



Maximum : 25°C
Today 07:14 PM
Minimum : 12°C
SUNRISE
Humidity : 53% TOMORROW 05:42 AM



06 Ramazan-ul-Mubarak | 1441 Hijri | Vol: 23 | Issue: 91 | Pages: 08 | Price: ₹3

www.kashmirobserver.net • twitter.com / kashmirobserver • facebook.com/kashmirobserver • Postal Regn: L/159/KO/SK/2014-2016

DIETARY COUNSELLING FROM CHILDHOOD LEADS TO BETTER CARDIOVASCULAR HEALTH: STUDY

A recent study has shed a positive light on promoting cardiovascular health by regular dietary counselling from infancy to early adulthood. Altogether 1,116 children and their families from Turku participated in the study starting when the children were 7 months of age. The study was published in the journal *Lancet Child and Adolescent Health*. Half of the children were randomly assigned to a group that received dietary counselling promoting a heart-healthy diet....

.....LIFE & TIMES

P6



News Digest

06 TH RAMAZAN		
FIQAH	IFTAR TODAY	SEHRI TOMMOROW
JAFARIYA	07:24	04:09
HANAFIYA	07:16	04:12

7 Injured In Handwara Leopard Attack

Srinagar: Two women were among seven people attacked and injured by a leopard in a village in north Kashmir's Kupwara district on Wednesday. A leopard barged into a house in Pohrupeth village of Handwara this afternoon and attacked the inmates, reports said. The inmates raised an alarm inviting attention of the neighbours who rushed to the house and rescued them in injured condition. The wildlife team also reached the spot. **P-02**

Face Masks Mandatory In City From May 1

Srinagar: District administration has made mandatory for all residents of Srinagar to wear masks from May 1st and any violation in this regard will be treated as offence under Disaster Management Act. In an order issued by deputy commissioner Srinagar, Dr. Shahid Iqbal Choudhary, wearing face masks has been made mandatory for all Srinagarites from May 1st. "It shall be mandatory to wear Face Mask /Face-covering at all public places including **P-02**

55 More Released After Quarantine

Srinagar: The district authorities on Wednesday discharged another batch of 55 people who completed mandatory two-week quarantine period in this capital city upon their arrival in the Valley last month. The group was under thorough medical supervision throughout their quarantine period and was discharged after clearance from doctors and health authorities, an official spokesperson said today. **P-02**

38 Shops Sealed In City

Srinagar: The district authorities on Wednesday sealed 38 shops while 12 vehicles were also confiscated for breaking lockdown orders issued by the government to combat coronavirus spread. Acting on the instructions of Deputy Commissioner Srinagar Dr Shahid Iqbal Choudhary, Tehsildars and Station House Officers (SHOs) sealed 28 shops in Shalteng, 3 in Chanpora and five others in north and south. **P-02**

Rainawari Rumours: A Sign of Deep-Seated Stigma in Kashmir?

Sajad Rafiq

JOGHILANKER, Srinagar — A day after witnessing a quiet and controversial burial, the archetypal Old City pocket in Rainawari wore a ghostly look. Some masked men struggled to come out of the new community confines, as weary window watchers glimpsed the gloomy streets, where a bunch of cops were enforcing the regimental routine.

Some of these policemen doubled as undertakers on April 28 when they gave a hushed farewell to an elderly lady. Since then, her hometown in Rainawari Srinagar is facing fake news.

Various loose texts sent out on social media tried to malign the entire family for "abandoning her". But many pricked the propaganda balloon by terming it a blatant act to create faultlines in the lockdown-ridden community during one of the most severe health emergencies in human history.

"It's all rubbish," a local, introducing himself as Mushtaq Ahmed, dismissed the rumour that the elderly lady was abandoned by her family.

"Her large family of around 30 members was sent to quarantine soon after she was detected carrying the coronavirus. So this argument of abandoning her just



A photo of burial that went viral on Social Media

does not hold water."

The septuagenarian woman

from Rainawari had tested positive for Covid-19 at Srinagar's CD hospital on Monday, and a day after she became the eighth Covid-19 victim in J&K. She was suffering from various ailments, including diabetes, hypertension and other comorbidities.

The knee-jerk social media reaction following her death came after a picture surfaced and showed cops lowering the lady into her grave. The loose talk was apparently triggered by the absence of her family and neighbours at the graveyard.

"The cops were only following the set and strict protocol for the [Covid-19] burial," Mushtaq continued. "Even as they hadn't been in

quarantine, do we really think that the family would've participated in her funeral when authorities have barred gatherings? Let's not demonise these infectious patients, and their families, like this. Anyone of us could've been at their place."

Earlier, when Covid-19 positive persons and their families faced hate campaigns driven by a mindless propaganda, Dr Samia Rashid, Principal GMC Srinagar, had to put her foot down.

"My message to general masses is that," she said, "please don't ostracise them [Covid-19 patients], they shouldn't be treated as untouchables, they don't have any disease, they are part of us. **PAGE 02**

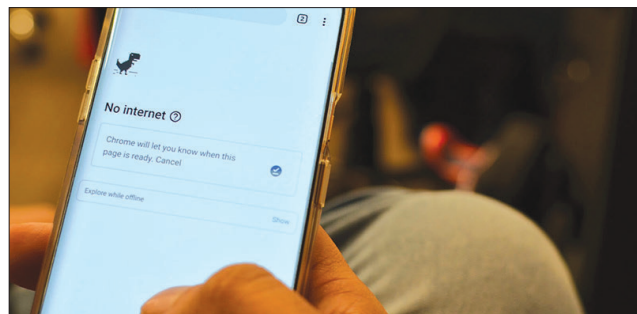
Have Right to Curb Internet Freedom: J&K Govt to SC

Internet 'Not a Right in Itself': J&K Govt Defends 4G Ban

NEW DELHI: The J&K government has justified in the Supreme Court its nine-month long and continuing ban on high-speed mobile internet in Kashmir by calling internet "as an enabler of rights and not a right in itself."

Besides, the government has also claimed that the "right to access the internet is not a fundamental right."

According to the legal news website Barandbench.com Supreme Court asked the Jammu and Kashmir government to explain why the internet speed has been restricted to 2G in the Valley, the



government replied that the "Right to access internet is not a fundamental right" and that the "Right to carry on trade and profession through internet can be curtailed."

The reply filed by the Principal Secretary to the Government, Home Department, of the Union Territory of J&K in a batch of petitions challenging the **PAGE 02**

THE GOVERNMENT HAS INFORMED THE TOP COURT THAT not only is the Right to internet not a fundamental right, but that the freedom of speech and expression and the freedom to carry on any trade and profession through the internet can be curtailed.

HC Closes Issues on Inadequate Testing, Internet

Seeks Report On Stranded Tourists, Labourers In Kashmir

Agencies

SRINAGAR: The Jammu and Kashmir High Court has closed issue regarding insufficient testing and availability of safety equipment to healthcare professionals, observing that the government was conscious of its responsibilities and has undertaken all requisite steps.

Hearing a batch of petitions on novel coronavirus through video conference, a division bench of Chief Justice Gita Mittal and Justice Rajnesh Oswal also sought a monthly report of the steps taken as regards ensuring provision of care to dependents, families of healthcare personnel, government employees engaged in COVID-19

management. On April 16, advocate Ateeb-Kanath had raised issue regarding insufficient sampling and shortage of technicians in J&K following which the court had directed government to file a response.

Sajad Amin Shah, Additional Secretary to Government, Health and Medical Education Department, filed a status report, informing court that there was no shortage of technicians for carrying out COVID-19 testing in Jammu and Kashmir and the guidelines issued by MOH&FW, Government of India and ICMR from time to time are being strictly followed. "The capacity of testing stands increased from 100 tests to 700 tests per day and are expected **PAGE 02**

Covid-19: 16 More Test Positive, J&K Tally At 581

Observer News Service

SRINAGAR: Sixteen more people tested positive for the novel coronavirus in Kashmir on Wednesday, taking the number of the Covid-19 patients across Jammu and Kashmir Union Territory to 581, said officials.

"Sixteen new cases have been reported from Kashmir in the last 24 hours," the officials said, adding that equal number of patients have recovered and were discharged from various hospitals.

Among fresh cases, nine are from Anantnag, four from Budgam and one each from Srinagar, Baramulla and Kulgam districts.

The total number of positive cases in Jammu and Kashmir has now risen to 581.

Of the total number of cases reported so far, 523 are from Kashmir and 58 from **P-02**



AMID LOCKDOWN, A BOY RIDES A BICYCLE near the shrine of Dastgeer Sahab (RA) in the Old City of Srinagar on Wednesday. Pic Abid Bhat

Shopian Gunfight: 3 Militants Killed; Army Major, 3 Civilians Injured

Observer News Service

SRINAGAR: An army major was injured on the second day of encounter with militants at Melhoora village in Shopian district of south Kashmir on Wednesday morning.

Official sources said three militants have been killed while as two soldiers including an officer and several civilians were injured during the course of operation encounter at Melhoora village of Zainapora area of South Kashmir's Shopian district. The operation was declared over this morning, they said.

The Melhoora gunfight started yesterday and all three militant bodies have been recovered. Pertinently, four militants had been killed in an encounter with the army in the same village last week. Earlier, officials said that on specific inputs about the presence of militants, a cordon and search operation (CASO) was launched in

the area by joint team of forces including 55 RR and Shopian Police. During the searches, the trapped militants fired upon the

4 Security Men Injured In Nowhatta Grenade Attack

SRINAGAR: Three SSB personnel and a policeman were injured on Wednesday evening in a grenade attack in Nowhatta area of Srinagar's Old City. Suspected militants lobbed a grenade towards police personnel near the main gate of historic Jamia Masjid in Nowhatta **P-02**

advancing soldiers triggering an encounter, they said. Early today when forces were searching for third militant body at the gunfight site, the militant hiding under debris fired upon the troops. **PAGE 02**

38-Year-Old Man Shot At In Handwara

Observer News Service

SRINAGAR: Suspected militants on Wednesday shot at a 38-year-old man in Beigh area of Kralgund Handwara in north Kashmir's Kupwara district.

A police officer said that the suspected militants barged inside the house of Ali Mohammad Beigh (38) son of Habibullah Beigh at around 8:20 pm and fired upon him, reported news agency GNS.

Ali Mohammad suffered **P-02**

Sniper Shot Injures Soldier Along LoC

KO Web Desk

SRINAGAR: An army man was injured in a sniper attack by Pakistani troops along the line of control (LoC) in Rajouri district of Jammu and Kashmir, reports said Wednesday.

Violating ceasefire, Pakistan army fired sniper shot at army's Meera Post in Kalal **P-02**

Govt Allows Conditional Movement Of Stranded People

Press Trust Of India

NEW DELHI: Migrant workers, tourists, students and other people, who are stranded in different parts of the country, were on Wednesday allowed to move to their respective destinations with certain conditions.

In an order, Union Home Secretary Ajay Bhalla said buses shall be used for transport of such groups of stranded people and these vehicles will be sanitised and will have to follow safe social distancing norms in seating.

"Due to lockdown, migrant workers, pilgrims, tourists, students and other persons are stranded at different places. They would be allowed to move," he said in an order issued to all states and union territories.

Listing the conditions, the ministry said all states and union territories

should designate nodal authorities and develop standard protocols for receiving and sending such stranded persons.

The nodal authorities shall also register the stranded persons within their states and union territories, it said.

In case a group of stranded persons wish to move between one state and union territory and another state and union territory, the sending and receiving states may consult each other and mutually agree to the movement by road.

The moving persons would be screened and those found asymptomatic would be allowed to proceed, according to the home ministry.

The states and union territories falling on the bus transit route will allow the passage of such persons to the receiving states and union territories, it said. On arrival at their destination, such persons **PAGE 02**

No Compromise On Health Of Prisoners, HC To DG Prisons

Agencies

SRINAGAR: Jammu and Kashmir High Court has asked Director General of Prisons to continuously monitor wellbeing of prisoners and ensure their health and safety was not compromised in any manner even as it closed consideration of the prisoners issue as also regarding the status of J&K residents lodged in outside jails.

The directions followed information by DG prisons regarding the release of prisoners across J&K in the wake of COVID-19 pandemic and also measures taken by various jail authorities in and outside prisons where residents of J&K are lodged.

The DG informed that 223 prisoners have been released and include 24 on parole. He said

between 1 to 22nd April, a High Powered Committee has released a total of 92 under trial prisoners, 11 persons who had been arrested under Sections 107, 109, 151 CrPC, 24 prisoners on parole and 96 others.

The DG said steps have been taken by Superintendent Jails in Jammu to prevent the spread of COVID-19 infection.

Additionally, as per report received from Director General of Prisons, Haryana regarding prisoners from Jammu and Kashmir who are lodged in Haryana, the court was informed that 15 prisoners are lodged in District Jail, Karnal and 2 in District Jail, Jhajjar. Singh informed that all detainees of J&K lodged in Haryana are being screened by medical team twice a day and **PAGE 02**

Anti-Militancy Ops To Continue Despite Covid-19: DGP

Observer News Service

SRINAGAR: Despite the coronavirus pandemic, police will carry out anti-militancy operations across Jammu and Kashmir to 'bring a lasting peace' in the Union Territory, DGP Dilbagh Singh said Wednesday.

Singh, who visited Baramulla district today to take stock of Covid-19 pandemic and review security scenario said that the anti-militancy grid will continue its operations and no compromise will be made in the efforts for establishing a lasting



peace in the Union Territory, a police spokesperson said.

The DGP was accompanied by IGP Kashmir Zone Vijay Kumar.

He chaired a meeting of senior officers of police and central armed forces. Stressing for more vigil and alertness, Singh **PAGE 02**