



Maximum : 26°C
Minimum : 13°C
Humidity : 59%

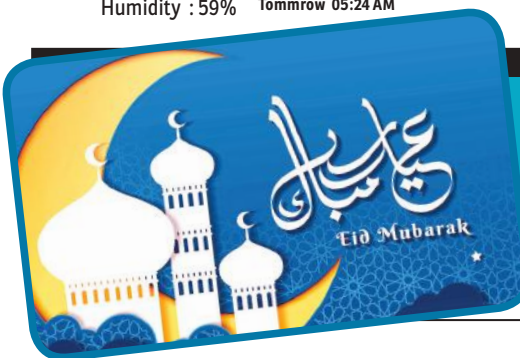
SUNSET
Today 07:32 PM
SUNRISE
Tomorrow 05:24 AM

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DON'T LET THE CORONAVIRUS KILL THE EID SPIRIT

When I think of the Eid, my mind automatically projects images of large family gatherings, my father's traditional brunch attended by friends and neighbours and the happy faces of children running around holding on to their 'eidiah', the money given to them by grown-ups on the morning of Eid. But this Eid Al Fitr is very different. Social distancing, although a must nowadays, has taken the spirit out of the otherwise joyous occasion. My small family is celebrating this Eid at home. The boys will be on their computer stations all day, I guess. They did exactly that in Ramadan. It is pity they will miss the usually cheerful occasion.....

.....OPINION
P4

News Digest

LG Extends Eid Greetings

JAMMU: Jammu and Kashmir Lieutenant Governor Girish Chandra Murmu on Saturday conveyed heartiest congratulations to people of the Union Territory on the auspicious occasion of 'Eid-ul-Fitr'. In his message, the Lt Governor urged the people to celebrate this festival, adhering to the guidelines and norms issued by the administration in view of the emerging situation due to the outbreak of the Coronavirus pandemic. The festival is one of many examples of India's multi-dimensional culture. May this festival promote and ● P-02

Mortar Shell Defused Near LoC

JAMMU: A mortar shell, which had remained unexploded during Pakistani shelling, was detected in a farm near the Line of Control (LoC) in Rajouri district of Jammu and Kashmir on Saturday, officials said. The rusted shell was unearthed when a farmer was busy ploughing his field with a tractor at Darshan Nagar locality of Nowshera sector, the officials said. They said the Army's bomb disposal squad rushed to the spot and safely defused the mortar shell, averting a major tragedy.

Man Booked For Hiding Travel History

JAMMU: A man was booked in Samba district of Jammu and Kashmir on Saturday for hiding his travel history, police said. Sunny had travelled from Punjab to his Jatwal village of Ghagwal, crossing various contamination zones using his private vehicle and had not disclosed his travel history to the authorities, a police spokesman said. He said the man was traced by police to his house and was immediately taken to Government Hospital, Ghagwal for the sample testing ● P-02

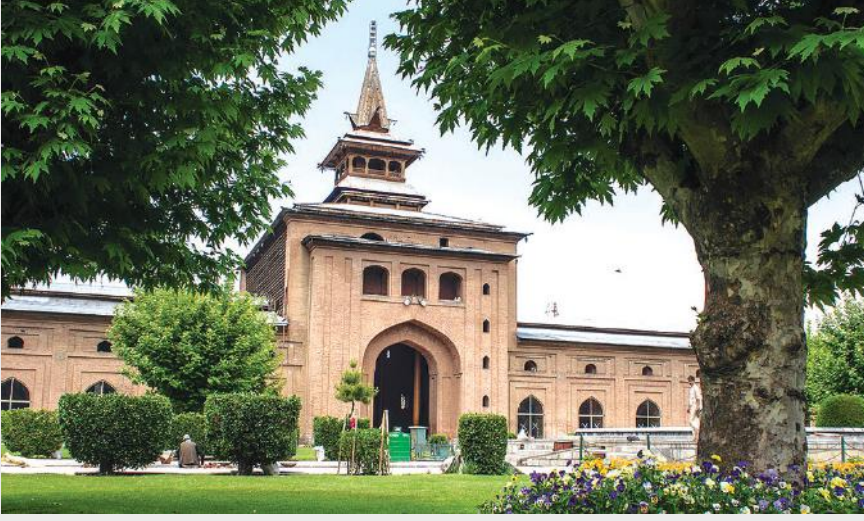
Woman Dies After Self-Immolation

Srinagar: A woman allegedly committed suicide by setting herself on fire in Telbal area of the city outskirts on Saturday. The woman was critically injured after she sprinkled kerosene on her body and set herself on fire in Telbal locality of the city, news agency KNT reported. She suffered grievous burn injuries and died in the hospital. Meanwhile, Police have taken cognizance of the case and set investigation into motion.

Man Falls From Moving Truck, Dies

Srinagar: A man on Saturday died after falling from a moving truck in Sanat Nagar area of the city outskirts. Mohammad Iqbal Kohli son of Abdul Rehman of Verinag Anantnag fell down from a running truck in Sanat Nagar area leading to his instant death. Meanwhile, police have registered a case and started further investigations.

Shawal Moon Sighted, Eid Today



SRINAGAR: Eid-al Fitr is being celebrated across Kashmir today as Shawal moon was sighted in the region.

Kashmir, like rest of the world will be celebrating the festival with solemnity due to continued lockdown.

No congregational Eid prayers will be offered and people have been advised to stay home in order to contain the spread of Covid-19 pandemic.

On the eve of Eid, the streets and markets in Srinagar and

other major towns lacked the hubbub of usual festivities.

Earlier an announcement from New Delhi said Eid will be celebrated in the country on May 25 as the moon could not be sighted on Saturday. The announcement ●PAGE 02

Srinagar Airport To Receive 13 Flights Daily From Tomorrow

Flyers To Be Sent For 14 Day Quarantine After Arrival

Izhar Nazir Ali

SRINAGAR: The Srinagar International Airport will operate as many as 13 inbound and outbound flights from Monday, after a break of nearly two months since the pan-India lockdown imposed by Modi-government began on March 25.

In total, 13 flights of four major airline players will operate at the Srinagar International Airport from Monday, official sources told Kashmir Observer. Among the private airlines, Air Asia will have the first inbound and outbound flight at the Srinagar International Airport. The first t to land in Srinagar will be Air Asia's



flight IS712 at 7:25 morning. It will be also the first flight to depart to New Delhi from Srinagar at 7:55 am.

Another low carrier airline Spice Jet will operate four daily flights between Delhi-Srinagar, Delhi-Jammu and Srinagar-Jammu

sectors. The two direct flights to New Delhi will depart at 12:35 and 16:05 hours from Srinagar, while another via Jammu will take off at 11:50 morning. The direct flight to Jammu will also depart around 11:50 morning.

Indigo will operate three flights, all in the afternoon for New Delhi and Mumbai sectors. The first Indigo flight to New Delhi will depart from Srinagar airport at 2:50 and the second will take off for Mumbai at 3:00 pm. Indigo's flight ●PAGE 02

ANOTHER LOW CARRIER AIRLINE SPICE JET WILL OPERATE FOUR daily flights between Delhi-Srinagar, Delhi-Jammu and Srinagar-Jammu sectors. The two direct flights to New Delhi will depart at 12:35 and 16:05 hours from Srinagar, while another via Jammu will take off at 11:50 morning. The direct flight to Jammu will also depart around 11:50 morning.

HC Adopts Full Year Working Time Calendar

JAMMU- The High court of Jammu and Kashmir will continue same working time round the year, thus halting the past practice of change of timings in winter and summers, an official statement issued on Saturday said.

It said that Chief Justice has issued a calendar which will be followed for the rest part of the whole year.

For the High Court Jammu Wing, the Registry/office timing for the first session will be from 9.30 AM to 1.00PM and 2nd session from 2PM to 4.30 PM- with one hour lunch break, while the Court timing will be 10AM to 1PM first session and 2PM to 4PM ● P-02

Tension Mounts In Ladakh As China Brings In More Troops



Press Trust Of India

NEW DELHI: Chinese military is fast increasing its troops in areas around Pangong Tso lake and Galwan Valley along the Line of Actual Control in Ladakh, sending a clear signal

that it was not ready to end its confrontation with the Indian Army anytime soon, people familiar with the situation in the disputed region said.

The Chinese side has particularly bolstered its presence in the Galwan Valley. ●PAGE 02

55-Year-Old Covid-19 Woman Dies At SKIMS, J&K Toll 21

Observer News Service

SRINAGAR- A 55-year-old woman, who had tested positive for COVID-19, died at Sher-i-Kashmir Institute of Medical Sciences (SKIMS) Soura on Saturday, taking the coronavirus death toll in Jammu and Kashmir to 21, officials said.

The woman from Urnhal area of south Kashmir died at tertiary care hospital today, said Dr Farooq Jan, Medical Superintendent, SKIMS Soura.

"The woman was admitted to the hospital's isolation facility and had underlying ailments including chest infection. She had tested positive ● P-02

Senior Health Officer, Expecting Mother Among 80 New Cases

Coronavirus cases crossed 1300 mark in Kashmir Valley on Saturday as 80 more people, including a senior health department officer and an expecting mother tested positive to the virus, ● P-02

6 New Covid-19 Cases In Ladakh

Days after Ladakh was declared coronavirus free, six fresh cases have come to light in the union territory over the past three days with almost all of them having a travel history outside the Himalayan region, officials said on Saturday. ● P-02

High Court Seeks Report On Violence Against Journalists, Bankers

Agencies

SRINAGAR: Amid opposition by Ministry of Home Affairs to a Draft Bill to check violence against doctors and other health-care professionals, J&K High Court has sought a report from Government of India whether complaints have been received from any other category of professionals including media persons, bankers, advocates,

chartered accountants, etc. that they were suffering violence and seeking enactment of a separate legislation.

Hearing a batch of Public Interest Litigations including one on its own motion, a division bench of Chief Justice Gita Mittal and Justice Rajnesh Oswal sought the report after Assistant Solicitor General of India Vishal Sharma submitted that MHA does not support the draft Leg-

islation by Ministry of Health & Family Welfare, titled "Health Service Personnel and Clinical Establishments (Prohibition of violence and damage to property) Act, 2019" to address the issue of assault on health care service personnel and clinical establishments.

Among the main reasons, he said, enacting a separate legislation for prohibiting violence against doctors and other ●PAGE 02

Pak Demands UN Discussion On Kashmir Situation

Press Trust Of India

ISLAMABAD- Pakistan Foreign Minister Shah Mahmood Qureshi telephoned UN Secretary-General Antonio Guterres on Friday to convey its concern over India's decision to change the domicile law for Jammu and Kashmir.

Under the domicile rules, all those persons and their children who have resided for 15 years in Jammu and Kashmir or have studied for seven years and appeared in class 10 or 12 examinations in an educational institution in the Union Territory are eligible for grant of domicile.

The Foreign Office said that Qureshi updated the UN chief on the situation in Kashmir.

The Foreign Minister alluded to the recent domicile law in Kashmir, which was in violation of relevant UN Security Council resolutions and international law, including the 4th Geneva Convention.

He also claimed that India may resort to some false flag operation.

The foreign minister said that Pakistan remained ready to allow the UNMOGIP to authenticate the claim over terror launch pads, if India provides any specific information. India maintains that the UN ●PAGE 02

Police Arrests Woman 'Extortionist'

Observer Monitoring Desk

SRINAGAR: Police has claimed to have arrested a woman in south Kashmir's Kulgam district for allegedly extorting money from a man quizzed over an input over his militant connection.

Mehbooba, wife of Shafqat Kuchay of Kadder village was arrested after she extorted an amount of Rs 80,000 from a man identified as Nazir Ahmed of Tungdunoo, who was questioned by police in connection with a militancy related input, reports said.

While Ahmad was released after nothing surfaced against him, Mehbooba grabbed the ●PAGE 02

Departed Son's Songs Paving Way To Mother's Dirges

Auqib Javed

SRINAGAR: He sang songs to his young heart's delight on the streets of Srinagar where he was lately given a tearful farewell. Among the mourners were his young friends with whom he would do lip-syncing and upload videos on social media sites.

In his last video that went viral on social media after his passage, Basim Aijaz, a class 7th student of Srinagar's Chota Bazar, talks about death: 'Kya Karoge Tum Aakhir, Kab'ar Par Meri Aakar... Thodi Der Ro Loge, Aur Bhoool Jaoge' (You'll visit my grave, cry for a while, and then will forget me).

After this social media joy singer

went silent forever, his 40-year-old mother started singing dirges for him: 'Oh, my son! How did you vanish into thin air? Why I'm living without you! What pushed you to death? Didn't you think once about your mummy for once?'

Kousar Jan's voice has turned hoarse with relentless crying for her son, who had gone out for an evening walk, soon after the raging gunfight—killing Hizbul Mujahideen commander, Junaid Sehrai and his associate—had ended.

The massive "collateral damage", the charred corpus of 15 residential houses, soon drew massive crowd to Kani Mazar locality of Nawa Kadal.

"He called me and said he was



going out with his friends," the wailing mother told Kashmir Observer. "I pleaded him to come back, as the situation was not good. But he assured me that he would be back soon. He never returned."

Kousar shortly received another call, this time from her relative, saying: 'Basim got injured at Nawa Kadal'.

Hearing this, the wailing mother rushed to the SMHS hospital,

along with her kin.

Her son, along with four others, reportedly got injured when a house collapsed suddenly in the evening of May 19, hours after the last gun fell silent at Nawa Kadal.

Basim had suffered more than 90 per cent burn injuries, Dr. Nazir Choudhary, Medical Superintendent, SMHS, told Kashmir Observer.

Numb with pain, the son was looking for his mother in the hospital bed.

"As I entered into the ward, he told me, 'Mumma, Mae Che Bouth Theek' (Mom, is my face alright)? I couldn't tell him, 'Son, your angelic face is badly burned,' she cried saying this.

For the entire night, ●PAGE 02

Muslims Perform Last Rites Of Pandit Neighbour

Observer News Service

SRINAGAR: In another example of communal harmony and brotherhood, the Muslim neighbors in south Kashmir's Tral Township on Saturday helped perform the last rites of an elderly Kashmiri Pandit who passed away this morning.

95-year-old Jagar Nath Bhat breathed his last in his home in Buechoo of Tral in the wee hours today plunging the small village in mourning, eyewitnesses told Kashmir Observer. After the news spread in the village, the local Muslims visited the family and expressed condolences with them. Many youth, the reports said made arrangements in performing his last rites. They also ferried wood for helping the family to cre-



mate the deceased.

A former auditor of Cooperative department, Bhat and his family, including three daughters and a son stayed back when other community members left Kashmir after the outbreak of militancy in Kashmir in early 90's. He has left behind his lone son Moti Lal, a retired government teachers and three daughters, who are all settled. Last year, ●PAGE 02

Mamata Appeals For Patience As Protests Erupt Over Restoration Of Normalcy; Army Pitches In

KOLKATA: Scores of Army personnel were deployed in Kolkata and neighbouring districts of West Bengal on Saturday to help the authorities restore normalcy, even as protests continued against disruption of essential services notwithstanding an appeal for restraint by Chief Minister Mamata Banerjee.

The death toll due to cyclone Amphan' touched 86 on Saturday as six more bodies were recovered since Friday night.

Within hours of requisition by the state, the Army was deployed in Kolkata and neighbouring districts for the restoration of essential infrastructure and services in the wake of the destruction caused by Cyclone Amphan,

a defence official said.

Five columns of the Army were deployed in different parts of the city and North and South 24 Parganas districts- the three worst-hit districts of the state.

Banerjee, who conducted an aerial survey of the worst affected regions of South 24 Parganas district for the second consecutive day, after accompanying Prime Minister NarendraModi and Governor JagdeepDhankhar on Friday, denounced the "negative campaigning" against her government, saying "this is not the time to do politics".

From Behala in the south to Belgharia in the north, protests continued in several areas of the city and its outskirts for the sec-

ond consecutive day over the administration's failure to restore water and power supply.

The protesters, many of whom were women, said they are under extreme hardship as there was no electricity and water for the past three days and repeated calls to power utilities CESC and WBSEDCL went unanswered.

Amid the rising mercury, the continuous power cut and lack of drinking water supply had worsened the matters.

In a few places, clashes between the police and angry protestors were also reported.

Later while addressing a review meeting at Kakdwip, Banerjee urged people to have patience as the administration was

working tirelessly to restore water and power supply.

"We are facing four challenges at a time, COVID-19, lockdown, issues related to migrant labourers and now the cyclonic disaster. Everybody should understand the ground reality and cooperate," she said while directing the administration to utilise local people to restore normalcy in the region.

She said the Odisha government has agreed to send personnel to help in the process of cutting trees which were uprooted during Cyclone Amphan. An absence of workforce due to the lockdown has also hit restoration work, the chief minister said.

"Several people have left (the

city) because of the coronavirus pandemic. In some places, 25 per cent of men are working while in some places only 30 per cent are on the job. So we do not have the required manpower, and because the lockdown is still on, they cannot come for work," she said.

Later in the evening, the state home department announced that it had sought the support of the Army, railways and port for restoring essential infrastructure and services in the cyclone-ravaged areas of the state.

It also urged private entities to provide workforce and equipment for the purpose.

The Army personnel equipped with road and tree clearance

equipment removed uprooted trees at Tollygunge, Ballygunge and Behala in south Kolkata.

Meanwhile, the state government has asked the railway ministry not to send Shramik Special trains to the state till May 26, as it is busy with relief and restoration work post-Cyclone Amphan.

The post cyclone relief work on Saturday was also marred by a war of words between the opposition BJP and the ruling TMC after West Bengal BJP presidentDilipGhosh was stopped by police from visiting the cyclone-affected areas of the South 24 Parganas district.

"If the state government wants to pursue relief politics, they

should get ready for a befitting reply from our workers," he said.

Kolkata Mayor and state minister Firhad Hakim wondered why the state BJP was keen on doing politics over the distribution of relief materials.

Lakhs of people were rendered homeless as Cyclone Amphan cut a path of destruction through half-a-dozen districts of West Bengal, including state capital Kolkata, on Wednesday night, blowing away shanties, uprooting thousands of trees and swamping low-lying areas.

More than 10,000 trees besides a few hundred electric posts, traffic signals and police kiosks were uprooted in and around Kolkata.

Mercury Shows Upward Trend In Jammu

JAMMU- The mercury in Jammu city has been showing an upward trend with the minimum temperature on Saturday shooting up by 5.1 degrees to the season's high of 27.1 degrees Celsius which is over two notches above normal, a weather department official said.

The winter capital of Jammu

and Kashmir on Friday registered a high of 41.5 degrees Celsius against the normal 38.3 degrees Celsius for this time of the year.

The city had recorded a maximum of 34.9 degrees Celsius on Wednesday followed by 37 degrees Celsius on Thursday, much to the discomfort of the locals.

Likewise, the minimum temperature in the city was 19.2 degrees Celsius on Wednesday against the season's average of 24.1 degrees Celsius. It increased to 20 degrees Celsius on Thursday, 22.2 degrees Celsius on Friday and 27.1 degrees Celsius on Saturday, the official said.

He said Kathua district was

the second hottest recorded place in Jammu division with a high of 40.2 degrees Celsius and a low of 25.2 degrees Celsius, while Katra, the base camp for Vaishno Devi pilgrims in Reasi district, recorded a maximum of 38 degrees Celsius and a minimum of 24 degrees Celsius.

Up Govt Allows Sale Of High-End Liquor Brands In Shopping Malls

LUCKNOW: The Uttar Pradesh government has allowed the sale of some types of liquor in malls, an official said on Saturday.

The Cabinet has approved the Uttar Pradesh Excise (Settlement of Licenses for Premium Retail Vends of Foreign Liquor)

Rules, 2020, paving the way for sale of certain categories of liquors in malls within the state, Excise Department s Principal Secretary Sanjay R Bhoosreddy said in a statement here.

Bhoosreddy said so far foreign liquor was being sold only in re-

tail shops and model shops.

"Earlier there was no provision for sale of foreign liquor in malls. Licenses in form FL-4-C will be granted for retail sale of foreign liquor in sealed bottles in malls. These vends will be in addition to the existing shops," he added.

Shawal Moon Sighted, Eid Today...

was made by Shahi Imam of Delhi's Jama Masjid Syed Ahmed Shah Bukhari said.

In neighbouring Pakistan Eid is being celebrated on Sunday. State sponsored Ruet-e-Hilal Committee announced the sighting of moon late in the night.

In Srinagar mosque loudspeakers immediately blared announcements declaring the Sunday as the day of Eid.

Srinagar Airport To Receive 13 Flights Daily ...

6E-2197 will be the last flight of the day to take off from Srinagar at 5:15 pm.

Tata SIA Airlines Limited, operating as Vistara will operate two daily flights to and fro Srinagar.

Besides it, Srinagar International Airport will also receive three flights from the government run Indian Airlines.

However, the resumption of airlines has posed a challenge to the private airliners, as the occupancy rates are beyond expectations.

"No airliner has 100 percent occupancy. We are starting with two flights and more or less half occupancy," an Indigo official told Kashmir Observer.

He said the occupancy rate will be low in the initial days, as many people stranded in other parts of the country will examine the resumption of services before taking flights back home.

"People will wait and watch before booking flights. It will take some time to get back to normal working," he said.

Meanwhile, the government issued a circular today informing that all the people returning to Jammu and Kashmir by road, train or air will have to compulsorily undergo a COVID-19 tests.

"All passengers/returnees coming to UT of J&K, whether by road, rail or air will have to compulsorily undergo a COVID-19 test following which they will be under administrative quarantine, for 14 days, till the test result is negative, in which case they are released for Home Quarantine, or positive, in which case they are sent to a COVID hospital for recovery and treatment" the circular reads.

A local news agency reported that the administration has also decided to offer paid quarantine facilities to the fliers at Srinagar, Jammu, Gulmarg and Katra in private hotels.

According to the report, Principal Secretary Housing & Urban Development Department Dheeraj Gupta has been appointed as nodal officer for Srinagar airport arrivals.

HC Adopts Full Year Working Time Calendar...

2nd session.

The timing for Srinagar wing for registry/ office will be 10.00 A.M. to 1.00 P.M first session; 1.00 P.M. to 2.00 P.M(break); and 2.00 P.M. to 5.00 P.M second session and for courts the time for first session will be 10.30 A.M. to 1.00 P.M; 1.00 P.M. to 2.00 P.M(Break) and 2.00 P.M. to 4.30 P.M second session.

For the District Courts and subordinate courts the timing for Jammu division will be 9.30 A.M. to 1.00 P.M (1st session Office), 1.00 P.M. to 2.00 P.M(break) 2.00 P.M. to 4.30 P.M 2nd session office); while the Court timing will be 10.00 A.M. to 1.00 P.M(First Session) 1.00 P.M. to 2.00 P.M(Break) 2.00 P.M. to 4.00 P.M(second session)

For the Kashmir & Ladakh, the timings for office will be 10.00 A.M. to 1.00 P.M (First Session); 1.00 P.M. to 2.00 P.M- break and 2.00 P.M. to 5.00 P.M second session, while the court timing will be 10.30 A.M. to 1.00 P.M(first session); 1.00 P.M. to 2.00 P.M(break) and 2.00 P.M. to 4.30 P.M second session. The above timings shall take effect from 1st June 2020

Tension Mounts In Ladakh As China Brings In...

erecting around 100 tents in the last two weeks and bringing in machinery for possible construction of bunkers, notwithstanding the stiff protest by Indian troops, they said.

In the midst of the escalating tension, Army Chief Gen MM Naravane paid a quiet visit to the headquarters of 14 Corps in Leh on Friday and reviewed with the top commanders the overall security scenario in the region including in the disputed areas along the LAC, the de-facto border between India and China.

Military sources said the Indian Army has also been matching up to the Chinese build-up in both Pangong Tso lake and Galwan Valley and that it is in a much advantageous position

in certain other sensitive areas in the region.

The situation in Eastern Ladakh deteriorated after around 250 Chinese and Indian soldiers were engaged in a violent face-off on the evening of May 5 which spilled over to the next day before the two sides agreed to "disengage" following a meeting at the level of local commanders.

Over 100 Indian and Chinese soldiers were injured in the violence.

The incident in Pangong Tso was followed by a similar incident in North Sikkim on May 9.

There were reports of multiple transgressions by Chinese troops in Eastern Ladakh region in the last one week. However, there is no official confirmation or reaction to it.

In the last one week, local commanders of both the sides held at least five meetings during which the Indian side took strong note of the People's Liberation Army (PLA) erecting a large numbers of tents in areas in Galwan Valley which India felt belonged to its side of the LAC, the sources said.

India on Thursday said Chinese military was hindering normal patrolling by its troops and asserted that India has always taken a very responsible approach towards border management.

At a media briefing, External Affairs Ministry Spokesperson Anurag Srivastava also strongly refuted China's contention that the tension was triggered due to trespassing by Indian forces on the Chinese side.

India's response came two days after China accused the Indian Army of trespassing into its territory, claiming that it was an "attempt to unilaterally change the status" of the LAC in Sikkim and Ladakh.

On May 5, around 250 Indian and Chinese army personnel clashed with iron rods, sticks, and even resorted to stone-pelting in the Pangong Tso lake area in which soldiers on both sides sustained injuries.

In a separate incident, nearly 150 Indian and Chinese military personnel were engaged in a face-off near Naku La Pass in the Sikkim sector on May 9. At least 10 soldiers from both sides sustained injuries.

The troops of India and China were engaged in a 73-day stand-off in Doklam tri-junction in 2017 which even triggered fears of a war between the two nuclear-armed neighbours.

The India-China border dispute covers the 3,488-km-long LAC. China claims Arunachal Pradesh as part of southern Tibet while India contests it.

Both sides have been asserting that pending the final resolution of the boundary issue, it is necessary to maintain peace and tranquility in the border areas.

China has been critical of India's reorganisation of Jammu and Kashmir, and has particularly criticised New Delhi for making Ladakh a union territory. China lays claim over several parts of Ladakh.

Prime Minister Narendra Modi and Chinese President Xi Jinping held their first informal summit in April 2018 in the Chinese city of Wuhan, months after the Doklam standoff.

In the summit, the two leaders decided to issue "strategic guidance" to their militaries to strengthen communications so that they can build trust and understanding.

Modi and Xi held their second informal summit in Mamallapuram near Chennai in October last year with a focus on further broadening bilateral ties.

6 New Covid-19 Cases In Ladakh...

All the six new patients, five in Kargil and one in Leh, have been moved from the administrative quarantine to the COVID hospital for treatment. They include five Iran return pilgrims and a student, they said.

An official media bulletin said test samples of five people of Kargil district reported positive for COVID-19.

"The Health Department Leh received two positive reports of Iran returnees yesterday (Friday) who were already placed under facility quarantine at Kargil. While today, three positive reports were received among which two are Iran returnees and one is a student who had travelled by bus from Delhi to Kargil and was kept in hospital isolation," the bulletin read.

Earlier on May 21, one person with a travel history to Iran was tested positive for COVID-19 from the Chuchot Yokma area of Leh.

He was already placed under institutional quarantine after reaching Leh and on receiving the report he was shifted to Mahabodhi Hospital for isolation, it said.

On May 19, the Ladakh administration had declared the union territory COVID-19 free after the last two patients, out of the total 43 cases, were declared cured and subsequently discharged from the hospital in Leh.

Police Arrests Woman ‘Extortionist’...

opportunity and approached Ahmad's family claiming that the police will soon arrest him.

"She asked Ahmad and his family for an amount of Rs 1 Lakh to avoid arrest. The family somehow managed Rs 80,000 and handed it to her," a police official told a local news agency KNT.

However, aware of her mischief and fearing that she might get exposed, Mehbooba sent two of her mask clad relatives to Ahmad's house in the night and warned them not to not to go to police, the report added.

Acting on the complaint, police filed a case FIR number 68/2020 U/S 420, 451, 500, 506, 109, 34 IPC the accused woman and her associates. She was also arrested for extorting money by defaming the police.

"Investigation is on, more arrests shall follow," the police official said.

Pak Demands UN Discussion On Kashmir ...

Military Observer Group in India and Pakistan (UNMOGIP), established in January 1949, has outlived its utility and is irrelevant after the Simla Agreement and the consequent establishment of the Line of Control (LOC).

Qureshi said that the United Nations should play due role in preventing the situation in Kashmir from further escalating and stopping India from its "illegal actions" and preserving

the peace and security in South Asia.

High Court Seeks Report On Violence Against ...

health care professional would give rise to similar demands from other categories of professionals like media persons, advocates, bankers, chartered accountants, etc.

"The State is duty bound to protect life and property of all its citizens including professionals like media persons, doctors, engineers, advocates, bankers, etc," he said.

Following his submissions, the court said that it would be useful to have report from the Government of India regarding receipt of complaints from any category of professionals, other than the health care service personnel, including media persons, Bankers, Advocates, Chartered Accountants, etc. making a grievance that they were suffering violence and seeking enactment of legislation on the same. "A report in this regard shall be filed by Vishal Sharma, ASGI before us," the court added. (GNS)

Departed Son's Songs Paving Way To Mother's

she was with her son, praying and pleading for his life.

Lone Son

Kousar got married with Aijaz Ahmad, a driver by profession, from Chota Bazar, in 2004. For over four years after their marriage, the couple was not blessed with any child due to some health issues.

"Mae Oosue Ye Khuda Sobus Ladai Kareth Hetmut (I had fought with Allah in order to have Basim)," the mother said.

"We went to every shrine, mosque to plead for him."

In the hospital ward, Basim has told his cousin, Kamil Mush-taq, that a wall collapsed on five people, after which he felt a massive heat.

"The eyewitnesses managed to get the four people immediately," Kamil said, "but they couldn't locate him. With the result he got maximum burn injuries."

But whether the boy got burn injuries due to fire or blast, only forensic test can confirm that, Dr. Nazir Choudhary said.

Last Hours

During his son's last hours, Basim's father was trying everything to placate his excruciating body pain.

"At midnight, he told him, 'Basim, say, 'Ash-Hadu Anna La Illaha Illa Allah' (I bear witness that there is no deity besides God)," she recalled.

"While reciting, my son told his father, 'Papa, why are you telling me to recite prayers? Have doctors told you that I'm going to die?'"

He shortly left, leaving behind his now viral fun songs, and his mother's searing dirges: "With your departure, my son, I've lost my whole world, and a reason of my existence..."

Muslims Perform Last Rites Of Pandit Neighbour

his wife passed away after a brief illness.

"He passed away around 5 in the morning. Keeping social distancing norms in mind, the local Muslims visited the bereaved family one by one and expressed their condolences," Javed Jameel, a local told Kashmir Observer.

"This is the lone Pandit family in the village. Pandit Jagar Nath Bhat and his family share a strong bond with the Muslims. We have lost a noble soul today," he added.

He said that people from all walks of life participated in the last rites of the deceased Pandit community member.

LG Extends Eid Greetings..

maintain inter-religious understanding and co-existence and instill the spirit of brotherhood, harmony, and amity among the people of all faiths, he said.

The Lt Governor hoped that the culmination of the holy month of Ramzan, a period of fasting, prayer, and charity would retain and further enrich the J&K's glorious pluralistic traditions. He prayed for peace, progress, and prosperity in Jammu and Kashmir.

Man Booked For Hiding Travel History...

with the assistance of the Health Department workers.

A case under various sections of IPC was registered against Sunny for violating lockdown and hiding his travelling history, crossing prohibited and red zones all the way, thereby putting the lives of others at risk, the spokesman said.

HC Closes Issue On Post Lockdown Public Response

Agencies

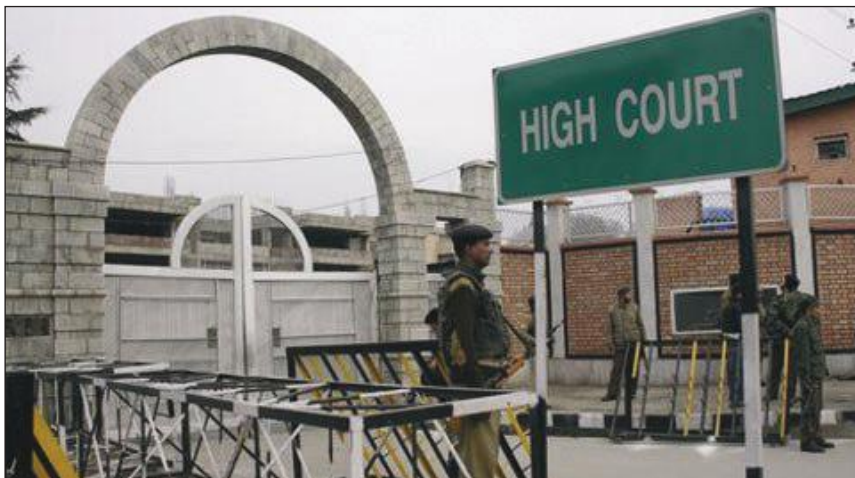
Srinagar: Jammu and Kashmir High Court has closed issue regarding desirable public response after removal of covid-19 lockdown, observing that the matter was still under active consideration and directions are awaited from the Government of India.

Hearing a batch of public interest litigations via virtual mode, a division bench of Chief Justice Gita Mittal and Justice Rajnesh Oswal ordered the closure of the issue after a status report filed by Atal Dulloo, Financial Commissioner, Health & Medical Education Department.

He informed the court that the directions on all issues of COVID-19 are issued by Ministry of Home, GoI, which have been complied with by the J&K Government.

He submitted that the matter was still under active consideration and directions are awaited from the GoI.

“In view of the fact that the (J&K) Government is aware of the importance of this issue and has assured this Court in the report filed that all necessary steps as are required, would be taken and guidelines which would be formulated as directed by the Ministry of



Home Affairs would be given full publicity, no further intervention by this Court is required in the matter,” the court said as per Global News Service.

Regarding issue of pollens from Russian poplars, Amit Gupta, Additional Advocate General, informed the court that the General Administration Department has taken a view on the report submitted by the

Expert Committee and the same

stands forwarded to the Department of Law and the Forest Department for compliance.

The committee, to examine all aspects relating to the Russian Poplar trees including the impact of the pollen and fluff from these trees on the spread of the novel coronavirus, had submitted its report earlier this month.

“Neither report of Expert Committee nor the decision taken thereon has

been placed before us,” the court said and directed that same be done before next date of hearing on June 3.

Meanwhile, the division bench termed the issue regarding operationalising e-connectivity of the Courts as extremely serious matter as their functioning was completely dependent on the same amid COVID-19 pandemic and directed the BSNL to ensure that all issues are resolved and file an Action Taken Report.

“As noticed earlier, 84 court locations for e-connectivity stand identified. This matter has been unnecessarily languishing for years and there are more courts in the J&K as well as Ladakh which are without e-connectivity than those which have been provided the same,” the court said, adding, “a status report filed by Shahzad Azim, Registrar (IT) (confirms) that only in 30 court complexes, e-connectivity has been made fully operational/working, that too pursuant to our orders in the present matter.”

The court also termed as “heartening” the “extensive” steps taken by the Srinagar Municipal Corporation to address the difficulties of stray animals including cattle. (GNS)

Amid assault on forest officials, CCF visits south Kashmir

Srinagar: A day after ‘assault’ on forest officials by smugglers in Anantnag, Farooq Gillani Chief Conservator of Forests Kashmir conducted detailed tour of South Kashmir forests.

On May 22, an assault on Forest Officials had taken place in Kuthar Range of Anantnag Forest Division, resulting in injuries to a few officials and damage to vehicle.

During the tour he visited Kuthar Range of Anantnag Forest Division where the incident of assault on Forest Officials had taken place and enquired about the health conditions of the officials who had suffered injuries in the attack.

Similarly in Shopian Forest Division, there had been an attack on a Forest official posted as Block Forester Mathwani Block few days back.

The CCF Kashmir vehemently condemned such attacks on forest officials and warned that action under law will be taken on such attackers. Further there had been reports of some damages to forests during the current lockdown period and assault on forest officials by the timber smugglers. In order to monitor the measures taken to curb such activities, a detailed review meeting was held with

the Officers at Khanabal Anantnag.

The officers present in the meeting were advised to further gear up the activities related to forest protection and timber smugglers besides other elements who are indulging in the forest damages were strongly warned that strict action as warranted under law will be taken against such elements. The Chief Conservator of Forests Kashmir said that no anti social element will be allowed to take refuge of pandemic by causing damages to forests and despite the hard times being faced by the Forest officials, the employees on the whole are delivering their best to protect the forest wealth.

He however sent strict message that in case of any laxity or otherwise is observed on the part of any forest official, the department will not hesitate to proceed against such official.

The CCF Kashmir advised the staff to intensify the patrolling in the forest areas particularly vulnerable to the activities of timber smugglers. The staff was also advised to strictly adhere to the guidelines issued by the government from time to time in the wake of COVID -19 while performing their duties in the field.

KPDCL review meeting

Kansal stresses on early procurement and better winter preparedness

SRINAGAR, MAY 23: Principal Secretary, Power Development Department, Rohit Kansal today chaired a review meeting with senior officers of PDD and KPDCCL to discuss the status of power sector, centrally sponsored schemes, revenue realization and other issues pertaining to Kashmir Power Distribution Corporation Limited.

The meeting was attended by Managing Director KPDCCL, Mohammad Aijaz; Director Finance and Accounts (PDD), Executive Director (Distribution), Chief Engineers of Distribution, Enforcement, Procurement and Projects, Super-

intending Engineers and other concerned officials.

Threadbare discussion was held on augmentation of transmission & distribution infrastructure, the completion of languishing projects and works under ongoing centrally sponsored schemes, enhancing capacity of central workshop, winter preparedness, augmentation of critically overloaded receiving stations and proper maintenance and operation of power distribution network.

While reviewing power supply demand of Kashmir division in winter, Principal Secretary asked the concerned officers to get readied for

the winter preparedness as there are ample six months to significantly improve and enhance quality of distribution and un-interrupted power supply to consumers.

Principal Secretary underscored the importance of completing projects, expediting procurement, repairing transformers during the summer months so that there is significant improvement in power scenario in Kashmir in the next winter. He asked the officers to take measures to reduce the failure rate of transformers and to cannibalize such transformers which have outlived their utility.



CORRIGENDUM

The below mentioned dates regarding the EOI issued vide No: IUST/EW/CVL/20/113 Dated: 11-05-2020 for selection of architect/consultants for offering their services for project consultancy of 3rd phase of proposed projects at IUST campus are now as under: Conference Integrative session (pre bid meeting): **28th May 2020** Last date of submission of technical bid: **1st June 2020, before 1400 hours.**

ENVELOPE 1			
Should reach to the Office of Registrar, IUST by or before	1400 Hours	1 st June 2020	
Date and Time of Opening	1400 Hours	2 nd June 2020	

No: IUST/EW/CVL/20/124 **Sd/-**
Dated: 20-05-2020 **Executive Engineer**

J&K PET WELFARE SOCIETY (REGD.)

Sponsors: J&K PEOPLE'S EDUCATIONAL TRUST (PET).

We the Board of Trustees of J&K People's Educational Trust and the Board of Governors of J&K PET Welfare Society wish Ramdhan Mubarak with all its blessings to the people of Jammu and Kashmir. Unfortunately Coronavirus has restricted mobility due to which we cannot reach our esteemed donors in person. You are aware that huge sums of money are needed to carry forward manifold activities of the organisation which include running of two orphanages at Baramulla for girls and at Sopore for boys; granting Scholarship to the deserving students undergoing training in vocational courses, providing financial assistance to indigent people and medical aid to deserving people suffering from chronic diseases; helping people who suffer from natural calamities besides arranging seminars, symposia and debates for creating awareness among people regarding matters of educational and social interest.

Therefore not withstanding the prevailing circumstances, we approach all affluent people to donate liberally Zakat, Sadkat and dues in the name of J&K PET Welfare Society through J&K Bank account numbers given below:

01) SB-0347040100011616 TP Sopore

02) SB-0002040100025189 Amira Kadal Srinagar

03) SB-1112040100002129 (Scholarship), Polo view Srinagar

04) SB-0397040100003990 Azad Gunj, Baramulla

05) SB-0070040100010284 KB Adda, Baramulla

Prof Mohammad Muzaffar Var

Chairman,

J&K PET Welfare Society Contact No: 9906585516

DIAL-EMMA



- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488, 2452222, 2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BUIHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153



HIGHWAY STATUS



- Sgr-Jammu highway - (Open)
- Mughal Road - (Open)
- Srinagar- Leh- (Open)



HIJRI
CALENDAR
30 Ramazan
1441

PRAYERS

FAJR 3: 45

ZUHR 12: 28

ASR 5:24

Magrib 7:35

ISHA 9:11

This Day In History

- 1153- Malcolm IV becomes King of Scots
- 1218 -The Fifth Crusade leaves Acre for Egypt.
- 1370 -Hanzesteden signs peace treaty with Danish king Waldemar IV
- 1595- Nomenclator of Leiden University Library appears, the first printed catalog of an institutional library.
- 1621- The Protestant Union is formally dissolved.
- 1658-Battle of Dunes (Spanish-French War) fought
- 1667- French troops attack into Southern Netherlands
- 1689 - English Parliament guarantees freedom of religion for Protestants
- 1697 - English King William III travels through northern Europe
- 1738 - John Wesley is converted, launching the Methodist movement; celebrated annually by Methodists as Aldersgate Day
- 1775 - John Hancock is unanimously elected President of the Continental Congress
- 1798 - Irish Rebellion of 1798 led by the United Irishmen against British rule begins
- 1809 - Dartmoor Prison opens to house French prisoners of war
- 1815- George Evans discovers Lachlan River, Australia
- 1818- General Andrew Jackson captures Pensacola Florida
- 1822- Battle of Pichincha, Bolivar secures independence of Quito from Spain
- 1832-The First Kingdom of Greece is declared in the London Conference.
- 1846- General Zachary Taylor captures Monterey in Mexican War
- 1861- Alexandria, VA occupied by Federal troops
- 1862- Beardslee field telegraph used for 1st time
- 1881- Turkey cedes Thessaly and Arta back to Greece.
- 1887- Sultan Bargash of Zanzibar grants E Afr Association at East African harbors
- 1890- Geo Train & Sam Wall circle world in record 67 days, Tacoma-Tacoma
- 1915- Thomas Edison invents telecube to record telephone conversations
- 1916- Last British-Indian contract workers arrive in Suriname
- 1918- British officer General Poole lands at Murmansk, the Russian port on the Barents Sea
- 1921-British Legion forms
- 1922- Russian-Italian trade agreement signed
- 1926- Paavo Nurmi runs world record 3000 m (8:25.4)
- 1930-1st woman to fly from England to Australia solo, lands (Amy Johnson)
- 1931- 1st air-conditioned train installed-B&O Railroad
- 1934- Colombia & Peru sign accord about harbor city Leticia
- 1940- Dutch army demobilizes
- 1940- German tanks reach Atrrecht France
- 1941- German battleship Bismarck sinks the British battle cruiser HMS Hood; 1,416 die, 3 survive
- 1943- U-441 shoots Sunderland seaplane down over Gulf of Biskaje
- 1944- Icelandic voters sever all ties with Denmark
- 1954- 1st rocket attains 150 mi (241 km) altitude, White Sands, NM
- 1957- Heavy earthquake strikes Colombia
- 1958- Cuban President Batista opens offensive against Fidel Castro's rebellion
- 1958- UP & International News Service merge into United Press International
- 1961- NASA Explorer Ionsphere research mission fails to reach Earth orbit
- 1961- Cyprus joins the Council of Europe.
- 1968- French President Charles de Gaulle proposes referendum & students set fire to Paris bourse
- 1980-Iran rejects a call to World Court to release US hostages
- 1982- Liberation of Khorramshahr, Iranians recapture of the port city of Khorramshahr from the Iraqis during the Iran-Iraq War.
- 1983 Fred Sinowatz succeeds Bruno Kreisky as chancellor of Austria
- 1986-Margaret Thatcher becomes 1st British PM to visit Israel
- 1993-Eritrea achieved independence from Ethiopia after 30-year civil war
- 1997- STS 84 (Atlantis 19), lands
- 1997-Telstar-5 Proton Launch, Successful
- 2000- Israeli troops withdraw from southern Lebanon after 22 years of occupation.
- 2002- Russia and the United States sign the Moscow Treaty.
- 2004 - North Korea bans mobile phones.
- 2009 - Manchester United wins 1-0 at Hull City Stadium to win English Premier League title for 3rd consecutive season, for a second time; equals Liverpool's record of 18 league titles
- 2009 - IPL Cricket Final, New Wanderers Stadium, Johannesburg, RSA: Deccan Chargers beat Royal Challengers Bangalore by 6 runs; Herschelle Gibbs top scores, 53 (48)
- 2018 - At least 14 children reported mauled to death by wild dogs near Khairabad, India after closure of slaughterhouses
- 2018 - US President Donald Trump cancels summit with North and South Korea because of hostile statements from North Korea
- 2018 US President Trump posthumously pardons boxer Jack Johnson for racially orientated criminal conviction - transporting a white woman across state lines

From KO Archives

NC to discuss Mirwaiz's unity offer

Observer News Service

SRINAGAR - National Conference (NC) leader Farooq Abdullah today said the working committee of his party would discuss an offer from Hurriyat Conference (Omar) for unity to find a lasting solution to Kashmir issue.

“The offer of Hurriyat Conference chairman Mirwaiz Omar Farooq is encouraging,” the former Chief Minister said.

He said the offer will be put before the working committee the highest decision-making body of the party. The NC will extend support to any proposal which will help find a durable solution to the Kashmir issue, he added.

Mirwaiz Omar has recently said the doors of the HC are open for everyone, including ruling People's Democratic Party, NC and the Congress.

Senior NC leader and former Minister Ali Mohammad Sagar has meanwhile appealed to the Hurriyat Conference and other Separatist leaders to take steps to stop violence against innocent persons.

(Kashmir Observer, 24 May, 2005)

Jammu & Kashmir (UT)							
OFFICE OF THE EXECUTIVE ENGINEER, JAL SHAKTI (PHE) MECHANICAL DIVISION SOUTH AWANTIPORA							
Telefax: 01933/247380; Email ID: phemeshsouth@gmail.com							
GIST NIT				DATE: 23-05-2020			
ISD/PHE/MSA/ e-NIT No: 03 of 2020-21							
For and on behalf of the Lieutenant Governor of Union Territory Jammu and Kashmir online e-tenders are invited in two Cover System, (Technical and Financial) from registered and experienced contractors/firms as mentioned below for execution of the following Works:							
S.No	Name of Work	Est. Cost Rs. Lacs	Cost of T/Doc. (Rs)	Earnest Money (Rs)	Time of Comp	Class of contractor	Programme/ Funds
1	Electrical and Mechanical works to be carried out at Lajpora.	7.55	750/=	1% of Adv Cost	10 days	S.H.G having qualification in electrical and mechanical engineering.	JJM (Retrofitting)/ Demanded
2	Electrical and Mechanical works to be carried out at Water Supply Scheme Hariparigam (Ganshbal Hari)	5.50	550/=	1% of Adv Cost	10 days	S.H.G having qualification in electrical and mechanical engineering.	JJM (Retrofitting)/ Demanded
3	Electrical and Mechanical works to be carried out at Water Supply Scheme Najbal Sail	4.66	450/=	1% of Adv Cost	10 days	S.H.G having qualification in electrical and mechanical engineering.	JJM (Retrofitting)/ Demanded
4	Various Electrical and Mechanical works to be carried out at Water Supply Scheme Ban Koil.	8.52	850/=	1% of Adv Cost	10 days	S.H.G having qualification in electrical and mechanical engineering.	JJM (Retrofitting)/ Demanded
5	Electromechanical Equipments required for up gradation of filter water stage of water supply scheme kandizal.	7.30	730/=	1% of Adv Cost	10 days	S.H.G having qualification in electrical and mechanical engineering.	JJM (Retrofitting)/ Demanded
The Bidding document consisting of qualifying information, eligibility criteria, specifications, and bill of quantities (B.O.Q)s set of terms and conditions of contract and other details can be seen /downloaded from the departmental website www.jktenders.gov.in and www.phekashmir.com as per schedule of dates given below:-							
01	Publish Date	23-05-2020 (04:00 PM)					
02	Start of downloading of tender documents	23-05-2020 (04:00 PM)					
03	On line bid uploading start date	23-05-2020 (04:00 PM)					
04	Last date of uploading of bid	06-06-2020 (04:00 PM)					
05	Date and time of opening of Tech bids (online)	08-06-2020 (10:00 AM)					
06	Date and time of opening of Price bid	To be notified					
Note - CDR & Treasury Receipt/e-Challan mentioning NIT No and Work shall be pledged to Executive Engineer Jal Shakti (PHE) Mechanical Division South Awantipora as per the format annexed. Head 0215 - Revenue & Miscellaneous. All other details can be had from the departmental website www.jktenders.gov.in and www.phekashmir.com							
DIPK-983/20		Sd/ Executive Engineer Jal Shakti PHE Mechanical Division (South) Awantipora					
No: JSD/PHE/MSA/ 175		Date: 23-05-2020					

KASHMIR
OBSERVER

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Switchboard: (0194) 2106304
Editorial: (0194) 2502327
Email editorial: editor@kashmirobsrver.net

NO HOLDS BARRED

GRADUATION 2020



“Though the effects of blue light on the skin are yet to be fully understood, the light is an important health concern because of its other risks. “Blue light damages the retina and reduces your excretion of melatonin, so it interrupts your sleep cycle,” said Michelle Henry, a dermatologist in New York.

Don't Let The Coronavirus Kill The Eid Spirit

By sharing the joy with the less fortunate, we can triumph over the virus impact

MOHAMMED ALMEZEL

When I think of the Eid, my mind automatically projects images of large family gatherings, my father's traditional brunch attended by friends and neighbours and the happy faces of children running around holding on to their 'eidiah', the money given to them by grown-ups on the morning of Eid.

But this Eid Al Fitr is very different. Social distancing, although a must nowadays, has taken the spirit out of the otherwise joyous occasion. My small family is celebrating this Eid at home. The boys will be on their computer stations all day, I guess. They did exactly that in Ramadan. It is pity they will miss the usually cheerful occasion they have been waiting for all year.

The coronavirus pandemic has changed our way of life; forever, some say. And that could very well be an understatement. It has altered the way we go about our daily life, do our jobs, and engage with others. We have been hoping the crisis would end before the Eid. No such luck.

Muslims have celebrated Eid even in the darkest chapters of their history. During wars, famine and plagues, people still marked this auspicious day with family meals, distributing sweets, and common prayers. Today, as we shelter at home to fend off the vicious virus, it is one for the records. History will record that in the year 2020, Eid was muted. People avoided shaking hands with their neighbours. Eid congregations in the mosques, which for most is the highlight of the day, were cancelled, and the otherwise packed malls were quiet. Children playgrounds in the city were closed and cinemas and restaurants were off limits.



However, I take some consolation in the fact that I am at home with my family during the Eid. Therefore, we decided we must enjoy the occasion. Although we will be confined to our house, we will have a barbecue and the Eid sweets afterwards. And perhaps we will sing few Eid songs too. We have decided that the coronavirus must not spoil our delight today.

On the other hand, I cannot stop thinking of those expats whose Eid have been ruined this year. Many are used to travelling back home during the occasion to be with their families. Travel is restricted so they unfortunately will have to be content with video calls this Eid. I cannot even imagine how they must feel today.

Some of these expats have lost their jobs or been forced to take long unpaid leave. Without the income, they are unable to send money or Eid

gifts to their families back home. Some have pre-booked their holiday tickets well before the coronavirus struck.

Small gifts make a difference

They need our support. Eid is about sharing the joy, but these people are being forced to mark the occasion alone. It would be nice if we share the joy with them as much as we can — small gifts that make a difference for them. It is in our hands to let the less fortunate among us feel some sort of an Eid spirit this week.

The pandemic stormed in unannounced. It wreaked financial havoc globally. But it should not be allowed to spoil our Eid. It must not be allowed to impair our sense of community. During crises, the goodness in us shines through. Eid is another opportunity to show our humanitarian side — to show our charitable side towards those in

need. Towards those who live among us but lost big in this crisis. They should not be left alone to fend off the cruel effects of the outbreak.

This Eid, although subdued, could very well become a turning point in our struggle to overcome the pandemic. While sticking to the health guidelines and precautions; to celebrate Eid and share its joy with the less fortunate would on the other hand reflect our shared will to overcome the psychological impact of the coronavirus.

During this Eid, let us bring out the benevolent side in us and support the victims of the crisis. We can help them send something to their families. The triumph over the psychological effect of the pandemic is the first step in defeating this invisible enemy. The first sign of a new world without COVID-19.

The great Arab poet Abu Al Tayyib Al Mutanabbi who lived in the 11th century was not a happy person. He lived in the decades of inter-Arab conflicts and strife. His works, considered by most as the greatest pieces of literature in the Arab history, reflect his struggle and endeavours to unite the Arabs' scattered little states and regain their past glory.

One of his eternally quoted poems is the one he wrote about Eid, where he says: Oh Eid, in what way you have returned. With the same sorrow or this time, you will be the sign of a new beginning. He hoped that the following Eid would see the realisation if his aspirations and ambitions.

Today, we too are hoping that this Eid would be a sign for the good days to come, to see the beginning of the end of the coronavirus pandemic so that we can celebrate the next one with family and friends.

Gulf News

I Still Remember That Eid

Sana Hussain

Life is long and funny. Things have a way of working themselves out at their required time, and in a way that's deserved by everyone. Just when we think we understand enough about life, it will spring a surprise and we are forced to rethink everything we know. The universal truth however remains; that success, failure, happiness, sadness; everything must be taken with a grain of salt, because like everything else, this too shall pass.

I was a big Alif-Laila (Alladin) fan. I never missed the show. I imitated him with my gang of friends. We all gathered during Ramzan evenings and discussed, “If I call Alladin with his Chirag (Candle), will he come? We all use to shout Alladin loudly. The only thing that got back to us was an echo of our own voices. In despair, we'd say “what the hell” in unison and try to talk and act like him.

What we got in return was the giggle and frown from those bhaiyas who were 5 times older than us. I realised, they did not laugh at our imitation but the sound we made in unison. Eid arrived; my father took me and my brother for the measurements to the tailor uncle. I was happy. But, happiness did not last for too long when a friend of mine chuckled in joy and said “I bought a Alladin costume for Eid”. I was sad, I asked my mother and the reply I got, “Go, ask your father.” I did not have enough courage then to ask my father the same as I was aware about the economic mess and the poor job of baba. I never asked. But, when I went to Eidgah and I saw my friend wearing the same, he looked stupid in the crowd of thousands of people wearing a kurta. I was happy and perhaps he was not. That morning, I broke up with the Alladin obsession as well.

At this point of time, when I've moved to a different city chasing my dreams down earned fame, money and everything I could imagine, it seems a little success is mine, but happiness is not. Because I am living miles away from my parents and my dear ones. After all a house is different from home. Life has taught me that. All the people I walked away from, all the friendships that I threw away, it's all coming back to haunt me. Maybe to just let me know, that breaking hearts and the bad experience with life is unforgivable.

To the person, oh yes! that rich one, your memory lies in the books on my shelves and the oversize T-shirts that I still lie in. Your words echo back at the oddest hours with your smile that always looked like it was meant for another world. You remind me of the smell of growth. Yes, I still love you more than you know but I'm not brave enough to get back with you. Love is a part of life but it's not everything. Set your goals straight, you have your family to take care of. As love is a part of life, moving on is also a part of life.

Regret but do not repent.

What That Screen Time Is Doing To Your Skin

The risks of indoor light and how we can protect ourselves

CRYSTAL MARTIN

You've probably heard more about the perils of blue light lately because our lives are more likely to be lived indoors and online. Our laptops, phones, tablets, TVs and even LED light bulbs are all sources of blue light. And now that we're tethered to those devices, are we getting drenched? Should we be more worried about damage to our skin? Promote health. Save lives. Serve the vulnerable. Visit who.int

This is what we know: Compared with the well-understood dangers of ultraviolet light (skin ageing and cancer), science isn't settled on the effects of indoor sources of blue light on skin. It can cause hyperpigmentation and premature ageing, but the rest — what dose of it causes trouble, for instance — was debated well before we were confined to our homes.

Here, we've checked in with some blue light and skin experts to help explain the real risks.

What is blue light?

When we think about the harmful effects of light, we're usually thinking ultraviolet light (UV), which is invisible. But we can see blue light. You may perceive it as a cool-toned white light (as with an LED light bulb), or you may not be aware of much blue at all. That's because your indoor light sources are emitting varying wavelengths that combine to create the colours you perceive.

Though the effects of blue light on the skin are yet to be fully understood, the light is an important health concern because of its other risks. “Blue light damages the retina and reduces your excretion of melatonin, so it interrupts your sleep cycle,” said Michelle Henry, a dermatologist in New York.

Proximity is, of course, a factor when thinking about the danger. “You'll get less blue light from your TV than from your computer because it's farther away,” Henry said. “And more light from your phone

than your computer because your phone is so close to your face.”

How does blue light damage my skin?

While ultraviolet light damages cells' DNA directly, blue light destroys collagen through oxidative stress. A chemical in skin called flavin absorbs blue light. The reaction that takes place during that absorption produces unstable oxygen molecules (free radicals) that damage the skin.

“They go in and basically poke holes in your collagen,” Henry said.

Exposure to blue light is more problematic for skin of colour. In a 2010 study published in The Journal of Investigative Dermatology, it was shown to cause hyperpigmentation in medium to dark skin, while leaving lighter skin relatively unaffected.

The medical community categorises skin colour based on how it reacts to UV light. Type 1 is the lightest colour with the most UV sensitivity. “This would be Nicole Kidman and Conan O'Brien,” said Mathew M. Avram, director of the Massachusetts General Hospital Dermatology Laser and Cosmetic Centre in Boston. The scale goes up to Type 6, which is the darkest and least likely to burn.

In the 2010 study, Type 2 skin was exposed to blue light but didn't develop pigmentation. Skin of colour darkened, and that darkness persisted for a couple of weeks.

“There is something about the pigmentation in Types 4, 5 and 6 that reacts differently than in patients with fair skin,” Avram said. “There should be more large-scale studies looking at this because pigmentation is one of the biggest patient concerns and the one where treatment creates less patient satisfaction.”

But isn't blue light used to treat acne?

Yes, blue light lamps treat acne and precancerous lesions. “It damages the skin, but on the other hand it can treat acne,” Avram said. “It can help your mood and memory as well. So it's more complicated than just saying 'good' or 'bad.' “

How can I prevent skin damage?

The simplest intervention is to limit the amount of blue light emitted from your devices. Apple products have “night shift” that creates a warmer screen tone. Swap out your standard LED bulbs for versions that emit less blue light.

Mineral sunscreens with iron oxides are the gold standard in blue light protection. Iron oxides have been shown to be more protective against visible light than zinc oxide and titanium dioxide alone.

A good cheat for this is any tinted sunscreen, which usually has iron oxide,” Henry said. Skinbetter Science Sunbeter Tone Smart SPF 68 Sunscreen Compact, is one such mineral sunblock. The formula combines zinc oxide, titanium dioxide and iron oxide, and it blends smoothly, even on brown skin.

Topical antioxidants should help tame the free radicals blue light creates, but again, the science isn't fully formed.

“I cannot recommend antioxidants from a purely scientific perspective,” said Alexander Wolf, a senior assistant professor at Nippon Medical School in Tokyo and an expert in how light and oxidative stress cause premature ageing. “But there are certainly a lot of experiments that show antioxidants work well in cultured cells. Vitamin C enters the cells directly, and if you do some oxidative damage to the cells, the vitamin C or some antioxidant definitely helps.”

“But a dish with some cells is not skin,” Wolf added.

Why vitamin C is a good choice

As long as you're clear that antioxidants haven't been proven to work on blue light, but would probably work, they are a good substitute for sunscreen if you feel weird about sitting at home with a face full of minerals. It's likely that antioxidants will also minimise the damage of a blue LED light device used at home to treat acne. (A mineral sunscreen would block the blue light and stop its bacteria-killing action.)

As far as antioxidants go, vitamin C is a good

choice because the molecule is actually small enough to penetrate the skin. Hyper Skin Hyper Clear Brightening Clearing Vitamin C Serum, contains 15 per cent vitamin C paired with vitamin E, and the two ingredients boost each other's potential to fight free radicals.

The buzz around blue light has led to new lines like Goodhabit. Its Rescue Me Glow Potion Oil Serum, combines marine-sourced proteins with exopolysaccharides — that is, polymers secreted by microorganisms that create a protective barrier over the skin. The polymers act like a sunscreen that blocks blue light (rather than neutralising free radicals like an antioxidant).

Though alpha-lipoic acid is not touted for its blue light protective qualities, Wolf has studied its effect on oxidative stress (in mouse skin) and thinks it is promising for human skin.

“It works differently than an antioxidant,” he said. “It activates the natural defences of the skin cell by tricking the skin cell to think, ‘Oh, there is oxidative stress.’ The cell turns up its own defence mechanisms. I think that's a much more elegant way to defend yourself.”

Perricone MD High Potency Classics: Face Finishing & Firming Moisturizer, contains both vitamin C and alpha-lipoic acid.

The sun is the most abundant source of blue light.

One important fact is often left out of the blue light conversation: The sun is by far our most abundant source of blue light.

“Brightness is not something the human eye is good at gauging because the pupil adjusts,” Wolf said. “You may think your tablet or smartphone is bright, but as far as the amount of light reaching your skin, it is very weak, especially compared to the sun.”

All things considered, then, your blue light exposure may well be down when compared with your pre-pandemic life for the simple reason that you're spending more time indoors.

, New York Times

The Handshake Will Return After The Coronavirus Pandemic

Handshakes are petri dishes for germs, but possible replacements aren't up to the task

ROBIN GIVHAN | WASHINGTON POST

Thank goodness for the handshake, the Esperanto of greetings. That well-recognised, hard-to-screw-up sign of comity and cooperation. Nice to meet you. We have a deal. It's been a pleasure. The entirety of human nature is conveyed in a palm-to-palm grip — along with a panoply of contagions.

A unique kind of discomfort washes over a person when they muck up a greeting: When one person goes in for a hug and the other one was expecting a kiss. When a high five is left hanging or a smile goes unnoticed. The feeling isn't so much annoyance as it is embarrassment.

"We use greetings to mark ourselves as one of the group, one of the gang," says Andy Scott, a former diplomat who has adeptly bowed and bussed on the international stage and who was reached at his home in south-east London. When we fumble a greeting, he says, it's as if we've slipped out of bounds. For a brief moment, we're on the sidelines.

Thank goodness for the handshake, the Esperanto of greetings. That well-recognised, hard-to-screw-up sign of comity and cooperation. Nice to meet you. We have a deal. It's been a pleasure. The entirety of human nature is conveyed in a palm-to-palm grip — along with a panoply of contagions.

Our hands have been invested with mystical powers. They speak for us. They reveal our history. To clasp hands is to allow two lives to collide in a brief moment of trust.

We've long known that for all its convenience and worth, a handshake was a bobbing Petri dish of germs and grime. But the ick factor didn't matter because we relied on the handshake to keep civilisation humming along — one gentlemen's agreement, one political campaign, one lesson in good sportsmanship after another.

Now, as the novel coronavirus has put a halt on industry, press-the-flesh politicking and team athletics, it has also stopped people from shaking hands. Scientists, most notably, Anthony S. Fauci of the National Institute of Allergy and Infectious Diseases in the United States, have taken this opportunity to lobby for the handshake's timely death.

Do the white coats know the breadth of what they're asking?

Our hands have been invested with mystical powers. They speak for us. They reveal our history. A desk jockey's soft hands immediately distinguish him from a labourer with his calloused palms. To clasp hands is to allow two lives to collide in a brief moment of trust.

It's doubtful this pandemic will permanently obliterate what previous outbreaks did not. Even Fauci believes our commitment to shaking hands may ultimately be unshakeable. Besides, could anything replace this deeply meaningful gesture?

Trump and handshake

To refuse to shake a person's hand is a full-blown insult. To be skittish about it is subversive, which is why the US president's long-harboured aversion is widely known.

Donald Trump's relationship with this centuries-old practice has taken a series of hairpin turns in the last few years. As a candidate, he resigned himself to its political expediency. In office, he has revelled in prolonged handshakes as a display of nationalistic machismo. And in the opening chapters of the coronavirus pandemic, having warmed to grip-and-grins, Trump stubbornly refused to forgo them as a show of deluded optimism and, well, glad-handing.

"I love the people of this country. You can't be a politician and not shake hands," Trump said during a Fox News town hall in March. "I shake anybody's hand now."

But finally, with the number of US deaths having surpassed 95,000, he is awkwardly avoiding handshakes with all the finesse of an adolescent manoeuvring through a first date. Earlier this month, on a



trip to highlight coronavirus safety, Trump extended his hand to Arizona Governor Doug Ducey, only to retract it in a bait-and-switch and opt for a shoulder pat, which brought the two men nearly nasal passage to nasal passage.

We just can't seem to stop touching one another as a form of introduction.

Centuries-old cultural and social data points

"As humans, we've sort of spread across the world and created different cultures. But nevertheless, we hold onto the original, fundamental purpose of a physical greeting. We're reaffirming a bond and testing each other," says Scott, who also wrote One Kiss or Two? The Art and Science of Saying Hello. The handshake "teeters between our competitive and cooperative instincts."

To forgo the handshake forever is akin to asking humans to cease trying to one-up one another or to stop seeking a kindred spirit. It means erasing centuries of cultural and social data points.

When we extend our hand in peace and fellowship, we're offering up the strength, intimacy and humanity symbolised by the hand itself. Believers lift up their open hands to God, humbling themselves in a quest for mercy. Laying hands on those who are suffering will give them respite.

Visitors make pilgrimages to the Sistine Chapel, where Adam's outstretched hand reaches toward the hand of a life-giving Creator. In death, Christians hope to sit at the right hand of God — the place of honour and glory.

The hand has "become a symbol of salutation, supplication, and condemnation ... it has come to be symbolic or representative of the whole person in art, in drama and in the dance," writes the late anthropologist Ethel J. Alpenfels in The Anthropology and Social Sig-

nificance of the Human Hand. Her 1955 paper notes that Immanuel Kant called the hand "man's outer brain."

We've come to associate the right hand with good and the left with evil, with strength and weakness. People wear a medallion shaped like a right hand to ward off evil. A man buttons his shirt to the right; a woman buttons to the left. (The patriarchy is written in everything.) And so, we greet others with our right hand even if we're left-handed.

The origins of the handshake

Hands read for those who can't see and speak for those who are mute. Our hands, some believe, predict our future with a life line etched in our palm. Hands tell the truth about our age when most every other indicator can be obscured, at least for a time, with artifice, diligence and Botox.

When we shake hands with strangers, we're presenting our whole selves to them and in mere seconds asking: Are we equal? Are you reliable? Are you a worthy adversary? Are we the same kind of people — good people?

The origins of the handshake have been traced to medieval Europe, when knights extended their hand to show they were unarmed. The greeting was popularised by the Quakers who embraced it as a more egalitarian alternative to a bow. Thomas Jefferson is said to have been a great champion of the handshake and what it represented — at least in theory.

It's a gender-neutral greeting. The old-fashioned custom of a man kissing the hand of a woman was less a show of respect and more a display of dominance. And it was a resonant moment in 1964, when president Lyndon Johnson symbolically shook hands with Martin Luther King, Jr. after signing the civil rights bill.

How Kashmiris Are Coping With Lockdown Stress

RIYAZ AHMAD DAR
Riyazahm72@gmail.com

While the lockdown is gradually being eased the trail of damage left behind by coronavirus on both economical and emotional front to the humankind is only growing. It has been profoundly disturbing experience for all of us. We are fighting an invisible enemy. We couldn't envisage where it might end but it has more than anything shattered our mental peace. It has hit us hard and left us broken.

Millions have lost their livelihood. People are traumatised all over the world. We have become kind of untouchables. No matter how the world is coping up with the present situation, we Kashmiris have our own unique ways to keep ourselves going. We give vent to our frustrations either by doodling idly on the shop fronts or arguing incessantly on the social media.

Over the past couple of weeks, we have not wasted a single opportunity to squeeze and use 2G Internet to fullest possible extent. As usual, we like to show our presence and poke nose in all matters big or trivial. These days social media warriors are busy to figure out whether watching the Turkish mega serial Ertugrul is Halal or Haram. There are non stop Fatwas pouring in but that do not distract the audience. This serial has taken Kashmir by storm. People from all walks of life are glued to their screens for hours at a stretch. More than Covid-19, they talk about Ertugrul and the characters in it. They relate one another or the politicians here with the characters of this serial. They see their own story in it. Till the time we will get over from its hangover, our terminology will be overlapped with new vocabulary. Now Sangbaz are Alps, a Turgut. Kashmiri Halima is Halima Sultan and Boi (Brother) is Bey. Families are either labeled as Kai



Qabila or Tawanzad Qabila. We see glimpse of Kur-dogulo in every suspicious character.

We have a different logic to evaluate things. We willingly and unwittingly react to irrelevant and insignificant issues so that our presence can be felt. We have become habitual to speak anything about others without looking inwards. We are not brought up in an environment, where we can appreciate a person who rose to the ranks from scratch. The recent appointment of Zubair Iqbal as new MD of J&K Bank is a hot discussion. He is being disparaged. As an intriguing fact, the concern, that he is way too junior than the current line of senior managers is expressed by all those who don't know the ABC of

banking. This is Kashmir where every Tom, Dick and Harry is a subject expert on every issue under the sun.

One positive character we possess is that we anticipate the hardships ahead and overcome them by wit and humour. Be that MP Akber Lone or Ex MLA Sopore Abdul Rasheed Dar or any other person, we all are blessed with a unique sense of humour. We Kashmiris have a habit of either forgetting or ignoring the harsh realities or embarrassing moments. Abdul Rasheed Dar's punchline "Kitna Yaad Thavega Insaan" has been a punchline to avoid the confrontation and let go everything in a lighter vein. Mr. Akbar Lone might be the toughest person to

deal with when it comes to politics but his humour makes him look like a man who needs empathy. His famous lines "Mere Paas Bachapun Say Ake He Biwi Hai" has been the favourite sarcastic remark among men to tease their spouses.

When the world is going through the toughest phase, the drug addicts aka 'Shoda party' are least bothered about the world around them. Things are turning upside down but their indulgence has not stopped. For their cravings what they call Gum Dafaye, they have not even spared the graveyards where bravest of brave fear to tread.

We are known for our compassion. All these three decades we have stood by our brethren who are less privileged. The moment video of poor man from Hawal became viral on social media, all Kashmiris rushed in to lend a helping hand. 27 lakh Rupees were credited to his account in less than 24 hours. Unfortunately luck was not by his side. Another video surfaced on social media which declared him a fraud. Now there is lot of hue and cry with people baying for his blood. People reacted with emotions in the first place and are doing same now. While it had not yet been established whether it really was a fraud or not people heeded another call with similar generosity. This time donations poured in for helping rebuild lives in Nawa Kadal where dozens of families were rendered homeless by forces for sheltering militants.

Tail Piece

Keep that funny bone tickling. You cannot always afford to be damn serious. Sometimes dose of humour is necessary to relieve the burden from your shoulders. Enjoy little joys of life with the warmth of your heart. Know the difference between humour and rumour, amuse and abuse. Never cross the line. Live and let others live with humour and in harmony.

Scientists Develop New, Safer Way To Share Ventilators For Covid-19 Patients



Press Trust Of India

BOSTON- Scientists, including one of Indian origin, have come up with a new approach to sharing ventilators between patients, which they believe could be used as a last resort to treat COVID-19 patients in acute respiratory distress.

The researchers, including Shriya Srinivasan from the Massachusetts Institute of Technology (MIT) in the US, noted that as more COVID-19 patients experience acute respiratory distress, there has been much debate over the idea of sharing ventilators.

This involves splitting air tubes into multiple branches so that two or more patients can be connected to the same machine, said Srinivasan, lead author of the research published in the journal Science Translational Medicine.

Several physicians' associations have discouraged this practice, saying it poses risk to patients, because of the difficulty in ensuring that each patient is receiving the right amount of air, the researchers said.

Now, a team at MIT and Brigham and Women's Hospital has come up with a new approach to splitting ventilators, which they believe could address many of these safety concerns.

They have demonstrated its effectiveness in laboratory tests, but they still caution it should be used only as a last resort during an emergency, when a patient's life is at stake.

"We hope this approach, which requires off-the-shelf components, can ultimately help patients in extreme need of ventilator support," said Giovanni Traverso, an MIT assistant professor.

"We recognise that ventilator sharing is not the standard of care, and interventions like this one would only be recommended as a last recourse," Traverso said.

Ventilators are machines that help people breathe by delivering oxygen through a tube placed in the mouth or the nose. Countries around the world have struggled to obtain enough ventilators to handle the Covid-19 outbreak, the researchers said.

The MIT team incorporated flow valves, one for each patient's branch, that allow them to control the amount of air that each receives.

"These flow valves allow you to personalise the flow to each patient based on their needs," Srinivasan said.

"They also ensure that if one patient either improves or deteriorates, quickly or slowly, there's

a way to adapt for that," she said.

The setup also includes pressure release valves that can prevent too much air from going into one patient's lungs, as well as safety measures including alarms that go off when a patient's air intake changes, the researchers said.

To create their setup, the researchers used parts that are normally available in a hospital.

The parts could also be obtained at hardware stores and sterilised, they said.

A typical ventilator produces enough air pressure to supply six to eight patients at a time, but the research team does not recommend using one ventilator for more than two people, as the setup becomes more complicated.

The researchers first tested their setup using a ventilator to split airflow between a pig and an artificial lung -- a machine that simulates the function of the lungs.

By changing the properties of the artificial lung, they could model many of the changing conditions that might occur in patients; they also showed that the ventilator settings could be adjusted to compensate for them.

The researchers later showed that they could ventilate two animals on one ventilator and maintain the necessary airflow to both.

Chores And Childcare Who Bears The Brunt In Lockdown? Women

Agencies

LONDON- Working mothers in Europe and the United States are taking on most of the extra housework and childcare created by lockdown -- and many are struggling to cope, a survey showed on Thursday.

Women with children now spend an average 65 hours a week on the unpaid chores -- nearly a third more than fathers -- according to the Boston Consulting Group, which questioned parents in five countries.

"Women have been doing too much household work for too long, and this crisis is pushing them to a point that's simply unsustainable," Rachel Thomas, of US-based women's rights group LeanIn.Org, said in response to the data.

"We need a major culture shift in our homes and in our companies ... We should use this moment to build a better way to work and live -- one that's fair for everybody."



Researchers say fallout from the pandemic weighs on women in a host of ways, be it in rising domestic violence or in lower wages, as some women cut paid work to take on the new duties.

With lockdowns shutting

schools and keeping citizens at home, creating a mountain of domestic work, public campaigns from Georgia to Mexico have urged men to do their fair share.

But women, who on average already do more at home

than men, are now shouldering most of the new coronavirus burden, too, said the survey of more than 3,000 working parents in the United States, Britain, Italy, Germany and France.

Women's unpaid hours at

home have nearly doubled to 65 hours a week, said the survey, against 50 logged by an average father.

About two thirds of women surveyed say they now worry about their mental well-being, against just over half of men.

British women are more likely to support others in the COVID-19 pandemic and are finding it harder to stay positive, according to separate analysis released this week by polling firm Ipsos MORI and feminist organisation The Fawcett Society.

It is "no surprise" to see women do more childcare and housekeeping on top of their day jobs, Jacqui Hunt of women's rights group Equality Now, told the Thomson Reuters Foundation.

However, there are "hopeful signs" that men in West Africa are sharing more childcare during the pandemic in a shift in social norms, found a small rapid analysis by humanitarian organisation CARE International released on Wednesday.

High Blood Pressure During And After Exercise Bad For Health

Agencies

NEW YORK- Higher blood pressure during exercise and delayed blood pressure recovery after exercise are associated with a higher risk of hypertension, cardiovascular disease and death among middle-aged to older adults, warn researchers.

Blood pressure responses to exercise are significant markers of cardiovascular disease and mortality risk in young to middle-aged adults, the study, published in Journal of the American Heart Association, said.

"The way our blood pressure changes during and after exercise provides important information on whether we will develop the disease in the future," said study researcher Vanessa Xanthakis from Boston University in the US.

"This research may help investigators evaluate whether this information can be used to better identify people who are at higher risk of developing hypertension and CVD, or dying later



in life," Xanthakis added.

Few studies have examined the associations of midlife blood pressure responses to submaximal (less than the maximum of which an individual is capable) exercise with the risk of cardiovascular outcomes and mortality in later life.

For the current results, the research team evaluated the association of blood pressure changes and recovery with indicators of preclinical disease among participants from the Framingham Heart Study (average age 58 years, 53 per cent women).

They then followed these participants to assess whether these blood pressure changes were as-

sociated with the risk of developing hypertension, cardiovascular disease or death. They observed that both higher exercise systolic blood pressure (SBP) and exercise diastolic blood pressure (DBP) were associated with a greater risk of developing hypertension.

Additionally, both delayed SBP and DBP recovery after exercise was associated with a higher risk of cardiovascular disease and death.

The researchers recommend that people know their blood pressure numbers, speak to their physician regarding changes during and after exercise and follow a healthy lifestyle to help lower risk of disease later in life.

Climate Change Turning Antarctica's Snow Green

Agencies

LONDON- Antarctica conjures images of an unbroken white wilderness but blooms of algae are giving parts of the frozen continent an increasingly green tinge.

Warming temperatures due to climate change are helping the formation and spread of "green snow" and it is becoming so prolific in places that it is even visible from space, according to new research published on Wednesday.

While the presence of algae in Antarctica was noted by long-ago expeditions, such as the one undertaken by British explorer Ernest Shackleton, its full extent was unknown.

Now, using data collected over two years by the European Space Agency's Sentinel 2 satellite, together with on-the-ground observations, a research team from the University of Cambridge and the British Antarctic Survey have created the first map of the algae blooms on the Antarctic Peninsula coast.

"We now have a baseline of where the algal blooms are and we can see whether the blooms will start increasing as the models suggest in the future," Matt Davey of the University of Cambridge's Department of Plant Sciences told Reuters.

Mosses and lichens are considered the dominant photosynthetic organisms in Antarctica -- but the new mapping found 1,679 separate algal blooms that are a key component in the continent's ability to capture carbon dioxide from the atmosphere.

"The algal blooms in Antarctica are equivalent to about the amount of carbon that's being omitted by 875,000 average UK petrol car journeys," Davey said. "That seems a lot but in terms of the global carbon budget, it's insignificant."

"It does take up carbon from the atmosphere but it won't make any serious dent in the amount of carbon dioxide being put in the atmosphere at the moment."

Green is not the only splash of colour in Antarctica.



Why Women Are Less Likely To Die From Heart Disease Than Men

Agencies



In a growing list of studies on whether women are less prone to heart disease than men, fresh research of more than 160,000 people in 21 countries that was published in The Lancet has revealed that women are less likely than men to have cardiovascular disease (CVD) and die from it.

According to the study, there have been concerns that women with CVD are managed less aggressively than men which could lead to women having poorer prognoses.

Some have attributed this to a treatment bias against women.

"In our global study, we observed that while prevention strategies were used more often by women, invasive strategies such as percutaneous coronary intervention and coronary artery bypass surgery was used more often for men," said study first author Marjan Walli-Attaei from McMaster University in Canada.

"But, overall, outcomes such as death or a new heart attack or stroke in women were lower than in men. This suggests there may be factors other than a treatment bias against women that contribute to the treatment differences," Walli-Attaei added.

It didn't matter if women had, or didn't have, a previous heart attack or stroke. It also didn't matter where they lived around the world and nor their economic status, the study said.

The information came from the Prospective Urban Rural Epidemiological (PURE) study which followed the participants an average of 10 years.

It is the first global study to document the risk factors, use of treatment, the incidence of heart attacks and strokes and mortality in people from the community, rather than just hospital patients.

The findings showed that women with no history of cardiovascu-

lar disease (CVD) were more likely to use preventative medicines, control hypertension and to have quit smoking, compared to men.

According to the researchers, the lower rates of invasive cardiac treatments of women with CVD could be partly explained by the fact that fewer women than men have the type of extensive atherosclerosis that requires medical interventions.

"Other studies have reported that sex differences in invasive cardiac procedures are not seen once we consider the extent and severity of coronary artery disease," said study co-author Annika Rosengren.

"This suggests that the lower rates of coronary interventions in women are appropriate as they have less extensive disease," she said.

There is, however, substantial concern about the differences in treatment between poorer and richer countries.

The differences in outcomes in both women and men in low-income countries, where approximately 40 per cent die within 30 days of a heart attack or stroke compared to the less than 10 per cent in high-income countries, is a matter of substantial concern, the researchers noted.

Another research, published earlier this month in the Journal of the American Heart Association, found that men and women largely suffer the same heart attack symptoms.

Investigating why heart disease generally develops later in women than men, another study published in journal Cardiovascular Research in 2017, demonstrated a link among female ovarian hormones, the circadian system which regulates the body's day-night cycle, and the observation that women enjoy significant protection against heart disease when compared to men.

'Back To Business' Safety Guidelines For Salons And Barber Shops

Agencies

New Delhi: While there has been ease on restrictions during Lockdown 4.0, salons and parlours continue to be one of the few businesses which remain closed. According to a survey by Redquanta, salon visits are among the top 3 activities that people missed the most, with 56 per cent saying they missed going to salons.

L'Oreal India has developed a support guide for Indian salons outlining hygiene and operating guidelines for when businesses can reopen.

The cosmetic giant will also help hairdressers exceed the usual salon safety and sanitary measures, to keep themselves and clients safe by supplying masks, hand sanitizers alongside the new operating guidelines. With more than 110 years of professional beauty heritage, L'Oréal is committed to serving as a partner and advocate for the industry.

This 'Back to Business' hygiene and safety guide, will be distributed to its 45,000-strong salon network and over 170,000 hairdressers, ahead of lockdown restrictions being lifted.

The support guide includes post-lockdown advice around ensuring the safety and wellbeing of customers and employees; safer operating procedures; including

hand cleansing, tool disinfecting, salon routing, pre-booking, reorganisation of salons to space out appointments and electronic payment, all to ensure the social distancing requirements. These guidelines are now available to all hairdressers or salon partners of L'Oreal Professional Product brands - L'Oreal Professionnel, Matrix, Krastase and Cheryl's Cosmeceuticals.

The L'Oreal Professional Products Division has been active to keep hairdressers up-to-date on their skills and visible to their clients by providing extensive online training to help upskill them while their businesses are temporarily closed. Over 4,250 e-training sessions have been conducted for 50,000 hairdressers and beauticians in this period. It also announced a credit extension for all its distributors and direct salon partners for the period of the lockdown.

Amit Jain, MD, L'Oreal India said: "The Hairdressing industry is a key source of employment and it is important hair salons get back to business safely, once lockdown restrictions are lifted. The past few months have provided us with even greater awareness of the importance of our hairdressers and the demand from consumers for hair salons reopening is high."



4 Crore Migrant Workers In India; 75 Lakh Return Home So Far: MHA

Press Trust Of India

New Delhi: The Centre, on Saturday, said around four crore migrant labourers are engaged in various works in various parts of the country, and so far, 75 lakh of them have returned home in trains and buses since the nationwide lockdown was imposed.

The Joint Secretary in the Union Home Ministry, Purnima Salila Srivastava, said the Railways had engaged over 2,600 Shramik special trains since May 1 for the transportation of migrant workers from various parts of the country to their destinations.

"According to the last census report, there are four crore migrant workers in the country," the Joint Secretary said at a press conference here.

Elaborating on the steps taken by the Central Government for the convenience of migrant workers since March 25, when the nationwide lockdown began, Srivastava said 35 lakh migrant workers had reached their destinations in Shramik special trains, while

40 lakh had travelled in buses to reach their destinations.

The Joint Secretary said, on March 27, the Home Ministry had sent an advisory to all states and Union Territories (UTs) that the issue of migrant workers should be handled with sensitivity and ensure that they didn't move during the lockdown.

The states and UTs were also told to provide them food and shelter, she added.

On March 28, the Home Ministry issued an order empowering the states and UTs to use funds under the National Disaster Response Fund (NDRF) for providing food and shelter to the migrant workers.

"By April 3, a total of Rs 11,092 crore were released by the Central Government to the states and UTs under the NDRF," Srivastava said.

She said the Home Ministry had also set up a 24x7 control room to monitor migrant workers' issues across the country under the supervision of the joint secretary-level officers.

The States and UTs were also told to set up similar control room, the Joint Secretary added.

The Joint Secretary said the Home Ministry again sent an advisory on March 29 asking the states to provide food and shelter to the migrant workers.

The states were also told to make wide publicity so that the migrant workers know the facilities available for them.

Subsequently, another advisory was sent banning transportation of migrant workers by trucks and made the SPs responsible for any violation.

Srivastava said the Home Ministry allowed movement of workers within a state on April 19, and on May 1, inter-state movement through trains.

A nationwide lockdown was first announced by Prime Minister Narendra Modi on March 24 for 21 days in a bid to combat the COVID-19 pandemic. It was first extended till May 3 and again till May 17. The lockdown has now been extended till May 31

Trump Lashes Out At Scientists Whose Findings Contradict Him

Agencies

Washington: "A Trump enemy statement," he said of one study.

"A political hit job," he said of another.

As president Donald Trump pushes to reopen the country despite warnings from doctors about the consequences of moving too quickly during the coronavirus crisis, he has been lashing out at scientists whose conclusions he doesn't like.

Twice this week, Trump has not only dismissed the findings of studies, but suggested — without evidence — that their authors were motivated by politics and out to undermine his efforts to roll back coronavirus restrictions.

First, it was a study funded in part by his own government's National Institutes of Health that raised alarms about the use of hydroxy-chloroquine, finding higher overall mortality in coronavirus patients who took the drug while in Veterans Administration hospitals.

Trump and many of his allies had been trumpeting the drug as a miracle cure and Trump this week revealed that he has been taking it to try to ward off the virus — despite an FDA warning last month that it should only be used in hospital settings or clinical trials because of the risk of serious side effects, including life-threatening heart problems.

"If you look at the one survey, the only bad survey, they were giving it to people that were in very bad shape. They were very old, almost

dead," Trump told reporters Tuesday. "It was a Trump enemy statement."

He offered similar pushback Thursday to a new study from Columbia University's Mailman School of Public Health. It found that more than 61% of COVID-19 infections and 55% of reported deaths — nearly 36,000 people — could have been prevented had social



distancing measures been put in place one week sooner. Trump has repeatedly defended his administration's handling of the virus in the face of persistent criticism that he acted too slowly.

"Columbia's an institution that's very liberal," Trump told reporters Thursday. "I think it's just a political hit job, you want to know the truth."

Trump has long been sceptical of mainstream science — dismissing man-made climate change as a "hoax," suggesting that noise from wind turbines causes cancer, and claiming that exercise can deplete a body's finite amount of energy. It's part of a larger scepticism of expertise and backlash against "elites" that has become increasingly popular among Trump's conservative base.

You've my total commitment to reject anti-Muslim bigotry, hate: UN chief to OIC members

Press Trust Of India

United Nations: UN Secretary-General Antonio Guterres has voiced his "total commitment" to rejecting anti-Muslim bigotry, hate and all forms of intolerance, urging all to draw from Ramzan the lessons of compassion, mutual respect and solidarity.

Guterres, in his remarks on Friday to the Organisation of Islamic Cooperation (OIC) member states on "COVID-19 Solidarity: Promoting Co-Existence and Shared Responsibility", called for solidarity in speaking out against the rise in ethno-nationalism, stigma and hate speech targeting vulnerable communities and exacerbating suffering.

"Now more than ever, solidarity and unity must be our leading principles... We also need solidarity in speaking out against the rise in ethno-nationalism, stigma and hate speech targeting vulnerable communities and exacerbating suffering. "You have my total commitment to actively challenge inaccurate and harmful messages, promote non-violence and reject anti-Muslim bigotry, hate and all forms of intolerance," he said. With millions around the world observing Eid in the shadow of the devastating COVID-19 pandemic, Guterres said that the pandemic has demonstrated the world's inter-connections, inter-dependence and also "our fragility. Our world is like one body. As long as one part is affected by this virus, we all are affected".

The UN chief said that as "millions of Muslims around the world celebrate, let us draw from the many Ramzan lessons of mercy and compassion, of dignity and rights, of mutual respect and understanding, of unity and solidarity".

As the world faces a humanitarian and economic crisis due to the pandemic, Guterres underlined the need for solidarity for a large-scale, coordinated and comprehensive health response, guided by the World Health Organization (WHO), with a focus on developing countries, pooling efforts for those at greatest risk, and strengthening health systems as well as a humanitarian response.



Workers sprayed with 'disinfectant' in Delhi, civic body says 'by mistake'

Press Trust Of India

New Delhi: A group of migrants, waiting outside a school in south Delhi's Lajpat Nagar for coronavirus screen-

ing, were sprayed with a disinfectant by the civic agency on Friday. The South Delhi Municipal Corporation (SDMC) later said it was a "mistake" as the worker who was handling the spray could not handle the pressure of the machine and the recoil changed the direc-

agency said in a statement.

Hundreds of migrants had gathered outside a school at Lajpat Nagar to screen for coronavirus before boarding a special "Shramik" train.

A video of the incident was shared on social media. A worker engaged in a sanitation drive can be seen spraying disinfectant on some of the migrants.

"Since the school is in a residential colony, there was huge demand from residents for disinfecting the compound and the road. But due to the pressure of the jetting machine, the worker could not manage it for some moments," the SDMC said in the statement.

"The staff has already been instructed to be more careful and attentive while doing the job in future. The official pres-



ing, were sprayed with a disinfectant by the civic agency on Friday. The South Delhi Mu-

nicipal Corporation (SDMC) later said it was a "mistake" as the worker who was handling the spray could not handle the pressure of the machine and the recoil changed the direc-

tion of the spray. SDMC officials have "apologised" to the migrants, the civic

Mosques to stay shut for Eid prayers in Saudi Arabia, UAE



Agencies

Dubai: Mosques will remain closed for prayers on the Eid Al-Fitr festival, Saudi and United Arab Emirates officials said on Friday, calling on the population to adhere to safety guidelines to avoid the spread of the novel coronavirus.

The Eid, which marks the end of the holy fasting month of Ramadan, may fall on Saturday or Sunday in the Gulf region.

Saudi Islamic Affairs Minister Abdullah al-Sheikh gave instructions not to have Eid prayers in mosques, Saudi state TV quoted him as saying. "Muslims will hold the Eid

prayer at home because of the pandemic," the Saudi Press Agency cited Sheikh Abdul Bari al-Thubaiti, the imam, or the prayer leader, of the Prophet's Mosque in Medina, as saying in the Friday sermon.

During Ramadan, prayers without worshippers were held by the imams in the two holy mosques of Mecca and Medina, in the west of the kingdom.

In the UAE, the Dubai government's media office said on Twitter that mosques will remain closed, and listed a series of Eid customs that should not be observed, including family visits and giving gifts or money to children.

Only Two Survivors From Pakistan Air Disaster

Karachi: A day after a Pakistan Airlines passenger plane crashed into a Karachi neighbourhood, authorities said there were two survivors and 97 victims in the disaster. The bodies of the passengers and crew killed were recovered from the site near the city's airport, the Sindh Health Ministry said.

The rescue operation following Friday's crash ended in the early hours of Saturday.

Survivors told horrific tales of bodies landing on their cars. Raja Amjad was out for an afternoon drive when he was blindsided by a body that landed on his car.

As Amjad jumped from his vehicle, he looked overhead to see another passenger still alive and dangling from the



plane's emergency exit, calling for help.

"He was alive. He was speaking. He asked me to save him. I tried to pull him out, but his legs were badly stuck in the emergency door," Amjad told AFP, saying he called the emergency services.

The aircraft's wings sliced through roofs as the fuselage smashed into pieces, while the fire from the crash spread to nearby homes close to the bustling port city's airport.

Rescue workers arrived immediately and along with residents began combing

through the debris looking for survivors as firefighters tried to extinguish the flames fed by the Airbus A320's jet fuel.

"I heard a blast. Immediately I ran outside. There were clouds of smoke. There was fire. The fire erupted on the roof of a house," said resident Najeeb Ur Rehman.

The alleyway at the centre of the crash was littered with debris from pieces of the plane's cabin along with personal goods from luggage, which were scattered across vehicles and motorbikes parked in front of homes.

Safraz Ahmed, a firefighter at the crash site, said several bodies still had their seatbelts fastened while others were wearing oxygen masks, according to another rescue official at the scene.

'Can you be more insensitive?' Ivanka Trump receives backlash on Bihar girl carrying ailing father post

US President Donald Trump's daughter and senior White House adviser Ivanka Trump has praised 15-year-old Jyoti Kumari, who cycled down 1200 km carrying her ailing father during the nationwide lockdown in India, terming her act as a "beautiful feat of endurance and love".

Ivanka's post generates a huge buzz online. Tweepie aggressively commented against the tweet.

Several requested her "not to glorify poverty", and called the tweet "insensitive".

Stuck in Gurugram in



Haryana due to the COVID-19-induced travel restrictions and lockdown, a tenacious Jyoti asked her father to sit on the rear side carrier of her cycle and took him to his native place in Bihar, covering 1200 km in seven days.

Ivanka took to Twitter

on Friday to highlight the story of the Indian girl, a class eight student, whose journey has become an extensive talking point even on social media where there has been talk about whether she has it in her to pursue cycling as a career.

"15 yr old Jyoti Kumari, carried her wounded father to their home village on the back of her bicycle covering +1,200 km over 7 days.

"This beautiful feat of endurance & love has captured the imagination of the Indian people and the cycling federation!" Ivanka said in a tweet.

India Will Try To Restart International Flights Before August: Puri

India will try to restart a good percentage of international passenger flights before August, Civil Aviation Minister Hardeep Singh Puri said on Saturday, three days after announcing resumption of domestic flights from May 25.

All scheduled commercial passenger flights have been suspended in India since March 25 when the Modi government imposed a lockdown to contain the novel coronavirus pandemic. "I am fully hopeful that before August or September, we will try to start a good percentage of international civil aviation operations, if not complete international operations," Puri said during



a Facebook live session.

"I can't put a date on it (restarting international flights). But if somebody says can it be done by August

or September, my response is why not earlier depending on what is the situation," he said. All scheduled commercial passenger flights

have been suspended in India since March 25, when the Modi government imposed a lockdown to curb the spread of the novel coronavirus.

SC Seeks Centre's Reply On Plea For Ban On Zoom App

The Supreme Court Friday sought response from the Centre on a plea which has sought a ban on the use of video communications app 'Zoom' for official as well as personal purposes until an appropriate legislation is put in place.

A bench headed by Chief Justice S A Bobde issued notice to the Centre on the plea which has raised privacy concern and claimed that continued use of Zoom app is "making the users vulnerable and prone

to cyber threats"

The matter came up for hearing through video-conferencing before the bench, also comprising Justices A S Bopanna and Hrishikesh Roy,



which asked the Centre to file its reply within four weeks on the plea which has arrayed US-based Zoom Video Communications as one of the respondents in the case.

The plea, filed by Delhi

resident Harsh Chugh, has also sought a direction to the Centre to carry out an exhaustive technical study into the security and privacy risks of using Zoom application.

The plea, filed through advocate Wa-
jeeh Shafiq, has alleged that contin-
ued usage of this app might put the national security at stake and might also give a boom to number of cyber-

threats and cyber crimes in India

"The global COVID-19 pandemic has drastically reshaped the way in which consumers, businesses and schools communicate

Rather than lending a hand to people in need, Zoom violates the privacy of its millions of users by misusing and exploiting their personal information and, falsely, deceptively and misleadingly advertising fictitious security benefits of the program," the plea has said.

**Office Of The Executive Engineer
Irrigation & Flood Control Division Srinagar.**
(SDA Building near Police Control Room Srinagar)

E-NIT No. (08) OF 2020-21

For & on behalf of the Lt. Governor of Union Territory of J&K due to no response Fresh E- tenders on item rate basis are invited from approved and eligible contractors . for following works:-

S. No	Name of work	Estd. Cost of works	Earnest money	T.O.C	Class of contract	Cost of tender document	M.H	Tender receiving authority
01	Desilting of Gundi Roshan Canal and checking of leakages by providing and laying of LDP and earth filled bags.f work	Rs.3.84 lacs	Rs. 7680/=	10 days	"DEE"	Rs.200 /=	2702 Desilting	Executive Engineer Irry.&F.C. Divn. Sgr --do--
02	Desilting of Kreshbal left branch & right branch on Kreshbal lift irrigation scheme.	Rs.2.34 lacs	Rs.4680/=	10 days	"DEE"	Rs.200/=	--do--	--do--
03	Desilting of Goripora Canal Mukjhal khul and Masid khul on lift irrigation scheme.Goripora	Rs1.84 lacs	Rs.3680/=	10 days	"DEE"	Rs.200/=	--do--	--do--

Position of funds= Demanded

No. of works advertised	03	
Date of start of download.	21-05-2020	from 04: 00 P.M
Bid submission date start	21-05-2020	from 4:00 P.M
Bid submission date end	04-06-2020	Upto 04:00 P.M
Bid opening date	06-06-2020	At 11.00 A.M

1. The bids uploaded on the web site up to due date and time will be opened on 06-06-2020 at (11.00 A.M) in the office of the Executive Engineer, Irrigation & Flood Control Division Srinagar /in presence of the bidders who wish to attend. In case of holiday or office happening to be closed on the date of opening of the bids, the same will be opened on the next working day at the same time and venue. The complete bidding process will be on line.
2. Bids must be accompanied with cost of tender document in shape of Treasury Challan in favour of Executive Engineer Irrigation & Flood Control Division Srinagar, payable at Srinagar and earnest money/bid security in shape of CDR/FDR pledged to tender receiving authority. The bids for the work shall remain valid for a period of 90 (ninety) days from the date of opening of bids.
18. All other terms and conditions as laid down in form No.25 of P.W.D. shall remain in force and binding on successful tenderers.

No:- I&FCD/Sgr/
Date:- 21-05-2020

DIPK-980/20

(Er. Aajaz Ahmad Keen)
Executive Engineer
Road Control Divn. Srinagar

CANCER SOCIETY OF KASHMIR

Lalnagar, Chanpora, Srinagar, Jammu and Kashmir 190015, Ph. 0194-2430899
0194 - 244189

Trust of
People is
Our
Strength

Cancer Society of Kashmir Marching ahead with its Activities

Diagnostic facilities provided to 4400 patients during 2019-20 on no Profit no Loss to general public and free to cancer patients

We provide following facilities to poor deserving cancer patients FREE of cost

- ▶ Administering chemo Therapies
- ▶ Providing Anticancer Drugs
- ▶ Providing Colostomy Bags
- ▶ Conducting Diagnostic/ Clinical Lab Tests

Rs. 4 Crores 14 Lacs incurred during 2019-20 on drugs provided free of cost to deserving cancer patients

APPEAL:

Save precious lives by making generous financial contributions in shape of **Zakat, Sadakat & Khairat** for deserving cancer patients who see hope in despair under the shadow of Cancer Society of Kashmir

Actt No: **SB 0005040100006000**

J&K Bank Residency Road Srinagar
Visit our office at Lal Nagar, Chanpora