



Maximum : 27°C  
Minum : 09°C  
Humidity : 32%

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Today 06:02 PM  
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## News Digest

### Fake Appointment Racket Kingpin Held

Jammu: The Crime Branch of the Jammu and Kashmir Police on Saturday arrested the alleged prime accused in the fake appointment racket in the Army after a long hunt of five years, a spokesperson of the investigating agency said.

Abdul Hamid Dar alias 'Zahid', a resident of Kalantra village of north Kashmir's Baramulla district, was wanted in nine FIRs lodged at various police stations, he said. He said the Crime Branch Jammu arrested the man who was presently living in Zainakote locality of Srinagar. "Innocent gullible unemployed youth were duped of their

### Sopore Youth Found Dead

Srinagar: A youth on Saturday was found dead under mysterious condition at his home in Chankhan area of Sopore in Baramulla district. 20-year-old Amir Majeed Saharkhan was found lying unconscious inside his room by his family members in Chankhan locality of Sopore on Saturday, witnesses said. The family members, they said instantly removed the youth to Sub District Hospital Sopore where doctors declared him brought dead. Hospital authorities said the cause of death is being ascertained— (KNO)

### Rs 4400 Fine Realised From Smokers

Srinagar: The Department of Drugs and Food Control Organisation (DD&FCO) on Saturday recovered a fine of Rs 4400 from offenders found smoking at public places during a drive in and around major hospital premises of district Srinagar.

The special drive was conducted by a team of officers headed by Assistant Commissioner Food Safety Srinagar to implement Section 4 of Cigarette and other Tobacco Product Act and covered hospitals including SMHS, Super Speciality Hospital,

### LAWDA Demolition Drive Continues In City

Srinagar: The Lakes and Waterways Development Authority (LAWDA) on Saturday demolished several illegal structures during its ongoing drive in parts of this capital city. The Enforcement Wing of LAWDA on Saturday demolished one plinth, two single storeys, double storey, big tin-shed and one angle iron structure raised illegally in the areas of Saida Kadal, Batapora, Saderbal, Lal Bazar and Shalimar of Srinagar city, an official spokesperson said. He said FIR's were also lodged against the violators

### Cab Crushes Elderly Man In Nowgam

Srinagar: An elderly man was killed on Saturday in a road accident in Nowgam area of Srinagar on Saturday. 67-year-old Mohammad Muzamil of Jawahar Nagar here was critically injured after being hit by a speedy cab near Ahmad's hospital on Saturday, officials said. The injured man was rushed to the SMHS hospital for treatment. However, the doctors there declared him brought dead. Meanwhile, police have registered a case and arrested the cab driver.

### Zahid 'Tiger' Among Slain Militants

## 4 Militants Killed In South Kashmir Encounters

Press Trust Of India

SRINAGAR: Four militants, including a top commander, were on Saturday killed in two separate encounters with state forces in Kulgam and Pulwama districts of South Kashmir, police said.

Government forces launched a cordon and search operation in Chingam area of Kulgam district late Friday night following specific inputs about the presence of militants there, a police official said.

He said the search operation turned into an encounter after militants fired upon a forces party, who retaliated.

In the exchange of fire, two militants were killed, the official said. They have been identified as Tariq Ahmad Mir, resident of Zangalpura Divsar Kulgam; and a Pakistani national identified as Sameer Bhai alias Usman, resident of Punjab Pakistan, and an "A" category militant, the official said.

He said both militants were affiliated with Jaish-e-Mohammad.

"As per the police records, both the killed militants were part of groups responsible for carrying out militant attacks. They were involved in many crimes and civilian atrocities, including killing of police official Khursid Ahmad



NO FILE PHOTO ABID BHAT

### Doda Militant Caught During Gunfight: IGP

Police on Saturday claimed to have arrested a newly recruited militant, hailing from Doda district, during the encounter in Pulwama district in which two Lashkar-e-Taiba militants, including the outfit's

### Arms Cache Recovered In Keran Sector: Army

The Army on Saturday claimed to have foiled an attempt to push in arms and ammunition by Pakistan from across the Line of Control (LoC) in Keran sector of Jammu and Kashmir and recovered a

at Furah Mirbazzar and attack on sarpanch Aarif Ahmad at Akhran Mirbazzar in which he was critically injured," the official said.

An Army official said an M4 rifle

and a pistol have been recovered from the site of the encounter.

In another operation in Dadoora area of Pulwama district of south Kashmir,

### ...SHOPIAN 'FAKE ENCOUNTER'

## Army Hopes Summary Of Evidence Will Take Case To Next Level

Press Trust Of India

SRINAGAR: The Indian Army on Saturday expressed hope that the Summary of Evidence, a step before a possible court martial, in July's Amshipura encounter in South Kashmir's Shopian district would conclude soon and take the case to the next stage.

Corps Commander of the Army's Srinagar-based Chinara Corps, Lt Gen B S Raju said the Army had begun the Summary of Evidence as some wrongs were committed during the encounter at Amshipura on July



18 in which the Army claimed that three militants were killed.

"We have already shared the basic information

### 2 BSF Men Injured In Pakistani Shelling

SRINAGAR: At least two Border Security Force (BSF) personnel were injured on Saturday as India and Pakistan troops traded mortar shells and gunfire along the Line of Control (LoC) in Poonch district.

Constables C.H. Manohar and Riyaz Ahmed of BSF 72 battalion received splinter injuries on Saturday evening when Pakistani troops violated ceasefire by unprovoked firing and mortar shelling along the LoC in Mendhar area of Poonch district, officials said.

Manohar, who sustained injury on right side of chest and Ahmed was hit by a splinter in his left hand, the officials said were removed to the health facility for treatment.

The cross-border shelling between the two sides was continuing when last

### CRPF Sans BP Vehicles: Orders Probe

NEW DELHI: The Central Reserve Police Force on Saturday said it is looking into the "authenticity" of a video, posted by Congress leader Rahul Gandhi on Twitter, in which some troops allege that they are being made to move for operational duties in a non-bullet proof vehicle.

"CRPF has adequate protective vehicles to meet varied operational requirements," force spokesperson Deputy Inspector General Moses Dhinakaran said in a statement.

## China Stacks 60K Soldiers Along Ladakh LAC: Pompeo

India Needs US As Their Ally In Fight Against China, Says US Secy Of State, Ahead Of His Visit To New Delhi



Image for representation

Press Trust Of India

WASHINGTON: China has amassed more than 60,000 troops along LAC, US Secretary of State Mike Pompeo has said as he urged for closer ties between India and the US by saying that India "absolutely need the United States to be their ally and partner in this fight".

"They've stacked 60,000 soldiers against the Indians in the north. When the Australians had

the temerity to ask for an investigation of the Wuhan virus and where it began, something that we know a lot about, the Chinese Communist Party threatened them. They bullied them," said Pompeo on Fox News.

Ahead of his visit to New Delhi accompanying US defence secretary Mark Esper for annual talks with the Indian contingent, Pompeo spoke about the border conflict between India and China and mentioned about China's

### No Indication of China-Pak Missile Sites in PCK: GOC

A mid reports that China is helping Pakistan set up sites for surface-to-air missiles in Pakistan-controlled Kashmir (PCK), a top Army commander here on Saturday said there is no indication of any tactical help being extended by Beijing to Islamabad.

## 7 More Covid-19 Deaths Take Toll In J&K To 1315

Observer Monitoring Desk

### 3 Minors, Doctor Among 635 New Cases

SRINAGAR: At least seven people succumbed to coronavirus in Jammu and Kashmir on Saturday, taking the number of fatalities due to the virus in the Union Territory to 1315.

Among the victims, three belonged to Srinagar district, two to Jammu and one each to Baramulla and Rajouri.

Among others who died include a 70-year-old from Vinay Nagar Jammu, a 65-year-old

Jammu and Kashmir reported on Saturday 635 new cases of coronavirus, including nineteen travellers, six security personnel, three minors and a doctor, taking the total number of people infected across the Union Territory to 83064. Among the fresh cases, officials said that 235 were from Jammu division

## 'Despotic, Harassing': Mainstream Parties Slam Property Tax Imposition

Observer News Service

SRINAGAR: Days after the Centre empowered Jammu and Kashmir government to impose property tax in the Union Territory; several mainstream parties on Saturday sharply criticized the decision terming it 'despotic and anarchic rule' aimed to 'harass' the people of Kashmir economically.

Lashing out at the BJP led government, its former ally Peoples Democratic Party (PDP) compared the proposed property tax to the exploitative taxation regime dur-

### Seek Deferment Of Panchayat By-Polls

The leaders of several mainstream parties on Saturday sought deferment of Panchayat and Municipal by-elections citing the coronavirus pandemic, adequate security and conducive atmosphere for the conduct of polls. According to an official spokesperson, Chief Electoral Officer, J&K Hirdesh Kumar, conducted a meeting with the

ing the monarchical rule and said that "dictatorial policies" are being implemented in J&K allegedly at the behest of communal elements to "cripple our economy and enforce asset devaluation".

"The property tax order smacks

of the despotic and anarchic rule the people of this land have witnessed for hundreds of years when we were crushed under the heavy burden of taxation. It is nothing but the revival of that dark, dreadful and disastrous era



NEW RECRUITS of the J&K Light Infantry take oath at the end of a passing out parade at an army base on the outskirts of Srinagar. KO Photo Abid Bhat

## In FOCUS World Mental Health Day: Distressed Kashmiris Seeking Solace In Therapy

Swati Joshi

Constant community curbs and domestic distress would cloud Faizan's focus for most of his life. His crestfallen condition would be triggered by his untamed guilt-mindset making him believe that he was the only person suffering from depression among his peers.

When he was about to get married, he finally decided to break his punishing silence by contacting Dr. Arif Magribi through Facebook.

After a series of sessions on social media, when Faizan became com-

fortable in sharing his problems with the mental specialist, they started telephonic counseling. Ultimately, Faizan visited Magribi's clinic and attended five healing sessions.

The mental specialist tried to boost his confidence and asked him to maintain a 'gratitude journal' in which Faizan wrote about his achievements.

In the initial stages, he was given medicines and showed some improvement.

After sometime, Faizan started appreciating his feats and ended up slaying demons of depression.

Today, as a successful lecturer, Faizan frequents Magribi's clinic, with his wife, to donate multivitamin tablets to help out other patients.

### Support System

Zafar was suffering from severe Obsessive-Compulsive Disorder (OCD) in his mid-20s when he visited Syed Nasir Geelani, a therapist at child guidance and wellbeing Centre.

As a part of Cognitive Behavioural Therapy (CBT), Geelani started exposure and response prevention therapy with Zafar.

In this therapy, Zafar was given exposure to his obsessions and was prevented from doing compulsive



acts. He was also given acceptance and commitment therapy to help

him accept his thoughts. Geelani and his team provided

psychoeducation to Zafar's parents to help them understand the problem he was going through so that he would get his parental support.

With one-and-a-half-year therapy, Zafar's condition improved and currently, he's pursuing higher studies.

### Depression has no age

When eight-year-old Arif suffered from Attention Deficit Hyperactivity Disorder (ADHD), he was unable to concentrate on his studies.

Oblivious of his troubled mindset, Arif's parents started punishing him for his shortcomings. The stick treatment only made him anxious.

Scolded by teachers and parents

alike, he started feeling unworthy and spent most of his time alone.

The eight-year-old started losing confidence and self-esteem, as symptoms of depression took deep roots in him.

When Arif's cousin, also his tuition teacher and a psychology student, saw his condition, she took him to Wasim Rashid Kakroo, a child and adolescent therapist.

Kakroo was able to explain Arif's condition to his cousin. A treatment plan was built by the therapist and Arif's cousin started accessing him at home.

The child therapist also talked to Arif's parents and