economic devastation unleashed by the virus, which has infected nearly 2.8 million people and left half of humanity under some form of lockdown.

The scale of the pandemic has forced medical research on the virus to move at unprecedented speed, but effective treatments are still far away and the United Nations chief said the effort will require cooperation on a global scale. "We face a global public en-

ing, which was also attended by the leaders of Germany and France

But notably absent from the meeting were the leaders of China, where the virus first emerged late last year, and the United States, which has accused the UN's World Health Organisation of not warning quickly enough about the original outbreak

The UN chief's vaccine appeal came a day after US President Donald Trump prompted outcry and ridicule with his suggestion that disinfectants be used to treat coronavirus patients.

"Is there a way we can do something like that, by injection inside or almost a cleaning?" Trump mused during a televised briefing. "It sounds



interesting to me."

As experts - and disinfectant manufacturers - rushed to caution against any such dangerous experiment, the president tried to walk back his comments, saying he had been speaking "sarcastically".

The United States is the hardest-hit country by far in the pandemic, recording more than 51,000 deaths and over 890,000 infections.

Saudi Arabia abolishes flogging as punishment

Agencies

Rivadh: Saudi Arabia has abolished flogging as a punishment, the supreme court announced, hailing the latest in a series of "human rights advances" made by the king and his powerful son.

Court-ordered floggings in Saudi Arabia -- sometimes extending to hundreds of lashes -have long drawn condemnation rom human rights group

corporal punishment".

Previously the courts could order the flogging of convicts found guilty of offences ranging from extramarital sex and breach of the peace to murder.

In future, judges will have to choose between fines and/or jail sentences, or non-custodial alternatives like community service, the court said in a statement seen by AFP on Saturday.

The most high-profile inince of flogging in recent

emy like no other," Secretary-General Antonio Guterres told a virtual briefing on Friday, asking for international organizations, world leaders and the private sector to join hands. "A world free of COVID-19 requires the most massive pub-

lic health effort in history. Affordable The vaccine should be safe,

affordable and available to all, Guterres stressed at the meet-



launched from Saturday.

"This is a complete national response formulated by the federal government," he said, adding that the provinces would mainly be responsible for the implementation of the decision. Umar noted that holy month of Ramadan would be decisive in determining the trajectory of coronavirus cases in the country.

"If people act irresponsibly and don't follow precautionary measures, then we will be compelled to impose more restrictions," The Express Tribune quoted the minister as saying.

"But if people take precautions recommended by doctors and observe social distancing, the government may be able to ease some restrictions by Eid Al Fitr."

Speaking about steps being taken to combat the disease, the minister said the government was making all-out efforts to enhance testing capacity so that the actual number of infected people in the country could be ascertained.

has claimed his troops were ready to attack hundreds of additional American targets if January's limited exchange of fire es-

calated into a wider conflict. IRGC Aerospace Force Brigadier General Amir Ali Hajizadeh made the comments Friday when talking to reporters about the Corps' successful satellite launch earlier this week, which comes as Washington and Tehran exchange fresh military threats in the Persian Gulf.

Iran and the U.S. appeared close to war in January after President Donald Trump ordered the assassination of Major General Qassem Soleimani. The drone strike that killed

Soleimani outside Baghdad International Airport in Iraq

the northern city of Kirkuk and took part in the storming of the U.S. Embassy in Baghdad.

Soleimani was the commander of the IRGC's clandestine Quds Force and widely considered the second -most powerful figure within the regime. He was responsible for Iran's foreign military operations and directing a host of proxy militias across the Middle East.

In response, Iran fired ballistic missiles at two Iraqi military bases hosting U.S. troops. At the Ayn al-Assad air base in the west of the country the missiles wounded more than 100 American troops, though this was not immediately announced.

The White House chose not to retaliate after the

NEWS MAKERS

of the priorities for our founda-

tion has been to help ramp up

crime—if Iran struck back against Americans. Hajizadeh said Friday that

IRGC troops were ready for a wider assault if the U.S. responded to the Ayn al-Assad hombardment

He suggested that by killing Soleimani, the Trump administration "wanted to show that they killed a symbol of resistance, and they were sure that Iran would not respond to their attack."

Hajizadeh explained that Iranian officials thought the U.S. would respond to the Ayn al-Assad attack within 20 minutes, "so we were ready to attack 400 American targets." The commander gave no further information about what the targets were, nor how Iranian troops intended to attack them.

But they say the headline legal reforms overseen by



Crown Prince Mohammed bin Salman have brought no letup in the conservative Islamic kingdom's crushing of dissent, including through the use of the death penalty.

The Saudi supreme court said the latest reform was intended to "bring the kingdom into line with international human rights norms against years was the case of Saudi blogger Raif Badawi who was sentenced to 10 years in prison and 1,000 lashes in 2014 for "insulting" Islam.

He was awarded the European parliament's Sakharov human rights prize the following year.

The abolition of corporal punishment in Saudi Arabia comes just days after the kingdom's human rights record was again in the spotlight following news of the death from a stroke in custody of leading activist Abullah al-Hamid, 69.

Hamid was a founding member of the Saudi Civil and Political Rights Association (ACPRA) and was sentenced to 11 years in jail in March 2013, campaigners said.

Bill Gates likens COVID-19 pandemic to a world war

illionaire and philanthropist Bill Gates, wrote on his personal blogpost 'Gates Notes', that the fight against the COVID-19 pandemic is like a world war.

He further wrote that "Melinda and I grew up learning that World War II was the defining moment of our parents' generation. In a similar way, the COVID-19 pandemic—the first modern pandemic-will define this era. No one who lives through Pandemic I will ever forget it.'

He added that the economic impact of the shutdown is hitting low-income, minority workers the hardest.

"I am often asked when large-scale vaccination will start. Like American's top public health officials, I say that it is likely to be 18 months, even though it could be as short as nine



months or closer to two years. A key piece will be the length of the phase 3 trial, which is where the full safety and efficacy are determined," he further wrote.

The Bill & Melinda Gates tries like India and Nigeria ac-Foundation last week donated count for a small portion of the reported global infections. One \$150 million in the global fight

the testing in these countries so they know their situation. With luck, some factors that we don't understand vet, like how the weather might affect the virus's spread, will prevent large-scale infection in these countries," he further wrote. Microsoft co-founder Bill

Gates on April 15 condemned US President Trump for halting funding towards WHO amidst the pandemic. Gates, on Monday, also lauded steps taken by the Modi government to fight

In a letter to Modi, Gates said he was glad that the Indian government is fully utilizing its exceptional digital capabilities in its COVID-19 response and has launched the 'Aarogya Setu' digital app for coronavirus tracking, contact tracing, and to connect people to health services.

Saudi Arabia to reopen eateries, coffee shops in Ramadan

airo: Saudi authorities will allow some food businesses to resume their activities in the current month of Ramadan that began on Friday, Saudi newspaper Ajel has reported, citing unidentified sources.

The Ministry of Municipal and Village Affairs will allow coffee shops offering drinks and fresh juices as well as sweet stores and manual bakeries to reoperate in Ramadan, the sources added.

The number of workers at those businesses will be defined according to certain guidelines.

"The chief of the area or the governorate will specify what he sees appropriate according to higher orders," the sources added without further details.

Last week, Saudi Arabia



Saudi Arabia so far has reported a total of 15.102 coronavirus cases including 127 deaths

cept residents of districts subjected to a complete health lockdown. new coronavirus in the kingdom. People are allowed to go outdoors in Ramadan from 9 in the morn-

COVID-19.

against COVID-19. Last month, the foundation had donated \$100 million towards the global fight against the pandemic. "So far, developing coun-

08 SUNDAY 26.04.2020 KASHMIR OBSERVER

COVID-19: Be Patient Till May 3, India Tells Expatriates

lockdown do not allow for bringing back stranded Indians and getting them held ister of State for External Affairs V Muraleedharan said abroad who want to return to be patient till May 3.

The lockdown was imposed in the country from many who have gone on March 25 to April 14, but was extended to May 3 to prevent the spread of the novel coronavirus.

Muraleedharan, speaking at a video conference session organised by the PHD Chamber of Commerce and Industry, said his ministry was definitely concerned abroad and was making ef-

NEW DELHI: The rules of the in India at the airports," he said, highlighting that there was a travel ban between states, some districts and up at various airports, Min- many hotspots were completely sealed.

"So I am expecting up to on Thursday, urging citizens 3rd May, please be patient. We are definitely concerned about the situation of not only the students, but also tourist visas or on business visits, all those who are and are stranded," Muraleedharan said.

Economic impact

Speaking about the economic impact of COVID-19 and the steps taken by the Centre, he said the government is aware of the about Indians stranded economic impact of the pandemic.

"It is our duty to support

the collective global efforts

capacity and to ramp up ca-

pacity where we can become

cated a two-fold strategy in

the current scenario under

which capacity must be built

up especially in sectors such

manufacturing and electron-

advo-

market leaders," he said.

Muraleedharan



forts to bring them back at the earliest. Asked about Indian stu- to mitigate disruptions in

dents stuck in the US, Muthe global supply chains by raleedharan said Indian stu- increasing supplies of proddents were stranded across ucts where we have available the globe from the Carribean to New Zealand and Australia in the wake of the COV-ID-19 pandemic.

"The Ministry of External Affairs is working on that. Of course everyone understands that the present situation where there is a lock- as pharmaceuticals, textiles, down, the spirit and rules of lockdown do not allow us to ics where India could have bring anyone to the country some relative advantage and then get them stranded over the rest of the world.

Appeal For Vaccine Grows Louder After Trump's Disinfectant Theory Sparks Uproar





Medical staff accompany a woman (R, bottom), who was healed from the coronavirus (COVID-19) after having spend more than a month in a coma, upon her discharge from the hospital in the city of Ariana near the capital Tunis. AFP Photo

Amid Rising Death Toll, FDA Warns Of The Side Effects Of Hydroxychloroquine

NFW DFI HI. Here are the latest updates on the coronavirus crisis in India and other parts of the world on

Saturdav UGC panels recommend academic session in varsities from September and online exams wherever possible. 11:36 a.m.

American Senator urges Trump to reverse order on Green Card and speed up H-1B for healthcare workers. 11:21 a.m.

China approves third COVID-19 vaccine for clinical trials.

11:20 a.m. Facebook live sessions by experts and celebrities started to keep Churu residents motivated during lock-

down. 11:14 a.m.

Australian Government looking at travel exemptions for Indian cricket team's Test tour, reports say.

10:50 a.m. Rajasthan records 25 new coronavirus cases as infection tally rises to 2.059.

10:47 a.m. Trump says he was "sarcastic" when talking about injecting disinfectants to treat COVID-19 patients. 10:19 a.m.

Indore's death toll rises to 57 as the number of cases in the city jump to 1.085.

10:09 a.m. Seven more people test positive for COVID-19 in Andaman and Nicobar Islands as total number of cases

rise to 29. 10:05 a.m. Two Chinese pharma companies,

which supplied 5.5 lakh rapid testing kits for COVID-19 to India, said they

poor accuracy of their products. 9:44 a.m.

Community kitchens in Udhampur prepare over 7,000 food packets daily for stranded migrant workers.

9:33 a.m. FDA warns against side effects of hydroxychloroquine.

9:28 a.m. Indians and ethnic minority medics in UK at high risk from COVID-19,

survey says. 9:22 a.m.

COVID-19 death toll rises to 775 as the number of cases climb to 24,506, Health Ministry says. 9:04 a.m.

Eight new COVID-19 cases recorded in Amravati city, Maharashtra.

8:52 a.m. Seventy two COVID-19 therapeutics trials underway and 211 in planonline exams if they have the been extended till May 3.PTI are ready to cooperate with Indian agencies looking into allegations of ning stages, FDA says.

COVID-19 Death Toll Rises To 779, Number Of Cases Climbs To 24,942: Health Ministry

ing to the ministry data.

1,952) and Uttar Pradesh (1,778).

The death toll due to COVID-19 rose to 779 and the number of cases climbed to 24,942 in the country on Saturday, registering an increase of 56 deaths and 1,490 cases since Friday evening, according to the Union health ministry.

The 56 deaths were the maximum reported in the country in a span of 24 hours, the ministry said. The number of active COVID-19 cases stood at 18,953, while 5,209 people have been cured and discharged, and one patient has migrated, it added.



UGC Panel Recommends Delaying Next Academic Year By 2 Months To September

coronavirus lockdown and related uncer-L tainties will most likely delay this year's academic year by two months. A panel appointed by the University Grants Commission (UGC) has recommended that the next academic year in colleges and universities should be pushed to September, instead of the traditional mid-July start for higher education.

Two committees were conbe accepted. After deliberatstituted by the UGC to look into the issues of academic loss and online education in the wake of the lockdown in the country due to the coronavirus pandemic.

One of the committees led by Haryana University Vice-Chancellor R.C. Kuhad was formed to look into the ways of conducting exams in universities amid the lockdown and work on an alternate academic cal-

ing on the feasibility issues and keeping the situation in mind, guidelines will be issued," an official said. Another hurdle in starting the academic session is the delay in conducting en-

infrastructure and means or

wait for the lockdown to get

over and then decide a date

for pen-and-paper examina-

According to HRD Ministry officials, the two reports

will now be studied and of-

ficial guidelines in this re-

gard are expected to be no-

"It is not binding that all

the recommendations will

tions," a source said.

tified by next week.

trance examinations as well as the pending board exams, the panel has pointed out. "As of now the plan is to conduct entrance examinations like NEET and JEE in June. But it

endar. The second committee, to suggest measures to improve online education, was led by Indira Gandhi National Open University (IGNOU) V-C Nageshwar Rao. Both the panels submitted their reports on Friday.

"One panel has recommended that the academic session be started from September than July. The second panel has suggested that universities should conduct on March 24 which has now

across the country have been closed since March 16 when the Union government announced a countrywide classroom shutdown as one of the measures to contain the outbreak. Later, a nationwide lockdown was announced

is extremely important to keep

reviewing the COVID-19 situa-

Universities and schools

tion," the official said.

COVID-19: Wedding Party Stays At Bride's Home For 35 Days

PATNA: A wedding party has been staying at the house of bride for the past 35 days in Bihar, leaving the bride family in a peculiar situation. The procession has got stuck due to nationwide lockdown due to the coronavirus, which resulted in suspension of all transport services.

to the lockdown, he sought help from the neighbours and The wedding party had arvillage council officials. But now all have expressed their

helplessness to extend further

"We are indeed caught in

a critical situation. We don't

know how to serve the guests

who are stuck at my home. Ini-

tially our neighbours and village

council members helped me

but now they are maintaining a

distance from me," said a sullen

able to serve food to the guests

Another problem for the

guests is that Bihar is strictly

enforcing the lockdown with

the number of COVID-19 cases

increasing fast. In the past 24

hours, as many as 54 cases of

Alarmed at the situation, the

the total number to 197.

only once in 24 hours," he said.

help to the family.

Nations on Friday launched a global push for a coronavirus vaccine as President effort in history.' Donald Trump triggered an uproar by suggesting patients be treated with disinfectant and the US death toll passed 50,000.

Across the Muslim world, hundreds of millions of faithful opened the Ramadan holy month under stay-at-home conditions, facing bans on prayers in mosques and on the traditional large gatherings of families and friends to break the daily fast.

With effective medical treatments still far away, UN Secretary General Antonio Guterres said defeating the pandemic will require global organizations and world leaders joining forces with the private sector to develop and distribute a

novel coronavirus vaccine. "We face a global pub-

WASHINGTON: The United Guterres said. "A world free of COVID-19 requires the most massive public health

> The UN chief's appeal came a day after the US president prompted an outcry with his suggestion that industrial cleansers be used to treat patients.

"Is there a way we can do something like that, by injection inside or almost a cleaning?" Trump mused during a televised briefing. "It sounds interesting to me.'

As experts -- and disinfectant manufacturers -rushed to caution against any such dangerous experiment, the president tried to walk back his comments claiming he had been speaking "sarcastically."

The hardest-hit country by far in the global pandemic, the US had recorded 51,017 deaths and more than lic enemy like no other," 890,000 infections.APF

"So far, around 20.88 per cent people have recovered in the country," the ministry said.

The total number of cases includes 111 foreign nationals.

Of the 56 deaths reported since Friday evening, 18 were in Maharashtra, 15 in Gujarat, nine in Madhya Pradesh, three each in Delhi and West the states, which officials attribute Bengal, two each in Andhra Pradesh, to procedural delays in assigning the Tamil Nadu and Uttar Pradesh and cases to individual states. one each in Punjab and Kerala.

Of the total 779 COVID-19 deaths, Maharashtra accounts for the highest number of 301 fatalities, followed by Gujarat (127), Madhya Pradesh (92), Delhi (53), Andhra Pradesh (31) and Rajasthan (27). The death toll reached 26 in Uttar

Pradesh as well as in Telangana, 22 in Tamil Nadu, while Karnataka and West Bengal have reported 18 deaths each, the ministry said. Punjab has registered 17 fatalities

in West Bengal, 489 in Karnataka, 454 so far, Jammu and Kashmir five, Kerala in Jammu and Kashmir, 451 in Kerala, four, while Jharkhand and Haryana have 298 in Punjab and 272 in Haryana.

recorded three COVID-19 deaths each. Bihar has reported 228 coronavirus Bihar has reported two coronacases, while Odisha has 94. Fifty-nine people have been infected with the vivirus deaths, while Meghalaya, Himachal Pradesh. Odisha and Assam rus in Jharkhand and 48 in Uttarakhand. have reported a fatality each, accord-Himachal Pradesh has 40 cases, while Chhattisgarh and Assam have There has been a lag in the Union registered 36 infections each.

Chandigarh has 28 cases, while health ministry figures, compared to there are 27 COVID-19 patients in the the number of deaths announced by Andaman and Nicobar Islands.

Twenty coronavirus cases have been reported from Ladakh, 12 from Megha-According to the health ministry data laya, while Goa and Puducherry have updated in the evening, the highest registered seven COVID-19 cases each. Manipur and Tripura have two number of confirmed cases in the country is from Maharashtra at 6,817, folcoronavirus patients each, while lowed by Gujarat (2,815), Delhi (2,514), Mizoram and Arunachal Pradesh Rajasthan (2,034), Madhya Pradesh have reported a case each.

"Forty-nine cases are being as-The number of COVID-19 cases has signed to states for contact tracing. gone up to 1, 755 in Tamil Nadu, 1,061 in Our figures are being reconciled with Andhra Pradesh and 984 in Telangana. that of the the ICMR," the ministry The number of cases has risen to 571 said on its website.

State-wise distribution is subject to further verification and reconciliation, it added. PTI

illage in Bihar's rived at Mathia v East Champaran district from Ghaziabad in Uttar Pradesh on March 20 to solemnise the mar-

riage of Salma with Abid. Salma's father Anwarul Mivan was on cloud nine when the wedding party, which comprised 30 members arrived at his home to perform the wedding.

However, right on the day when the wedding group was to return, a nationwide lockdown was enforced by Prime Minister Narendra Modi. This left the guests with no choice but to stay at the bride's home since all kinds of transport services, from trains to buses, stood suspended overnight.

COVID-19 have been reported The bride family hoped the lockdown would come to an from across the state, bringing end on April 14 but suffered another setback when it was further extended to May 3. state government has ordered

Guests served only one for conducting house-tomeal a day house survey of every village Initially, the family head across the total 38 districts of

tried to arrange food on his the state on the line of pulse own, but as he faced limits due polio immunisation drive.

NEWS MAKER

Gauri Khan Transforms Shah Rukh Khan's Office Into Quarantine Facility

er Gauri Khan has shared the transformation of superstar Shah Rukh Khan's office into a 22 bed COVID-19 quarantine facility.

Earlier this month, the Bollywood star opened his office for treating COVID-19 patients.

Gauri revealed that the four-storey building has been refurbished by her eponymous interior design studio.

"GauriKhanDesign's refurbished this office... A quarantine zone providing essentials and services to those in need. We must stand together and stand strong in this fight against #Covid19. @meerfoundationofficial @iamsrk," she captioned tion and Red Chillies

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nterior designer-film produc- the video giving a glimpse into the facility.

The 54-year-old actor's office was transformed by his NGO Meer Foundation.

The organisation also shared the video of the facility, which has been created as per the guidelines issued by the state and central government as well as local municipal body, Brihanmumbai Municipal Corporation (BMC)

SRK has also announced various initiatives to help the country during the coronavirus crisis. The actor has taken the help of his companies -- Kolkata Knight Riders, Red Chillies Entertainment, Meer Founda-



Lawyer Appears In Vest During Online Bail Hearing; Draws Judge's Ire

A Rajasthan High Court lawyer appeared in an online bail hearing in vest, drawing the ire of a judge.

Justice Sanjeev Prakash Sharma of the high court's Jaipur bench criticised the lawyer for not appearing in proper uniform during the hearing via vid-

eo-conferencing on Friday. Lawyer Ravindra Kumar Paliwal was appearing for accused Lalram, according to the court order.

The judge wanted to dismiss the bail plea, but later accepted the public prosecutor's request to not punish the accused for aberration on part of the defence lawyer and postponed the hearing to May 5.

In view of the nationwide lockdown to check the spread of the novel coronavirus, the Rajasthan High Court has been hearing urgent matters online using the 'Jitsi Meet' application.

"This court has already observed that during this pandemic where court functioning is being done through video conferencing, lawyers must appear in proper uniform... keeping in view that the petitioner's counsel was not in proper uniform, the matter is adjourned," the court said.

The high court has issued a notification asking lawyers to appear for hearing in uniform after a similar incident earlier this month.

BJP MP Announces Reward For Info On People With Foreign Travel History

BJP MP Ravindra Kushawaha said on Saturday that he would give a cash reward of Rs 11,000 to anyone providing specific information about people, including Tablighi Jamaat members, who hid information about their travels and avoided screening for COVID-19.

The MP from UP's Salempur constituency claimed in a statement that several people, who had been to Tablighi Jamaat congregations or any foreign country, did not report to the authorities and "are living without proper testing". Such people need to inform the administration about their travel history and undergo test for the novel coronavirus, he said, adding that anyone providing specific information about such people would be rewarded.

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Anwarul. "The situation is such 2 that for the past 10 days, I am