



Maximum : 22°C Today 07:11 PM Minimum : 11°C SUNRISE TOMMOROW 05:47 AM Humidity : 54%

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HELP POOR BUT KEEP YOUR CAMERA AT HOME

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.....OPINION P4

News Digest

01st RAMAZAN IFTAR SEHRI TODAY TOMMOROW FIAQH HANAFIYA 07:14 04:17 FIAQH JAFARIYA 07:20 04:15

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.

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.

'Rancho Khan' Detained For FB Post

Srinagar: Ganderbal police has arrested a man for posting an 'abusive comment' on the official Facebook page of the District Police.

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.

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'.

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

Jyotsna Bharti Suffering from bipolar disorder, Faisal Shafi was going through a terrible time in lockdown. The man in his mid-forties availed therapies until he could. But once his support system collapsed and threatened to further derail his already unsound mind-set, his daughter sought help from a friend, who's actively arranging mental consultations in the valley.

ected her friend's father to mental health specialists and averted the possible mental escalation case in Srinagar. "We're doing our bit by serving at the psychological front in these testing times," Nida told Kashmir Observer. "A sound mind plays a vital role in maintaining a healthy body." The aim, she said, is to help in whatever way "we can and we will keep doing that to the best of our capabilities". Nida's NGO has been working for a cause, mental health awareness, which, she believes, has not been given as much



importance as it deserves. from people currently grappling with mental stress," Nida continued. "After giving them a patient hearing, we

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 children's education. "Kashmir is not a normal place like any other city or state," Nida said, when asked about the motivation behind the NGO. "People feel suffocated and

want to run away. Maybe because of orthodox society and continuous hindrance in education, people here still lack the understanding of mental health issues which made a lot of children comfortable having a conversation with me, than their parents." In 2017, when Nida was doing well with the NGO programs, she started getting texts from Kashmiri teenagers on Facebook asking for help. "I remember, one evening when I opened my Facebook account, I saw messages flooding from

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



Funeral prayers of Tangmarg resident who died due to coronavirus on Saturday

Observer News Service SRINAGAR: A 72-year-old man became the sixth COVID-19 fatality in Jammu and Kashmir even as 42 new cases of novel coronavirus were confirmed on Saturday in the Kashmir Valley, the biggest one day spike since the outbreak started.

testated rising to 1071. "Finally J&K breaks the 1000 test barrier- 1071 samples tested in the last 24 hours. But that also means more positives," Principal Secretary Information and government spokesman Rohit Kansal tweeted. Officials sources said of the 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 one from Kupwara district. The bulk of the cases—28—were confirmed at the COVID-19 testing laboratory at

DISTRICT WIDE CASES Table with 2 columns: District Name, Number of Cases. Includes Bandipora (115), Srinagar (84), Shopian (63), Baramulla (55), Kupwara (46), Anantnag (38), Jammu (26), Udhampur (20), Ganderbal (14), Budgam (14), Kulgam (6), Rajouri (4), Samba (4), Pulwama (3).

17 Recover, Discharged from 3 Hospitals

Seventeen 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.

Mosque in Bandipora Hotspot Sealed

Authorities 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.

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 J&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.

Attack on Healthcare Workers Now A Non-bailable Offence

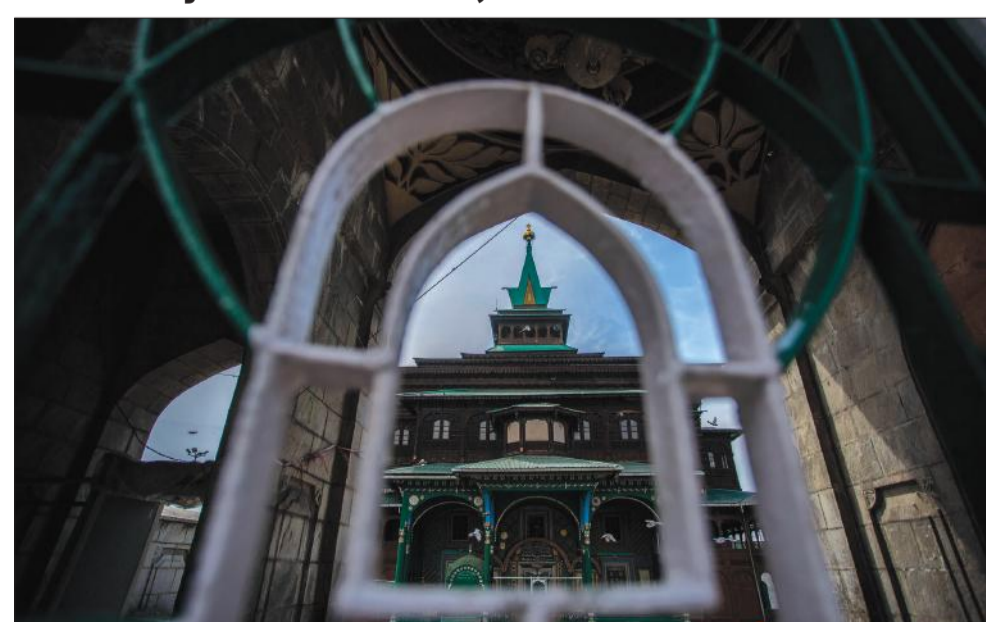
Observer News Service SRINAGAR: The J&K Government has ordered strict action "including and not limited to Disaster Management Act or Epidemic Diseases (Amendment) Ordinance" against anyone who attacks any healthcare worker in Jammu and Kashmir. In this regard, the Government has made the IGSP of Jammu, 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. "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 COVID-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 likely to create a sense of insecurity amongst the entire

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."

Militants Killed In Awantipora Quietly Buried In Sonamarg

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 ascertained. 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. A police officer said that in order to ensure health and security of the 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 postmortem and taking DNA samples of the deceased prior to their burial

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

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

How do you travel from Mumbai to Allahabad when there is a lockdown? Buy 25 tonnes of onions, load them onto a truck and hit the road. Desperate to reach his ancestral village on the outskirts of Allahabad, Prem Murti Pandey, who works at Mumbai airport, says he did just that. He spent the first phase of the lockdown in Mumbai, but then it seemed that the restrictions could go on for a while. "Actually Azad Nagar in Andheri East, where I live is a very congested area and there is a bigger risk there of coronavirus spreading," he told PTI. On April 17, Pandey hired a mini-truck for Pimpalgaon near Nashik, about 200 km way. There, 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. 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.



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Editorial: (0194) 2502327
Email editorial: editor@kashmirobsobserver.net

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 what's 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.

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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 population 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:-

- 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.



But in both the cases there is a third person who is being helped. He has an 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

who are being helped and whose photos are latter uploaded on social media sites 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;

*Khud-dar mera shehar ka faqon sai mar gaya
Ration to bat raha tha woh photo sai*

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 an 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.

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

Hello, world! first and foremost, I hope that all of you are healthy and safe. During this global pandemic, everyone out there is 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 high-speed 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 what's 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

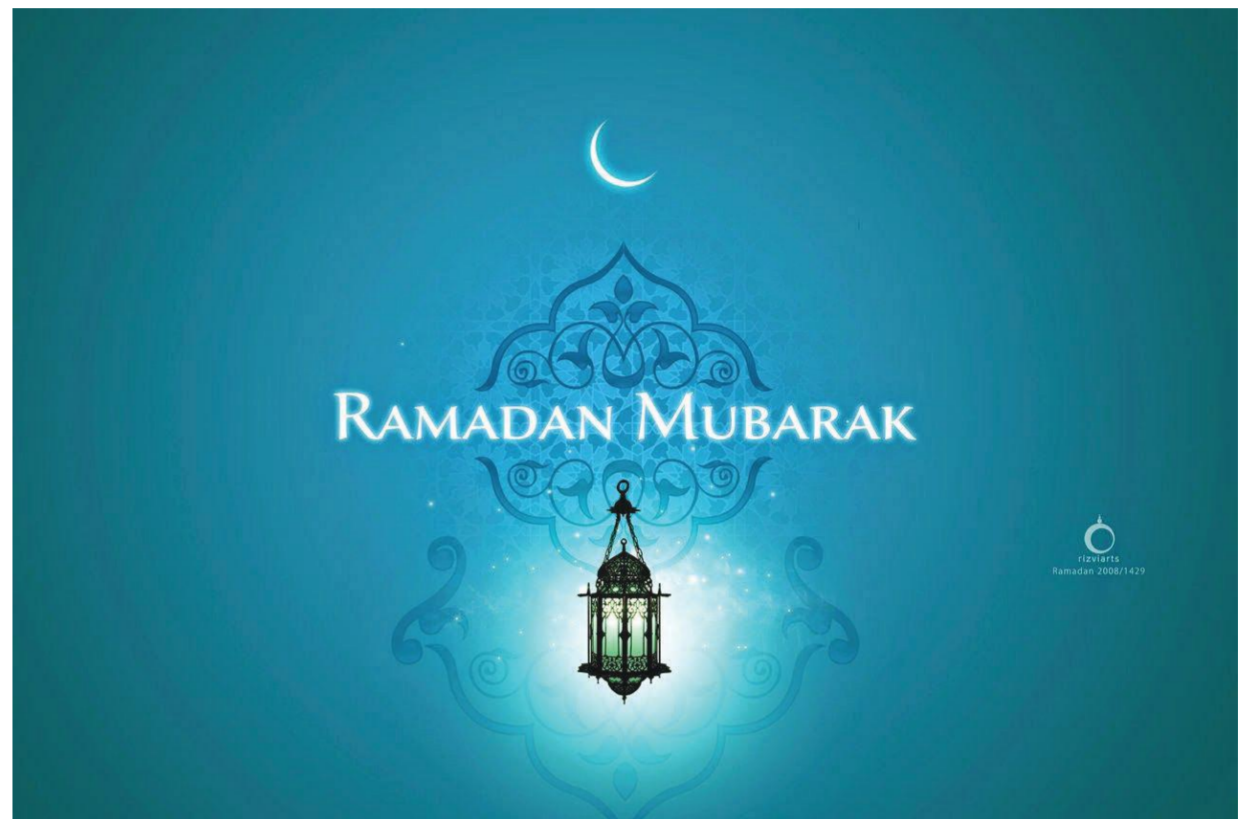
9 Ridiculous Myths about Ramazan

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

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.

This 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 invalidate 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 invalidate the fast as long as there is no ejaculation because of these actions.
- 5. 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**



- 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), involuntary 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.



GENERALLY, in the holy month of Ramazan, the majority of Muslims around the world tend to become 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.

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 consuming a lot of sugary and fried food at once 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, choose wisely and avoid fried dishes, make sure it is balanced in carbs and protein, and most importantly control



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 sahar meal, 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 you have a stable level of glucose in your blood so you don't get hungry the next

day. Fried foods and simple carbs like 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 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, roasting, steaming or grilling. Keep in

mind that reducing fat in your cooking does not necessarily mean reducing its flavour. You can enhance the seasoning of your dishes by using fresh vegetables, fresh herbs and spices, which add taste without adding calories.

Understand Sugars

Foods loaded with sugars are your enemy 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 indulgence so you don't feel deprived but you will limit that indulgence portions.

Stay Active

Fasting is not an excuse for us to sleep all day or be lazy. Maintain your usual daily activity level to a certain extent,

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

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, 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. Instead, herbal teas make a great alternative to water and may aid in digestion.

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

Press Trust Of India

Urban 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 on the governance needed to reduce future outbreak risk.

According to the scientists, including those from the University of 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 nations of Asia and Africa, is creating fluid relationships between urban and rural environments with populations drawn to new types of suburban settlements on the periphery of cities, the researchers said in a statement.

These settlements, the study said, might be in the shape of suburban neighbourhoods, informal self-built settlements, refugee camps, or



communities of workers living near mines or factories.

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

The scientists believe that the populations living in these regions are particularly vulnerable to diseases that jump the animal-to-human boundary, as they bring populations of humans and livestock into contact with displaced wildlife in a manner that does not happen in cities.

The neighbourhoods in these areas are often densely populated, poorly planned, lacking health infrastructure and out of sight of govern-

ment authorities, the researchers added.

They said these areas also serve as a conduit between city and countryside -- making municipal, regional, and even national boundaries effectively "porous".

Recent SARS and Ebola outbreaks are high profile examples of epidemics which originated in these new types of suburban hinterland before spreading into larger, established cities, the study noted.

This structural weak spot to infectious disease outbreaks has largely been overlooked in academic studies of the epidemiology of global urbanisation, the researchers said.

According to the scientists, there are three key dimensions to understanding the link between urbanisation and infectious disease risk -- the dynamics of population change, infrastructure, and governance.

They said further interdisciplinary research is needed in these fields -- especially as the world responds to the current COVID-19 pandemic which first emerged in Wuhan, China, in December.

The researchers cautioned that without improved understanding, public health policymakers locally, nationally and internationally will be ill-equipped to identify and mitigate the heightened risk of infectious disease outbreaks

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 the School of Geography at the University of Lincoln and lead author of the study.

"Improved transport infrastructure has cut journey times between countryside, suburbs and cities from days to hours. However the infrastructure vital for good public health, like health clinics and clean water, often lags behind," Connolly added.

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 established towns and cities.

They said this could be because jurisdictional responsibilities are often blurred in these areas.

A better understanding of the changing spatial relationships between cities, suburbs and countryside, the factors that shape these changes, and effective ways to adapt to them, will be key to reducing the risk of future outbreaks of infectious diseases, the scientists noted in the study.

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.

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

Scholarship Name 2: Burning Questions Fellowship Awards 2020

Description: Tiny Beam Fund's Burning Questions Initiative (BQI), a non-profit 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 will 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
Short Url: www.b4s.in/observer/YLA4

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 students will get funding up to INR 50 Lac, equipment, manpower, consumables, travel and contingency allowance and other benefits over the period of 3 years.

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



NASA Develops High-Pressure Ventilator To Fight COVID-19

Press Trust Of India

NASA engineers have developed a new, easy-to-build high-pressure ventilator tailored specifically to treat COVID-19 patients. The device, called VITAL (Ventilator Intervention Technology Accessible Locally), passed a critical test this week at the Icahn School of Medicine in New York, an epicentre of COVID-19 in the US, NASA said.

VITAL is designed to treat patients with milder symptoms, thereby keeping country's limited supply of traditional ventilators

available for patients with more severe COVID-19 symptoms, it said.

"We specialise in spacecraft, not medical-device manufacturing," said Michael Watkins, Director of NASA's Jet Propulsion Laboratory (JPL).

"But excellent engineering, rigorous testing and rapid prototyping are some of our specialties. When people at JPL realised they might have what it takes to support the medical community and the broader community, they felt it was their duty to share their ingenuity, expertise and drive," Watkins said.

NASA is now seeking FDA approval for the device via an emergency

use authorisation, a fast-track approval process developed for crisis situations that takes just days rather than years, the US space agency said.

"We were very pleased with the results of the testing we performed in our high-fidelity human simulation lab," said Matthew Levin, Associate Professor at the Icahn School of Medicine.

"The NASA prototype performed 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 COVID-19 both here in the US and

throughout the world," Levin said. VITAL can be built faster and maintained more easily than a traditional ventilator, and is composed of far fewer parts, many of which are currently available to potential manufacturers through existing supply chains, NASA said.

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

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

NEW DELHI: The rules of the lockdown do not allow for bringing back stranded Indians and getting them held up at various airports, Minister of State for External Affairs V Muraleedharan said on Thursday, urging citizens abroad who want to return to be patient till May 3.

The lockdown was imposed in the country from 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 about Indians stranded abroad and making ef-

orts to bring them back at the earliest.

Asked about Indian students stuck in the US, Muraleedharan said Indian students were stranded across the globe from the Caribbean to New Zealand and Australia in the wake of the COVID-19 pandemic.

"The Ministry of External Affairs is working on that. Of course everyone understands that the present situation where there is a lockdown, the spirit and rules of lockdown do not allow us to bring anyone to the country and then get them stranded in India at the airports," he said, highlighting that there was a travel ban between states, some districts and many hotspots were completely sealed.

"So I am expecting up to 3rd May, please be patient. We are definitely concerned about the situation of not only the students, but also many who have gone on 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 economic impact of the pandemic.



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"The Ministry of External Affairs is working on that. Of course everyone understands that the present situation where there is a lockdown, the spirit and rules of lockdown do not allow us to bring anyone to the country and then get them stranded

"It is our duty to support the collective global efforts to mitigate disruptions in the global supply chains by increasing supplies of products where we have available capacity and to ramp up capacity where we can become market leaders," he said.

Muraleedharan advocated a two-fold strategy in the current scenario under which capacity must be built up especially in sectors such as pharmaceuticals, textiles, manufacturing and electronics where India could have some relative advantage over the rest of the world.

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



WASHINGTON: The United Nations on Friday launched a global push for a coronavirus vaccine as President 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 public enemy like no other,"

Guterres said. "A world free of COVID-19 requires the most massive public health effort in history."

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 890,000 infections. **APF**



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

NEW DELHI: Here are the latest updates on the coronavirus crisis in India and other parts of the world on Saturday.

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 lockdown.

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 are ready to cooperate with Indian agencies looking into allegations of

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 planning stages, FDA says.

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

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.

"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 Bengal, two each in Andhra Pradesh, Tamil Nadu and Uttar Pradesh and 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 so far, Jammu and Kashmir five, Kerala four, while Jharkhand and Haryana have



recorded three COVID-19 deaths each.

Bihar has reported two coronavirus deaths, while Meghalaya, Himachal Pradesh, Odisha and Assam have reported a fatality each, according to the ministry data.

There has been a lag in the Union health ministry figures, compared to the number of deaths announced by the states, which officials attribute to procedural delays in assigning the cases to individual states.

According to the health ministry data updated in the evening, the highest number of confirmed cases in the country is from Maharashtra at 6,817, followed by Gujarat (2,815), Delhi (2,514), Rajasthan (2,034), Madhya Pradesh (1,952) and Uttar Pradesh (1,778).

The number of COVID-19 cases has gone up to 1,755 in Tamil Nadu, 1,061 in Andhra Pradesh and 984 in Telangana.

The number of cases has risen to 571 in West Bengal, 489 in Karnataka, 454 in Jammu and Kashmir, 451 in Kerala, 298 in Punjab and 272 in Haryana.

Bihar has reported 228 coronavirus cases, while Odisha has 94. Fifty-nine people have been infected with the virus in Jharkhand and 48 in Uttarakhand.

Himachal Pradesh has 40 cases, while Chhattisgarh and Assam have registered 36 infections each.

Chandigarh has 28 cases, while there are 27 COVID-19 patients in the Andaman and Nicobar Islands.

Twenty coronavirus cases have been reported from Ladakh, 12 from Meghalaya, while Goa and Puducherry have registered seven COVID-19 cases each.

Manipur and Tripura have two coronavirus patients each, while Mizoram and Arunachal Pradesh have reported a case each.

"Forty-nine cases are being assigned to states for contact tracing. Our figures are being reconciled with that of the ICMR," the ministry said on its website.

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

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

The coronavirus lockdown and related uncertainties 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 constituted 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-

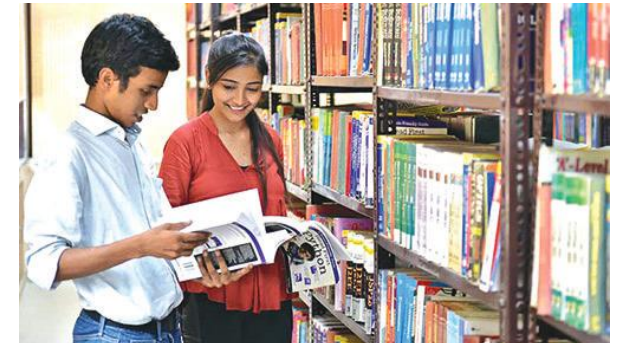
infrastructure and means or wait for the lockdown to get over and then decide a date for pen-and-paper examinations," a source said.

According to HRD Ministry officials, the two reports will now be studied and official guidelines in this regard are expected to be notified by next week.

"It is not binding that all the recommendations will be accepted. After deliberating 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 entrance 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 online exams if they have the

is extremely important to keep reviewing the COVID-19 situation," the official said.

Universities and schools 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 on March 24 which has now been extended till May 3. **PTI**

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.

The wedding party had arrived at Mathia village in Bihar's East Champaran district from Ghaziabad in Uttar Pradesh on March 20 to solemnise the marriage of Salma with Abid.

Salma's father Anwarul Miyan 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.

The bride family hoped the lockdown would come to an end on April 14 but suffered another setback when it was further extended to May 3.

Guests served only one meal a day

Initially, the family head tried to arrange food on his own, but as he faced limits due

to the lockdown, he sought help from the neighbours and village council officials. But now all have expressed their helplessness to extend further help to the family.

"We are indeed caught in a critical situation. We don't know how to serve the guests who are stuck at my home. Initially our neighbours and village council members helped me but now they are maintaining a distance from me," said a sullen Anwarul. "The situation is such that for the past 10 days, I am able to serve food to the guests only once in 24 hours," he said.

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 COVID-19 have been reported from across the state, bringing the total number to 197.

Alarmed at the situation, the state government has ordered for conducting house-to-house survey of every village across the total 38 districts of the state on the line of pulse polio immunisation drive.

NEWS MAKER

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

Interior designer-film producer 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

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 Foundation and Red Chillies



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 video-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.