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**'Unique Astrocytes** may enhance chronic pain treatments'

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China To Build A Major Dam On **Brahmaputra River** 



Contact: -0194-2502327

#### **NEWS DIGEST**

#### **CRPF Officer Dies** In Kulgam

SRINAGAR: A Central Reserve Police Force (CRPF) officer on Monday died under mysterious circumstances in Kulgam district of south Kashmir.

Sub Inspector Shabad Kumar of CRPF 93 Battalion, was found unconscious while he was on duty at DK Marg Higher Secondary School in Kulgam at around 12:30 am Monday, official sources said. He was taken by his colleagues to a nearby hospital, where doctors declared him brought dead.

Official sources said that the exact cause of the death was not immediately known.

Meanwhile, Police have initiated proceedings under section 174 CrPC in this regard.

#### **OGW Arrested In Kupwara: Police**

SRINAGAR: Police on Monday claimed to have arrested a militant associate of Jaish-e-Mohammad in Dragmulla area of North Kashmir's Kupwara district.

A senior Police officer said that Sahil Mushtaq of Babgund Handwara was arrested at a Naka along with 01 chinese grenade and Rs.3.5 lakh.

The police officer further said that he had come from Sopore along with money to purchase

A case has been lodged under FIR no. 333/2020 US 3/4 Explosive sub act, 13,38, 40 ULAP act in Police Station Kupwara, the officer added. (GNS)

#### **CASO In Mendhar Enters Day 4**

**SRINAGAR:** The government forces continued search operation for the fourth consecutive day Monday in Mendhar area of Poonch district.

Officials said that erations group (SOG) of police and army's 37RR, 38RR, 49RR and 156 TA continued searches in Totawali Gali and forest area of Gursai in Mendhar areas after observing some suspicious movement on Friday last week.

"It is a dense forest area and the terrain is very difficult. We are on job and conducting thorough searches and so far no suspicious has been located," they said.

A local news agency KNT quoted Sub Divisional Police Officer (SDPO), Mendhar Z A Jafri as saying that search operation entered fourth day today in Mendhar.

#### **Two Employees Suspended Over MCC Violation**

SRINAGAR:The Jammu and Kashmir administration on Monday ordered the suspension of two government employees in Doda district for allegedly violating the model code of conduct (MCC) in place due to the ongoing district development council

polls, officials said. The additional district development commissioner (ADCC), who is the nodal officer for the implementation of the MMC, suspended two employees of the rural development department, served a show-cause notice to a village head, a block development council chairman and a contesting candidate, besides initiated action against four village defence committee members for violating model code of

conduct guidelines, they said. The second phase of the maiden District Development Council (DDC) elections along with Panchayat bypolls is scheduled for Tuesday, covering 43 constituencies spread over all the 20 districts of the Union Territory. This is the first major democratic exercise in J-K after the nullification of Article 370 and bifurcation of the erstwhile state into union territories.

→ More On P2

### **DDC POLLS**

# Second Phase Today, 321 Candidates In Fray

**All Polling Stations In Kashmir Sensitive: SEC** 



KO File Photo: Abid Bhat

dates are in the fray for the second phase of the District Development Council (DDC) polls in Jammu and Kashmir for which the voting will take place on Tuesday at over 2,100 polling booths, State Election Commissioner (SEC) K K Sharma said here on Monday.

In the second phase of the polls also, 43 constituencies are going to polls in the union territory 25 in Kashmir and 18 in Jammu, the SEC Sharma said 321 candidates are

in the fray for the 43 DDC seats. Out of those, 196 are in the Kashmir valley and 125 in the Jammu region, he

The SEC said simultaneously with the DDC polls, the sarpanch elections

SRINAGAR: As many as 321 candi- will be conducted in 83 constituencies and total 223 candidates are contesting in the phase two.

Similarly, he said, panches bypolls going to be held in 331 constituencies and a total of 709 candidates are in the fray. He also said 58 sarpanchs (29 men

and 29 women) and 804 panchs (548 men and 256 women) have been elected unopposed. There are about 7.90 lakh voters eligible for voting for the second

phase at 2,142 polling booths 1,305

in Kashmir and 837 in Jammu, the SEC said. "Almost all booths in Kashmir are sensitive from the security point of view. Additional security has been provided in the polling stations in

the valley," he added. >> More On P2

#### **NC Writes To SEC About 'Administrative** Interference'

SRINAGAR: The Jammu and Kashmir National Conference General Secretary Ali Muhammad Sagar on Monday wrote a letter to State Election Commissioner KK Sharma and apprised him about the apprehensions surfaced in wake of undue administrative inference in the ongoing DDC elections.

More On P2

#### **17 Employees Suspended For MCC Violation**

JAMMU: The Jammu and Kashmir administration has "temporarily" suspended 17 government employees, including seven teachers and three policemen, in Kishtwar district for allegedly violating the Model Code of Conduct ahead of the second phase of the District **Development Council elections,** officials said Monday.

District Panchayat Election Officer, Kishtwar, Ashok Kumar Sharma ordered the attachment of the employees of Dachhan block on Sunday following complaints against >> More On P2

# **Another Wet Spell In Kashmir From** Friday: MeT Dept



**SRINAGAR: The Meteorological** moderate snowfall and rains in department on Monday pre-

dicted another wet spell in Jammu and Kashmir from Friday during which the higher reaches would receive light to moderate snowfall and plains will recieve rain. Deputy Director MeT department, Mukhtar Ahmad said

Monday that there was possibility of snowfall and rainfall from December 04 in the Union Territory. He said snowfall would occur at most of the places for two days from December 4-5. However, from December 6. he said there is a possibility of improvement in the weather conditions but the sky would

the Valley," Ahmad said.

Director MeT, Sonum Lotus said that his department has predicted colder winter this year in Jammu and Kashmir, saying that there is possibility that the temperature would settle below normal this season.

He added that the temperature as compared to previous years would go down by twothree notches. Pertinently, the Valley wit-

nessed three-day wet spell last week leading to the closure of vital roads including Srinagar-Jammu highway, Srinagar-Leh highway and Mughal road.

Meanwhile, Kashmir experienced sub-zero night tempera-"From December 7-8, there ture on Monday as the mercury is again possibility of light to fell below the >> More On P2

### **Guns Roar Along LoC Pak Jet Spotted**

JAMMU: A Pakistani fighter jet flew very close to the Line of Control (LoC) in Poonch district on Monday, hours before the troops of the two neighbouring countries traded heavy gunfire and mortar shells, officials said.

"The jet flew close to the LoC in Poonch sector in violation of international conventions which does not allow fighter jets to fly within a 10km radius of the border," a defence spokesperson said.

The spokesperson said that a jet stream was clearly visible in the sky close to the LoC in Poonch. Recently, a few drones had been spotted near the Line of Control.

#### **LG Admin Approves** 'Panchayat Awards'

JAMMU: The Jammu and Kashmir government on Monday approved institution of 'Panchayat Awards' at the Union Territory level to recognize the ability, struggle, and excellence of the Panchayati Raj Institutions (PRIs), besides encouraging competitiveness among them.

The decision about the creation of 'Panchayat Awards' was taken during the Administrative Council (AC), which met here under the chairman-ship of Lieutenant Governor, Manoj + Sinha, an official spokesperson said Monday. He said the awards will be conferred on Gram Panchayats, Block Panchayats, and District Panchayats under 4 categories. "As a part of the annual celebra-

tions of the National Panchayati Raj Day on 24th April, the winning PRIs will be presented More On P2

# **People Should Get Rid Of Abdullah-Mufti Gang: BJP**



went to jail because there has been an understanding between the two to take turns for fillings their coffers"

But no leader from these parties ever

Jammu and Kashmir's Doda district, BJP general secretary Tarun Chugh on Monday urged the people to get rid of Abdullah-Mufti duo' who have been looting J&K for the last 70 years and deprived the region of development and progress.

Addressing a meeting in Bhalla village ahead of the second phase of District Development Council (DDC) polls, he alleged that former CMs Farooq Abdullah and Mehbooba Mufti have been aware of the corruption of each other.

"But no leader from these parties ever went to jail because there has been an understanding between the two to take turns for

**JAMMU:** Hitting campaign trail in fillings their coffers, Chugh said. He said these leaders deliberately brought laws to favour some people, while other sections of the society like women and Gujjars were deprived of any benefits.

Calling the people to vote for the BJP in the coming elections, he said it is time power should be taken away from the Abdullah-Mufti gang and given to the common

"The people should get rid of Abdullah-Mufti duo who have been looting Jammu and Kashmir for the last 70 years and deprived the people of development and

progress, Chugh asserted. The second phase of the DDC polls will be held on Tuesday.

#### **BJP Campaigners 'Fabricating Facts': NC**

SRINAGAR: The Jammu and Kashmir National Conference on Monday said that despite running a highpitch electoral battle in Kashmir, BJP campaigners have failed to impress the electorate in the ongoing DDC elections.

In a statement issued here, a party spokesperson said that the "internally displaced" leaders of BJP are resorting to "mistruth mongering and fabrication of facts" in order to get coveted positions in the central cabinet.

"The self anointed strategists of BJP who have landed in Kashmir are the last persons to comment on the political aspirations and aspiration of the people of Kashmir as they themselves failed to pick up the mood of people in their respective constituencies in Bihar and elsewhere in the country, where their political careers have >> More On P2

# Shehla's Father **Levels Allegations Against Her**

**Shehla Terms Allegations 'Absolutely Disgusting And Baseless'** 



Many of you must have come across a video of my biological father making wild allegations against me and my mum and sis. To keep it short and straight, he's a wife-beater and an abusive, depraved man. We finally decided to act against him, and this stunt is a reaction to that."

estranged father of student activist Shehla Rashid, on Monday levher, demanding that a probe be initiated into her NGOs and also accused her of having taken a huge amount of money for joincharge denied by her.

Shehla termed her father's statement "absolutely disgusting and baseless" and said this was his the reaction after a court

JAMMU: Abdul Rashid Shora, the barred him entry into their Srinagar house on November 17 in response to a complaint filed elled serious allegations against by the family against him under domestic violence.

Releasing a three-page letter addressed to the Director General of Police at a press conference here, ing politics in Kashmir valley, a Shora claimed that he is facing a threat to his life from Shehla, her security guard, sister and her mother. "She had taken Rs three crore

to join politics in Kashmir from

#### 9 More Corona **Deaths In J&K**

**SRINAGAR:** At least nine more people succumbed to coronavirus in Jammu and Kashmir on Monday, taking the number of Covid-19 related fatalities across the Union Territory to 1694.

In Jammu division, six more people lost their battle with the deadly infection while in Kashmir Valley, three others died of Covid-19, officials said. Two among the deaths from Jammu region were reported from the winter capital of J&K, taking its count to 300 while Kishtwar reported two fatalities besides one each from Kathua and Samba.



#### **19 Soldiers Among 370 New Cases**

SRINAGAR: Jammu and Kashmir reported on Monday 370 new cases of coronavirus, including 19 soldiers, two minors and twenty-five travelers, taking the total number of people infected by the virus in the Union Territory to 110224.

While Kashmir Valley reported 189 fresh cases of Covid-19 on Monday, the remaining 181 were detected from Jammu division, of-

# 'Mea Kath Chu Doad': Is Trauma Fading Memory In Kashmir?

**ZEENISH IMROZ** 

In one frozen November day in Kashmir, a classic consultation scene—where doctor usually tries to break the sullen silence of patients unfolded inside Mental Health and Neuro-Sciences (IMHANS).

On the doctor's chair sat Kashmir's prominent psychiatrist, Dr Arshid Hussain. And on the patient's side, an unsound policeman flanked by an attendant wore a dead-panned face. "What's your name?" Dr Hussain

Much of this has to do

with our mindset which considers forgetfulness as a part of normal aging. Mostly patients from the affluent class of the societycome forward for the treatment."

asked. The patient merely responded with blank eyes.

"WHAT'S THE TIME?"

Only silence came as a resounding reply from Wali Ahmad, a cop from Mattan in south Kashmir's Anantnag district.

to Imtiyaz, Wali's brother-in-law, and soon the dazed cop followed his attendant's directions like a robot.



family on toes now needs support for movement"

"Janaab, where were you?" Imtiyaz asked Wali, in order to demonstrate his mental state. The cop repeated his attendant's words: "Janaab, where were you?" Wali has been suffering from dementia for last three years now. Medics define dementia as a neurocognitive disorder leading to progressive memory impairment, difficulty in recognition,

way finding difficulties and eventually to complete dependence on caregivers. Symptoms like forgetting were first noticed after the 50-year-old cop

was traumatized by the death of his

#### FROM **FRONT** PAGE

#### Two Employees ...

As per an order, the ADDC has attached the suspended employees with immediate effect and directions have been passed for withholding their salaries.

Besides, inquiry officers have been designated and directed to conduct a detailed inquiry and submit the report within seven days, the officials said.

The BDC chairman and the contesting candidate have been asked to explain their position for campaigning during the prohibited period of 48 hours before polling,

Likewise, action has been initiated against four VDC members who were found involved in campaigning for a particular political party, the order said.

District Panchayat Election Officer Sagar D Doifode has asked the government employees working under district administration, Doda to refrain from indulging in any kind of political activity during the ongoing DDC polls and panchayat by-election.

#### **Second Phase ...**

He said all security arrangements have been put in place and the areas have been secured, while the polling parties and election material has already reached the polling booths.

"We are looking forward to good polling numbers," he said, and appealed voters to come to the booths wearing face masks.

Asked about the complaints that candidates were not being provided security or confined to secure accommodations, Sharma said while personal life of candidates was important, for an election to be successful, the candidates have to go out to the constituency and campaign.

"I reviewed this again today. Have we received any complaints? Not many. I have received one or two complaints and I have referred those to IGP Kashmir. However, the big leaders of political parties have not made any complaints about a specific candidate or a group of candidates that they have not been permitted to campaign," he said.

However, he said, candidates are told to inform police before going somewhere so that the visit is secured.

"Otherwise, wherever law and order is not suitable, candidates could come under risk. But, human safety, personal life of candidates are important and at the same time, there is of custom in democracy where the candidate goes to the constituency, campaigns there, then only can the election be called successful. For that, the police is providing escort, but they have to stick to a time-table," he said.

If any candidate wants extension in the hours, let them come to us with it and we will enable the candidates, he added.

On a question about those candidates who have won the polls unopposed being confined to cluster accommodations, Sharma said the goal of the government was not to keep anyone away from their homes.

"If there is a security problem in their areas for some days, it will be taken care off immediately and they will be able to go to their areas sooner, he said.

When asked about the alleged detention of PDP president Mehbooba Mufti on Friday, the SEC said the visit was not campaign-related.

"When it was reported, I sought a report from IGP Kashmir. I discussed it and verified it. ufti is an ex-chief minister of I-K. Whenever she moves out, she needs protection. For all the ex-chief ministers, there is SSG secures them and which has a standing protocol which they have to follow.

As far as her Friday's visit is concerned, it was not campaign-related. She wanted to go for a condolence visit which was 40 to 50 kms far away. She was told by those assessing the security of the visit, to not go there. Otherwise, she is also free as a leader of her party to do the campaigning, she said. (PTI)

#### **Another Wet ...**

freezing point across the valley, officials said here. In Srinagar, which had recorded a minimum temperature of minus 1.4 degrees Celsius on Sunday, the mercury settled at a low of minus 1.3 degrees Celsius on Monday, they

The famous ski-resort of Gulmarg in north Kashmir's Baramulla district recorded a low of minus 3 degrees Celsius, while the mercury settled at a low of minus 2.3 degrees Celsius in Pahalgam tourist resort in south Kashmir's Anantnag district, they said. Gulmarg was the coldest recorded place in the Union Territory.

According to officials, the minimum temperature was minus 1.3 degrees Celsius in Kupwara, minus 0.3 degree Celsius in Qazigund, and minus 0.2 degrees Celsius in

The Met Office has forecast mainly dry weather in Jammu and Kashmir till December 4. (With KNO inputs)

#### NC Writes To ...

Alleging the failure of the government to ensure level playing field in the ongoing elections, Sagar as per an NC spokesperson said, "Candidates put up by the PAGD and others are immediately whisked away to secure locations in the name of security and confined to those "secure locations" disabling them to get in touch with the voters. What have added to the alarm of the contesting candidates about the impartiality of the elections are the last minute changes that are being made in the shape of shifting polling booths to areas which are inaccessible and

unidentified," The NC spokesperson further said that Sagar brought to the notice of State election commissioner KK Sharma that the contesting candidates were confined to hotels and not allowed to canvass fully to garner support.

"Providing selective security to contesting candidates also justifies the concern of all

contesting candidates. The manner in which police interfered in the mayoral elections to SMC also comes across as the undue interference of the administration in the democratic process. It goes without saying how all established constitutional norms were flaunted by downplaying the moral code of conduct and presence of police officials in the SMC whilst the elections were underway. I hope that you will take necessary action at your end to ensure that all contesting DDC candidates are satisfied viz-a-viz location of places where polled votes are housed in the respective district headquarters. It won't be out of place to say that the election comminission itself, through various press conferences had assured that the election process would be free and fair but what is happening has raised a question mark on the obligations of the election commission," Sagar, as per the NC spokesperson wrote to

#### 17 Employees ...

them, the officials said. The second phase of the DDC elections, along with panchayat bypolls, is scheduled to start across Jammu and Kashmir at 7 am on Tuesday, covering 43 constituencies to seal the fate of 321 candidates - 125 in 18 seats of Jammu division and 196 in 25 constituencies of Kashmir division.

The attached employees include seven teachers, a forester, a policeman and two Special Police Officers, the officials said, adding they have been directed to report to the sectoral or district offices concerned with immediate effect till the conclusion of the second phase of the DDC elections and panchayat bypolls of Dachhan block.

They said Sub Divisional Magistrate, Marwah, Mohsin Raza was appointed the inquiry officer to conduct a detailed probe into the allegations levelled against the public servants and was directed to furnish a detailed report within 15 days.

#### **BJP Campaigners ...**

been extinguished by the voters. Having been sidelined in the party, these people are leaving no stone unturned to vent their frustration in a bid to increase their political prospects back home," the NC spokesperson said. He said that BJP has "mastered the art of spreading lies".

"Ever since BJP came to power it has been using institutions to further its own interests rather than that of the nation subverting all established constitutional norms and ethics. Last minute change of polling booths in the ongoing DDC elections, denying level playing field to contesting candidates, according selective security to them and undue administrative intervention in the Mayoral elections are few cases in point that justify how brazenly averse BJP is towards democracy," the NC spokesperson said.

He claimed that the hyper campaigning of BJP leadership and cabinet ministers reveals the shakeup the BJP is undergoing on account of the support PAGD is receiving from different quarters.

"Unlike other parts of the country, BJP cannot get away with lies here. It goes without saying that the false propaganda is only meant to help BJP sail through the DDC elections and escape the wrath of people whom they have failed on all accounts malicious propaganda is short-lived and will die out on its own once the DDC elections are over. The frustration BJP rank and file is suffering from is well understandable in wake of the imminent drubbing it is anticipating in the forthcoming DDC election in J&K, "he

The NC spokesperson said that a fact check and misdirection of the BJP led government speaks for itself.

"All the claims of BIP have demonstrably been debunked by ground reports and figures of various national agencies like Niti Ayog. BJP is lying profusely, lying globally, and lying nationally as well. A large number of these lies seemed to justify the abject failure of the BJP government to rise up to the expectations of people, ignoring the measurable loss of life due to COVID-19 and the suffering inflicted on India's poorest on account of a crumbling economy and rapidly increasing employment. The Lying Spree of the BJP is also reflective of its failure to answer the burning questions,"

#### Guns Roar ...

Hours after this incident, the Indian and Pakistani troops exchanged heavy fire, including mortar shells along the LoC in the district.

The Pakistan Army violated ceasefire and resorted to heavy firing and mortar shelling targeting forward posts along the LoC in Poonch district, drawing retaliation from Indian troops, officials said.

"At about 1510 hours (3.10 pm) today (Monday), Pak army initiated unprovoked ceasefire violation by firing with small arms & intense shelling with mortars along LoC in Shahpur sector in district Poonch," a defence spokesperson said.

The Line of Control (LoC) has witnessed heavy and intense firing and shelling in the last few months resulting in several casualties and triggering fear psychosis among the people living along the India-Pakistan border in Jammu and Kashmir.

Two Indian Army jawans -- Naik Prem Bahadur Khatri and Rifleman Sukhbir Singh -were killed when the Pakistan Army resorted to heavy firing along the LoC in Sunderbani sector of Jammu and Kashmir's Rajouri district last week.

On November 26, JCO Subedar Swatantra Singh was killed and a civilian was critically injured in Pakistan shelling along LoC in Kirni

and Qasba sectors of Poonch district. Havaldar Patil Sangram Shivaji was killed on November 21 in Pakistani shelling in Laam sector along LoC in Rajouri distrct while 11 people, including five security personnel were killed after multiple ceasefire violations by Pakistani troops along the LoC in north Kashmir on November 13. (PTI)

#### LG Admin Approves ...

with J&K Panchayat Awards at a Union Territory level function, which will include a momento/citation and award money of Rs. 3 lakh (for Gram Panchayat), Rs. 4 Lakh (for Block Panchayat), and Rs. 5 lakh (for District Panchavat)," the official spokesperson said.

He further said that the process of selection of Panchayats for UT awards will coincide with the process of selection of Panchayats for national awards and will include nominations received from District Committees.

"The winners under each category will be selected by the UT level Panchayat Performance Assessment Committee headed by Secretary, Rural Development and Panchayati Raj Department," the official spokesperson added.

#### 9 More Corona ...

The victims from Valley included a 70-yearold man from Khanda Budgam, a 65-yearold man from Arampora Bandipora and a 58-year-old man from Checkiwangund

With these deaths, the total fatality count in the Valley has reached 1104 and 590 in the Iammu region.

Srinagar district with 416 deaths tops the list followed by Jammu (300), Baramulla (163), Budgam (101), Pulwama (86), Kupwara (83), Anantnag (78), Doda (56), Bandipora (51), Kulgam (51), Rajouri (49), Udhampur (49), Ganderbal (38), Shopian (37), Kathua (37), Samba (30), Poonch (22), Ramban (18), Kishtwar(18), and Reasi (9). (GNS)

#### 19 Soldiers ...

Giving district wise details, they said Srinagar reported 84, Baramulla 18, Budgam 19, Pulwama 22, Kupwara 6, Anantnag 7, Bandipora 8, Ganderbal 23, Kulgam 2, Shopian 0, Jammu 81, Rajouri 17, Udhampur 26. Doda 5, Kathua 15, Poonch 1, Samba 15, Kishtwar 16, Ramban 5 and Reasi 0.

A number of these cases including 13 from army's BB Cantt Srinagar, six security personnel and two minors were confirmed at SKIMS and CD hospitals diagnostic labouratories.

Moreover, officials said, 483 more patients have recovered and were discharged from various hospitals 202 from Jammu Division and 281 from Kashmir Valley.

#### Shehla's Father ...

Engineer Rashid and (businessman) Zahoor Watali (both of whom were arrested last year by the National Investigation Agency for their alleged involvement in terror funding case)," Shora claimed. Shehla, a former JNÜ student leader, joined politics and became a founding member of JK Political Movement floated by IAS topper turned politician Shah Faesal. However, she later announced her "dissociation with the electoral mainstream in Kashmir" last year.

He also demanded a probe into the Non-Governmental Organisations (NGOs), being run by Shehla, and the bank accounts of his daughters and their mother.

However, Shehla tweeted a detailed response saying "Many of you must have come across a video of my biological father making wild allegations against me and my mum and sis. To keep it short and straight, he's a wife-beater and an abusive, depraved man. We finally decided to act against him, and this stunt is a reaction to that.'

Terming the allegations "absolutely disgusting and baseless", she said the fact of

matter is that they have filed a complaint of domestic violence with a court in Kashmir against her father and it has passed an order restraining his entry into their home.

"My mother has tolerated abuse, violence and mental torture all her life. She has kept quiet for the sake of respect for the family now that we have started speaking up against his physical and mental abuse, he has started abusing us too," she said, requesting everyone not to take him seriously.

#### Mea Kath ...

In 2017, the cop was on a routine sentry duty in Charar-e-Shrief town when a sudden militant attack rattled him.Wali escaped unhurt in NundReshi's shrine premises, but was left traumatized by seeing his colleague bleeding to death.

"He wasn't the same person after that," Imtiyaz said. "He started acted strange. His uncertain behavior was a complete undoing of his lively personality.'

One such behavior was demonstrated during a friendly visit to Wali's senior. "That's when I first noticed his abnormal behavior,"Wali's brother-in-law said.

At the officer's house, Wali who would invariably abstain from local bakery products had eaten it insatiably. After tea, the cop devoured a big appleakin to a starving man.

While Imtivaz was wondering about Wali's sudden 'wild' behavior, the cop soon walked away-without bidding a goodbye to his officer and waiting for Imtiyaz-and drove home in haste.

"Is everything alright at his home?" Imtiyaz recalled the officer's concern over Wali's rash

"I believe he's a little distressed these days," Imtiyaz had to told the officer. Knowing that Wali was economically and emotionally secure at home, Imtiyaz realized that it was killing of his colleague which altered Wali's mind and method in life.

Soon after the violent episode at Chrare-Sharief, Wali, a father of four girls and a 3-year-old boy, had started fearing for his life.

In his quarter, Imtiyaz would later learn, the cop would imagine his fallen colleague's fate and fret. His distressed mental state would escalate to a level where itreared an obsessive head.

"He would call his senior repeatedly for transfer - sometimes even more than 200 times a day,"Imtiyaz said.

By the time his transfer order came, Wali'sneuro-degenerative disorder had already deteriorated.

Wali would behave oddly - forgetting names of people, remaining heedless of important daily activities and trying to run away at night through the main-gate.

From aggression to calmness, his trauma had taken a severe form of dementia.

#### TRIAL OF TRAUMA

As someone well-versed with the cop-like traumatic cases in Kashmir, Dr. InshaRouf, a psychiatrist in the valley, said thatdementia is fast becoming an end result of the rampant and pervasive trauma in Kashmir.

"The old memories remain intact initially," DrInshasaid. "It's the recent memories that get affected. Patients cannot form memories." At least 20 dementia patients visit IMHANS and Drug De-addiction center of SMHS hospital daily, she said, whilemany othersprefer to opt for private clinics or neurologists.

"The dementia patients we see are the tip of the iceberg," Dr. Rouf, who detailed dementia's link with trauma in her2014-16 study, told Kashmir Observer.

"Much of this has to do with our mindset which considers forgetfulness as a part of normal aging. Mostly patients from the affluent class of the societycome forward for

But by the time most of these patients show up for treatment, she said, dementia already takes a mental toll on them.

"Most patients are usually in a severe to profound stage of dementia where they're usually brought with complaints of diminished self-care, agitation and aggression," the medico said. "Mostly, they carry a lot of caregiver burden."

Unfortunately, she said, there's no cure for dementia. The available treatments can only mask the symptoms of the disease and help the person to live as normal of a life as

#### WALI'S LONELY TRIBE

In Srinagar Psychiatrist Hospital, a 50-yearold calmly lying on her bed was asked about her health.In her dazed state, she asked her young attendant, "Mea kathchudoad" (What is my illness?)

The lines engraved in her face defined the agonizing pain inflicted upon her. Her heart was pounding, the blood pressure monitor showed the reading 156/100. Syeda was shivering, and was restless.

A resident of Anantnag, Syeda has been suffering from dementia for the past 8 months. A divorcee, she would mostly seek emotional refuge in her sister. Her departure, however, affected her mind. She recognizes her family members and is

osely bonded to her grandchildren, but she tends to forget names after every 10 minutes and obsessively gets her blood pressure

"Once an active lady who used to keep everyone in the family on toes now needs support for movement," said her attendant.

Battling Alzeheimer's disease, which is one of the most common types of dementia, Syeda'smemory issues started withher inability to comprehend or produce speech.

"Dementia robs you of everything that makes you who you are," Sama Beg, a certified trainer on Alzheimer's and related disorders, argues in herarticle.

"It steals your memories, your intelligence, your independence, your ability to think, to make decisions, to communicate, and to do the simplest of tasks. As humans, we pride ourselves on our intelligence - that God created us as the most gifted of living beings. The tragic irony is that the same intelligence we take pride in can be taken away with little warning in the form of this debilitating

#### COP CASE

After facing trauma, copWaliis able to see but unable to make sense. He only follows his attendant like a robot and micks his words.

Due to memory impairment and difficulty in recognition, dementia patients might feel that they are not at home and may wander away without informing anybody," Dr. TajamulHussainnotes in his write-up.

This assertion perhaps explains why the cop leaves home in the midnight before being dragged in by his alert attendants.

"People with dementia might sometimes become aggressive towards caregivers," Dr. Tajamul, Assistant Professor of Psychiatry at GMC Baramulla, further reveals. "It might seem unprovoked to the

caregivers but usually has some underlying cause like fear, pain, confusion etc. As people with dementia might have difficulty in communicating it often leads to caregivers doing things contrary to what the patient wants.

As someone who has managed dementia care facilities in the US and India, DrSama said, she has found one form of therapy to be the most effective. "And that's love, patience and kindness," she said.

"We must remember that a person living with dementia is still a human being with emotions. They deserve to be treated with dignity and respect because they are trying to do their best despite having been tragically robbed of their identity.'

### 'DDC polls will empower grassroots leaders to take own decisions'

SRINAGAR, NOV 30 (PTI) Union minister Jitendra Singh on Monday said the ongoing District Development Council (DDC) elections in Jammu and Kashmir would provide self rule and autonomy, and would empower leaders from the grassroots to take their own decisions.

He said the Modi-led government was committed to empower the people at the grassroots.

"The DDC polls are being held for the first time. These elections are the real self rule and autonomy for the people of Jammu and Kashmir as they will empower the leaders from the grassroots," Singh told reporters here.

out in the valley was a reflection of the aspirations of the people. "One has to reflect on why there was low participation in Lok Sabha elections in 2019 and now people

He said a relatively high voter turn-

are coming out to vote. May be they have realised that dynastic politics is over and have aspirations with these polls," he said. Asked if the participation of People's Alliance for Gupkar declara-

tion on the polls had resulted in higher turnout, the minister in the Prime Minister's Office said it was for the opposition to answer. They refused to participate in the panchayat polls saying they will not take part in any elections till consti-

tutional position is not reversed. Now

They should be honest with the people," he said.

The National Conference and the did not participate in the panchayat elections 2018, demanding assurance from the Centre that the special status of Jammu and Kashmir would not be tinkered with.

The boycott by the two premiere parties of Kashmir led to BIP winning polls in many urban local bodies and panchayats in the valley for the first time.

The special status of the erstwhile state was repealed in August 2019.

Responding to a question, Singh said people should refrain from commenting on sub-judice matters including the challenge to the abrogation of Articles 370 and 35A in the Supreme Court.

"We should not be commenting on sub-judice matters. What are the courts there for, " he said.

Several of Singh's colleagues including Mukhtar Abbas Naqvi and Shahnawaz Hussain, during the election campaign, claimed that Article 370 was dead and buried, and no

power in the world could restore it. On the Roshni scam, Singh said everyone who has benefitted from it

will have to face the consequences. "It is not about an individual... When it comes to us, we will also face it. " he said when asked why BIP was silent about the alleged land grab under Roshni scheme by party's former they are taking part in the elections. MLARS Pathania.

### **Remote Photoksar** hamlet of Ladakh gets electricity for first time

LEH, NOV 30 (PTI): Sandwiched between two major high altitude passes of the Union Territory of Ladakh, Photoksar village in Leh district got electricity for the first time, triggering lifetime joy and happiness among its residents.

As cities across the country adopt the latest technological advancements, residents of this hamlet are celebrating getting electricity for the first time post Independence.

Chairman and Chief Executive Councillor (CEC) Ladakh Autonomous Hill Development Council (LAHDC), Leh Tashi Gyalson inaugurated the NHPC powergrid line for Photoksar village on Sunday, Power Development department (PDD) of-

ficials said. A village resident, whose joy knew no bounds, said the electricity supply would help his children do well in

We are very happy now that we future. finally have electricity in our village. Now our children can study well and mote villages of Leh district, CEC progress in life, Chandol said.

Deen Dayal Upadhyaya Gram Jyoti Yojana, and the energetic efforts of Ladakh MP Jamyang Tsering Namgyal that after 70 years of darkness, the village like Photoksar got electrified. "We thank PM Modi and our MP

I feel very lucky to inaugurate this power line within one month after becoming the councillor of the area and later CEC, he said. He also assured to electrify five more hamlets - Yulchung, Nyraks, Skyumpata, Lingshed and Dipling - in

for electrifying this remotest village.

the coming years. Talking about the upcoming telecommunication facilities in Singhey-Lakok area after 70 years, Gyalson said work on installation of Jio towers at Photoksar is underway and soon Yulchung and Lingshed will also see such development. He also promised to install more mobile towers in

Regarding electrification of rehoped that all other villages of Nubra, Gyalson said it is because of the Changthang and Sham will also be visionary initiatives of Prime Minister connected with Northern Grid in the Narendra Modi, who launched the shortest possible time.

remaining villages of the area in the

### **Student loses IIT** Bombay seat due to 'wrong' click, moves SC

the prestigious IIT Bombay after he "inadvertently" clicked on a "wrong" link which was meant to withdraw from the process.

The student, Siddhant Batra who hails from Agra, has now approached the Supreme Court seeking a direction to the institution to admit him after the IIT said it cannot intervene at this stage as all the seats for the course were full and admission rules

had to be followed. It said Batra could apply again next

year for JEE (Advanced). The Bombay High Court had initially directed the IIT to consider Batra's petition, after he approached it earlier this month, as representa-

tion and pass appropriate orders. Batra, who had secured All India Rank (AIR) of 270 in IEE Advanced exams and secured admission, claimed in his plea that he had clicked the wrong link which was meant to withdraw his seat. Batra intended to freeze the seat, the plea said.

On November 23, a division bench of Chief Justice Dipankar Datta and Iustice G S Kulkarni dismissed Batra's petition noting that IIT had considered his representation and passed its order.

In his petition to the supreme court, Batra has sought a direction to the IIT to consider his case on humanitarian grounds, and requested creation of an additional seat to undo

Batra, who lives with his her seat stands cancelled.

MUMBAI, NOV 30 (PTI): An 18-year- grandparents following the death of old student has lost his seat for a four- his parents, in the plea said he had year electrical engineering course in worked hard against all odds to crack IIT JEE exams.

The petition, filed through advocate Pralhad Paranipe, said Batra had lost his father when he was a child and was brought up by his mother who died in 2018. As per his plea, Batra, while filling

out the admission process online,

came upon a page with 'freeze' option, which he thought meant confirming the seat and the completion of his admission process. "On October 31, 2020 when Batra was surfing the IIT portal to check for further updates, he came upon a link which carried a declaration that

read 'I would like to withdraw from

the seat allocation process of JoSAA

(Joint Seat Allocation Authority'," the petition said. As per the plea, Batra inadvertently clicked on this link and stated 'IIT Bombay, Electrical Engineering' as reasons for withdrawal. It added that Batra never intended to withdraw his

In November 2020, when the final list of students was uploaded on the IIT portal, Batra's name was not included.

The IIT, in its order, however, said the withdrawal option was a "conscious" two-step process.

It said candidates who want to withdraw before the final round can do so and the 'seat acceptance fee' gets refunded, adding that once a candidate has withdrawn then his or



# **Transfer of J&K house Chandigarh to Ladakh UT: Patients from J&K aghast**

Say have to visit hospital in Chandigarh frequently, can't bear expenses of hotels, Govt must accommodate people from both UTs

Srinagar: As the Jammu and Kashmir house in Chandigarh is all set to be transferred to Ladakh Union Territory, the patients who are frequently visiting the PGI hospital Chandigarh for treatment here have demanded authorities to come up with separate building for J&KL residents or reserve the J&K house for the people of both UT residents.

Sources informed that the officials from Jammu and Kashmir have been asked to start the process to handover the building premises to the officials of Ladakh Union Territory now.

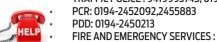
However, the patients who are frequently visiting PGI hospital in Chandigarh said that they were getting rooms on subsidize rates at the J&K house, but now will be forced to spend huge amounts at local hotels there.

Ali Muhammad, one of the patients said that the ground at J&K house Chandigarh is having enough space to raise another building there, which can accommodate the people from both the Union

"The J&K house was giving benefits to the needy people, but now they will also be forced to face hardships," he said. "As I am undergoing treatment at PGI hospital, I used to visit the hospice frequently and used to book rooms at J&K house at cheaper rates. However, it would be difficult for me now to visit the hospital frequently in case I will not get room at the J&K house," he said.

The patients appealed the Lieutenant Governor Manoj Sinha to look into the matter, saying that the administration must intervene and ensure that the people from Jammu and Kashmir would also get accommodation at the J&K houses especially at the places where prominent hospitals are located—(KNO)

#### **DIAL-EMMA**



TRAFFIC POLICE: 9419993745, 01998-266686

PCR: 0194-2452092,2455883 PDD: 0194-2450213

2479488,2452222,2452155 CAPD: 18001807011

SMC HEALTH OFFICER: 9469409081

#### **AIRPORTS**

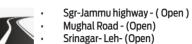


#### **RAILWAYS**

SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIJBHERA: 01932-228243

#### PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153

#### **HIGHWAY STATUS**



# **CALENDAR** 15 Rabi-us-Sani 1442

**PRAYERS FAJR** 5:50 **ZUHR** 12:17 **ASR** 3:45 Magrib 5:26 **ISHA** 6:49

**This Day In History** 

1626 - Pasha Muhammad ibn Farukh tyrannical govt of Jerusalem, driven

1640 - Portugal regains independence after 60 years of Spanish rule. 1641 - Massachusetts becomes the first colony to give statutory recogni-

tion to slavery. 1653 An athlete from Croydon is reported to have run 20 miles from St Al $bans \, to \, London \, in \, less \, than \, 90 \, minutes$ 

1656 - Germany promises Poland aid against Sweden 1708 - Great Alliance occupies Brussels.

1887 - Sino-Portuguese treaty recognizes Portugal's control. 1915 - The US requests that Germany withdraw its military and naval at-

taches from the Embassy in Washington. 1916 - There is virtual civil war in Greece as royalists fight Venizelist, and the Allies determine on a Venizelist victory

1917 Boys Town founded by Father Edward Flanagan west of

Omaha Neb. 1918 - Danish parliament passed an act to grant Iceland independence under Danish crown.

1918 - Serbian-Croatian-Slovic kingdom proclaimed in Belgrade. 1918 - Yugoslavia declares independence: monarchy established 1941 - Japanese emperor Hirohito signs declaration of war.

1948 - Arabic Congress names Abdullah of Trans Jordan as King of Pales-1959 - The 1st color photograph of Earth received from outer space.

1961 - The independent Republic of West Papua is proclaimed in modernday Western New Guinea. 1963 - Nagaland becomes a state of Indian union.

1970 - Independent People's Republic of South Yemen renames itself as People's Democratic Republic of Yemen 1971 - Cambodian Civil War: Khmer Rouge rebels. intensify assaults on Cam-

bodian government positions, forcing their retreat from Kompong Thmar and nearby Ba Ray. 1973 - Australia grants self-government to Papua NewGuinea. 1974 - Boeing 727 crashes in Upperville Virginia, 92 died. 1975 - Kuwait and Gulf and BP agree on terms of nationalization.

1988 - Benazir Bhutto named 1st female Prime Minister of a Muslim coun-

1991 - Colorado party wins Paraguay parliamentary election

iursultan Nazarbayev sworn in as president of Kazakhsta 1991 - US 75th manned space mission "STS 44" Atlantis 10 lands 1991 - Ukrainian people vote for independence

1998 - Exxon announces a \$73.7 billion USD deal to buy Mobil, creating

Exxon-Mobil, the world's largest company. 2002 - Davis Cup Tennis, Paris: Mikhail Youzhny beats Paul-Henri Mathieu 3-6, 2-6, 6-3, 7-5, 6-4 to give Russia 3-2 win over France; only time in event history that a 2-set deficit turned around in a live 5th rubber of a Final 2008 - The US economy has been in recession since December 2007, the

National Bureau of Economic Research announces today 2012 - Ukranian Anna Ushenina beats Antoaneta Stefanova of Bulgaria, 31/2-21/2 in 2 rapid tie breaks to win the World Women's Chess Championship in Khanty-Mansiysk, Russia

2016 - UN admits its peacekeepers were responsible for the cholera epi-demic in Haiti in 2010 that killed 30,000

From KO Archives

# 4 kids among 6 killed in JK

**Observer News Service** 

RINAGAR: Six people, including four children, were killed and two others injured in separate incidents across Jammu region since yesterday.

According to reports, unidentified gunmen barged into the house of a village defence committee (VDC) member, Gyan Singh, after hurling a grenade towards it and resorted to indiscriminate firing on the inmates killing four of his minor children and injuring two others at Sharjao village in Mahore area of Udhampur district last night.

Official sources said today that about 10 suspected militants first threw grenades on Singh's house at Jailanmarh-Sharjao village at around 2245 hours and then barged into it. The victims were sleeping at the time. The victims were identified as Hoshiar Singh (15), Bika

Devi (12), Anju (3) and Darshana Devi (12). Singh and another member of his family, who were injured in the attack had been admitted to hospital, the sources said.

However, a NAFA report said Singh's house was adjacent to an army camp. Security forces cordoned off the entire area this morning. However, no arrests were made.

In an encounter between the security forces and militants, two militants were killed at Gudesa in Banihal area of Doda district vesterday. The deceased were identified as Muhammad Hasil alias Usman r/o Banihal and Muhammad Raliq alias Bambar s/o Ghulam Tarqal.

Unidentified gunmen intruded into the compound of the house of Abdul Rasheed Peer at Churan in Kellar area of Shopian last night. The inmates raised an alarm at which some neighbours came to their rescue. However, while fleeing from the place, the intruders fired some shots without any harm. Official sources said they intended to kill Mst Malla, wife of Peer who they accused was an 'Informer'

(Kashmir Observer, 01 December, 2000)

### **Apni Party will struggle** for empowerment of people of J&K: Altaf Bukhari

Srinagar:Apni Party President Syed Mohammad Altaf Bukhari on Monday pledged to continue with his struggle against the political disempowerment of people of Jammu and Kashmir that came to a full circle last year by turning a State

into a Union Territory. Addressing the Party's campaign convention at Khannabal in district Anantnag, Bukhari said that Apni party will ensure that J&K gets its Statehood back and till then the Party will work for protection of land and jobs for the residents of Jammu and Kashmir.

"Apni Party considers August 5, 2019 as a black day in J&K's history. Not only Article 370 and 35-A were scrapped but our State was bifurcated into two Union Territories (UT) of J&K and Ladakh. Apni Party is committed to fight for restoration of special status in the Supreme Court but till that goal is achieved, we can't sit with our fingers crossed,"

Bukhari observed. He said that the Apni Party hopes that the verdict of the Supreme Court comes as a sigh of relief for the people of Jammu and Kashmir. "Last year's political decisions have not been taken easily by the people of J&K. We can't wait for that verdict of the Hon'ble Supreme

Court on the August 5, 2019 decisions. We will have to strive for protection of our domicile rights on land and jobs in order

to have legal safeguards in our

hands," Bukhari remarked.

He said that the Apni Party has adopted a two pronged strategy—one to follow the lawsuit for restoration of special status to J&K in the Apex Court and second to strive for comprehensive domicile laws for protection of land and jobs for the people of Jammu and Kashmir. "You must be aware about how we got domicile law for jobs replaced within 24 hours. Earlier only class fourth jobs were reserved for youth of J&K but we ensured that all the categories of jobs are fully reserved for the domiciles of J&K," he added.

Bukhari said the Apni Party has explicitly explained that the domicile law on lands in J&K is unacceptable to it and needs to be replaced with a new law as per the aspirations of people of Jammu and Kashmir. "Although there are ample safeguards for sale of agricultural land which can't be transferred to non-domiciles of J&K but we want a foolproof law for protection of lands for domiciles of J&K." he averred.

Bukhari said that the Apni

# Walnut import dents local sales in Asian market

Srinagar: The import of Walnuts from different countries especially from California and Chile into the Asian market has dented the

local walnut industry badly. Kashmir used to be the largest exporter of walnuts in India, but with time, the production depleted - the markets across India and in other Asian countries are now flooded with walnuts from countries like California and Chile.

The locals associated with the industry said that despite inorganic in nature, the walnuts from California and Chile are preferred in Asian markets because of their stylish packaging.

India stands eighth in walnut production in the world with over 90 per cent of its share coming from Kashmir. The Valley produces about 60,000 tonnes from an area of 63,000 hectares Aijaz Ahmad, a dealer from Sri-

nagar, said that it was during 2014 floods, when produce from Kashmir didn't reach Asian markets on time, thus compelling dry fruit dealers to look for an alternative, which ultimately led them to countries like California and Chile. "Last year due to clampdown

after the abrogation of article 370. dealers after losing contacts with valley-based growers once again bought the walnuts from California and Chile causing huge losses

to the local industry," he said. Many growers and dealers said there are many reasons, why the



walnut industry is on the decline. "There was a great demand for Kashmiri walnut all over the World. However, the decrease in

production with each passing day forced dealers outside Jammu and Kashmir to look for an alternative," they said. "The main reason," growers said, " for the decrease in produc-

tion, is a shortage of quality planting, poor orchard management and long gestation period." A typical walnut tree takes around two decades to fetch the first crop. "There is a need to bring more

areas under walnut cultivation with high yielding varieties. Sick orchards need to be rejuvenated. Encourage fresh walnut plantation

like of the Apple plantation so that our products will be of good quality," Mushtaq Ahmad Sheikh, who is associated with the business for the last three decades, said.

"Moreover, there is a need for modern grading, packing houses are to be established near the farms. Farmers need technical assistance right from planting to harvesting."

The second challenge, growers said, is that harvest methods used by farmers are primitive, "which results in reduced productivity."

"Third challenge is that there is a lack of export oriented policies, due to which many people associated with this trade have opted for other businesses," they said.

# To Mudasir Ali, Others

Srinagar, Nov 30, KNT: Journalist fraternity Monday remembered the young, talented and noted Journalist, Mudasir Ali at a function held at Press Club of Kashmir. Besides, Mudasir Ali, two other Journalists who departed this year including Tanvir Ahmed of GNS and Javaid Ahmed of Rising Kashmir were also remembered and tributes were offered to them.

Mudasir Ali, who was a senior Editor at 'Greater Kashmir', died of cardiac arrest at the age of 37.

A function in the memory of these Journalists especially Mudasir Ali was organized by Journalist fraternity at Press Club of Kashmir. The speak ers mourned the death of Mudasir and other Journalists and laid stress on the need of creating a welfare fund with the assistance of Government.

# Journalists Pay Tribute Baghi Mehtab Residents To Mudasir Ali Others Protest against PDD

There was planned shutdown in the area. Chief Engineer PDD

Srinagar, Nov 30, KNT: Residents of Baghi Mehtab area of Srinagar on Tuesday staged a protest demonstration against the Power Development Department (PDD) over erratic electricity supply in the

Coming down heavily on the PDD, the locals said pesky power cuts are irritating and they are frustrated the way PDD supplies electricity to the inhabitants.

"The PDD is befooling the people with the schedule they have published, and that is just on papers, on ground there is no electricity available in the area", said one of the resident of the area to KNT. The protestors were demand-

ing the availability of electricity in the area and said if the electricity is not restored in the area they will hit the roads.

Chief Engineer, PDD Ejaz Ahmad said," there was planned shutdown in the area due to installation of new cables and cluster transformers. "It was for the convenience of people, however if there is any disruption in electricity out of schedule, he will look into the

#### **Public Notice**

The Name of my daughter has been wrongly written in school records as Aalma Jan while her correct name is Areeba Ali D/o Ali Mohammad Khan which needs immediate correction if anybody having any objection in this regard he/she may file his/her objection in the office of the Principal Good Will School Ratnipora Pulwama within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Ali Mohammad Khan F/o Areeba Ali R KO

#### Name Change

I want to change my name in school records from Mohammad Mursaleen Hafiz to Shahzaib Ahmad Hafiz . If anybody having any objection in this regard he/she may file his/her objection in the Office of the Legends School Of Education Kanitar Hazratbal within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Shahzaib Ahmad Hafiz (New Name) S/O Mushtaq Ahmad Hafiz R/O Radapora Khanyar Sriangar



#### **J&K Mechanical Engineering Graduates Association**

MED Complex, ShaltAing, Srinagar, J&K, 190017

Regd No.: 29 O&M of 1973, Dated: 28-12-1973

PRESS RELEASE

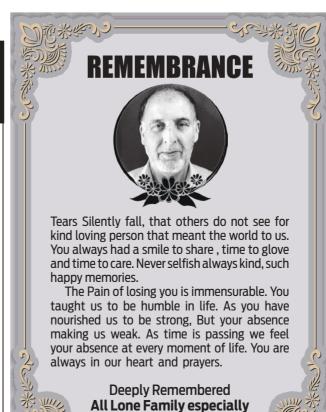
E-mail: jandk.mega@gmail.com

The President J&K MEGA (J&K Mechanical Engineering Graduates Association) in a press release appreciated and welcomed various decisions taken by Administrative Department of PWD (R&B and Mechanical Engineering) under the dynamic leadership of Principal Secretary Mr. Shalinder Kumar (IAS) and his team. The fast regularisation initiated, transfer policy, accountability being implemented etc are historic moves to be welcomed and supported. The Association has also expressed hope that in Reorganisation and Restructuring, the Mechanical Engineering fraternity in modern mechanised world will be fully and properly

The Jammu and Kashmir Mechanical Engineering Graduates Association has appealed to worthy Principal Secretary PWD (R&B and Mechanical Engineering) for filling up all long pending posts at the level of Executive Engineer (Mech.), AEE(Mech.) and AE (Mech.). In the press release the President J&K MEGA appealed and reminded the administration that almost 20 posts of Executive Engineer, 50 AEE posts and 80 AE posts of Mechanical Engineering wing are lying vacant at present and this issue has given rise to mismanagement in various Division by either being headless or giving rise additional charge system. This situation of vacancies or additional charge system is hampering all the development works importantly initiated in MED, Jal Shakti Deparment, etc for public welfare. Almost 50 % of sanctioned strength of Executive Engineer in Mechanical are lying vacant. They appealed to Honourable Advisor, worthy Principal Secretary PWD for immediate Redressal of issues on priority and filling of all vacant posts in Mechanical wing at an earliest

No:- JKMEGA/KP/20/354 DATED: 27/11/2020

Er. Firdous Ahad Bhat



**Grand Children** 

# **OBSERVER**

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### Jammu unease

uslims in Jammu have expressed serious concern about the attempts to stoke communal tension in the region in the wake of the announcement of the DDC election. Some prominent activists from the community held a press conference on Sunday to urge the Lieutenant Governor Manoj Sinha to intervene and deploy forces in strength in Muslim majority areas of Gujjar Nagar, Bathindi, Chuwadi and Sunjiwan to prevent the ongoing attempt to vitiate the peaceful atmosphere of the areas. Speaking at the press conference, the former bureaucrat Khalid Hussain said that that Muslims of the Jammu region are nationalists to the core and do not need a certificate from anyone to prove their nationalism. He said there were 'elements' who were spreading hatred against Muslims by accusing them of trying to change the demography of Jammu. Similarly, the advocate Sheikh Shakeel Ahmad urged the LG to invite all communities for a discussion on the issue to clear any misgiving among the locals.

Muslims in Jammu complain they are wrongly accused of being the major beneficiaries of the Roshni scheme that allowed the occupants of the government land to own it after payment of a rate determined by the government. But according to Ahmad, out 44000 beneficiaries only 1100 are Muslim families.

But as highlighted by these activists, the issue is the narrative that is being peddled in the region. Muslims are being blamed for having taken over the forests. This has made a significant section of the population in the region believe in the propaganda and demand eviction of the community from the forest lands. Over the past some time, the government has launched drives to evict the Gujjars and Bakerwals, most of them Muslims, from the forest land allegedly illegally occupied by them. Recently, the government also launched one such drive at Pahalgam, a famous scenic resort in South Kashmir. A team comprising forest and wildlife officials assisted by police demolished the seasonal hutments of the nomads and also removed the fences and broke houses at the foothills. The forest department claimed the land was encroached and the drive was the result of a High Court order calling upon the administration to retrieve occupied government land.

But the online videos of these demolitions generated deep unease in Kashmir. The PDP president Mehbooba Mufti visited Pahalgam to protest the drive, saying these were designed to alter the demography of the region. Similarly, the situation in Jammu is no different. It is thus incumbent on the government to ensure that the communal harmony is maintained. And as far as the retrieval of the government land, it is important that the drive is not seen to be pursued selectively against a particular ethnic group or the community. That politicises and communalses the whole issue.

#### OTHER OPINION

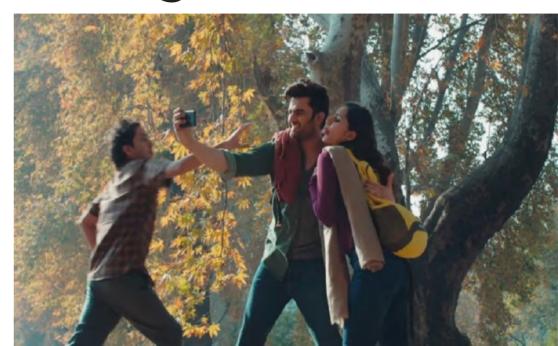
# On farmer protests

armers in India have felt exploited for long. The reforms that the Centre brought in, apparently to make the agriculture sector more efficient and lucrative in the form of three ordinances in June, have had the effect of upsetting large sections of them further. More than 500 farmers' unions are now on a path of agitation. Thousands of farmers from the neighbouring States, stopped by the police on their way to Delhi, are camping at several points around the national capital. They have refused to move to a designated site, a condition set by the Centre for talks. The Centre has aggravated its original mistake of rushing through these laws without wide consultation and political consensus by taking a condescending attitude towards critics

At the heart of the fears is the potential end of the MSP and guaranteed government procurement of the produce. The new legal architecture allows farmers more choices in selling their produce, in theory, and creates a national market for their produce. The end of a monopoly market could theoretically lead to more efficiency, but procurement at MSP has been the backbone of India's food security edifice. If the new laws lead to a dismantling of the MSP and the mandi system, the farmers fear that they will have little leeway in contracts with private buyers. There are loopholes in the existing system and the case for reforms is strong. But railroading a raft of measures cannot be the way forward If the Centre is open to legislating a guarantee of procurement at MSP, farmers could be convinced to accept the new laws. Agitating farmers are also pressing for the withdrawal of the proposed Electricity (Amendment) Bill 2020, fearing it will end subsidised electricity. While market factors must be taken into consideration, any country's agriculture sector must find an equilibrium of the interest of the producers and consumers, and account for uneven environmental factors across different regions. The apprehensions of the farmers are not unfounded. The onus is on the government to win their confidence. It must unconditionally reach out to the farmers and empathetically listen to them and not precipitate a crisis by high-handedness.

The Hindu

# Robbing Narratives through Ads



Huzaifa Pandit

The violence inflicted by the advertisement is a stark reminder of the ways in which populist imagination and the free market forces collude to draw ridicule and undermine the legitimate concerns of a marginalized people

he tradition of representing Kashmir without Kashmiris is certainly not a new one The latest ad by Dollar Ultra thermals is the latest in this series of misrepresentations. The advertisement features an Indian tourist couple in Kashmir who are robbed by a Kashmiri, only for the thief to be outrun and let off due to the mercy of the Indian couple. The advertisement merits a deeper look since it subsumes within itself a larger narrative of the Indian gaze towards Kashmir that informs its interactions with Kashmir. The advertisement conflates several narratives within itself that merit a deeper examination since they inform the relations of power between Kashmir and mainland India, and the production of these power relations.

In the Althusserian mode, it marks the interpellation of the subject through varied instruments and creation of subjects through varied ideological apparatuses employed by the state. The free market amplifies the act of interpellation by creating rituals of consumerism that rely on creating narratives of necessity and desire. This creation of desire and necessity can easily intersect with narratives of populism to evolve a potent fetish of narcissism where the free market subject is blinded to the structural violence perpetuated on the margins by this commodification. The latest ad by Dollar Ultra Thermals is a

classic case in example. The advertisement starts with the couple posing for a selfie among the scenic environs of chinar grove in autumnal glory. The selfie that involves photographing the self, places the Indian couple as the centerpiece of the narrative establishing their ownership of the scene, while the chinars function as a convenient backdrop. The gaze of the tourists is consumptive, therefore, as the landscape functions only as an addendum to the larger narrative of foregrounding their selves. However, this gaze is not an isolated act but draws from an older historical tradition of erasing the local subjects from the landscape, and thus is a learned socio-historical activity that dates back to atleast the Mughals who inaugurated this tradition in their portraits of Kashmir as an idyllic bower, while completely omitting the Kashmiri subject who was thought unfit for representation.

The idea of Kashmir as a paradise of fabled beauty is a wildly popular one, sustained in narratives over time about royalty, such as the Mughal emperor Jahangir, in travelogues as written by the British officer Walter Lawrence, by poets such as Thomas Moore of Lalla Rookh fame, in post-partition Hindi films, such as the hit Jab Jab Phool Khilay, and in tourism campaigns and postcards. Each has competed with the other to depict a place of unparalleled beauty. The selfie gaze is a mere extension of this tradition, and so the act of the tourists evokes the old paradigm of Kashmir as a Jannat, a heaven. The fetishisation of Kashmir as a heaven lends legitimacy to imperialist expressions, since 'heaven' is worth fighting for and controlling in the popular imagination lest impoverishment and severance from heaven be the result. The omnivorous voice, as the tourist gaze, has been defined, is extrinsically motivated and aims for mass appeal rather than private memory. This penchant for mass appeal allows it to, therefore, evoke this historical paradigm, and re-perpetuate the erasure of Kashmiris from their own land, a process that has accelerated greatly post abrogation.

Next, as the couple are busy

clicking selfies, a thief presumably a Kashmiri, comes running to steal the cap off the head of the tourist. Apart from the apparent absurdity of the idea of stealing a cap, the act establishes the Kashmiri as the villain of the piece. It is ironic that the Kashmiri should steal a cap of all things, since winter is a way of life in Kashmir, and therefore demands adequate sartorial choices. A cap is, therefore, the last thing a Kashmiri will steal. Nevertheless, matter of credulity aside, the ad proceeds to show the Indian male launching into a sprint after the thief across scenic surroundings. The viewer's attention is, therefore, drawn wholly towards the Indian whereas a Kashmiri is absented as a runaway thief. Again, this corresponds to the stereotype of Kashmiris as pests living off the hard work of honest Indians, a narrative that has been repeated ad nuseam in popular discourse in India. The advertisement, therefore, establishes the same binary - the wronged Indian and the thieving Kashmiri, which informs the imaginaries of Kashmir in popular discourse. Next, the ad depicts the thief hitting a dead end, as the tourist protagonist finally

catches up with him. Unsurprisingly, the character is played by a non-Kashmiri, which points out the impossibility of Kashmiri representation in popular Indian discourse. The character is shown clattering his teeth, and mumbling that he stole because it was cold with a sheepish expression writ large on his face. Nevertheless, in a great act of magnanimity, and much to the surprise of the thief, the tourist strips off his jacket and hands it to the thief. In the spirit of classic orientalism, the orient Kashmiri is presented as depicting moral turpitude and recipient of benevolence, while the occident Indian is presented as magnanimous and forgiving. This skewed representation is a continuum of the paradigm inaugurated by the British, who treated the Kashmiris with suspicion and held a very inferior opinion of them. Sir Walter Lawrence, the renowned chronicler, for example defined a Kashmiri as timid, a liar and incredulous of the existence of good - all attributes which are present in the Kashmiri character onscreen. When confronted with the theft, he resorts to clattering his teeth as if to suggest he stole out of necessity, but soon forgets the pretense, when the protagonist hands him his jacket. Incredulous, he keeps staring rooted at the spot as the camera fades out, unable to believe the goodness of the smiling Indian couple.

fore, is a representation of the larger discourse within which Kashmir is viewed in popular and collective Indian imagination. Behind its apparent feel good tale, lies a tale of skepticism and violence against an unsuspecting people who are presented as villainous, and therefore lends assent and justification to their subjugation. The violence inflicted by the advertisement is a stark reminder of the ways in which populist imagination and the free market forces collude to draw ridicule and undermine the legitimate concerns of a marginalized people.

Huzaifa Pandit is the author of the recently published Green is the Colour of Memory, which won the first edition of Rhythm Divine Poets Chapbook Contest 2017. He holds a PhD on poetry of resistance from University of Kashmir



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# World AIDS Day

orld AIDS Day, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.

World AIDS Day was first conceived in August 1987 by James W. Bunn and Thomas Netter, two public information officers for the Global Programme on AIDS at the World Health Organization in Geneva, Switzerland.

va, Switzerland. Official data reveals the total number of people facing deadly disease (HIV) in the Jammu and Kashmir as on Aug 2018 is 4609. In Government Medical College Jammu (GMC) infected people alive on ART is 2246, while in SKIMS Srinagar, 256 patients are alive on ART.

When people first hear about their HIV status, they may feel shock, anger and numbness and they usually deny that they are effected by the disease. Feelings of guilt and shame are also present. People with HIV are usually stigmatized and face a lot of other problems like being looked down upon, shunned by the society as

well as the family and friends. They receive little psychological and social support and are usually left to face

the disease by themselves.

The positive diagnosis also has a negative effect on the marital relationship wherein, the spouse usually leaves the relationship. The stigma attached with HIV usually arises from fear and lack of information about how HIV spreads and whether or not it can be controlled. This stigma leads to people facing a lot of mental health problems like depression as well as self-induced isolation leading to disrupted social relation-

ships, thus people may not engage in any activities with people from their families, friends and society. People also have lowered self-esteem and view themselves in a negative light. There may be denial and people may also further engage in disruptive behavior. This effects the quality of life of the people, thereby letting the disease progress. Physical abuse and denial for treatment at hospitals are other issues faced by people.

Umar Shafiq Khanday khandayumair999@gmail.com

# **New Technology and New Injuries**

Adam Taylor

Many injuries from smartphones or other mobile devices show a remarkable overlap with some other technology-induced pains and strains associated with overuse. But regardless of the type of technology you use, it is the prolonged use of devices that can cause body adaptations.

e use our phones three hours and 15 minutes a day on average. So perhaps it's hardly surprising people are reporting a "new" injury on social media and in the news – "smartphone pinky". People claiming to have the condition report a change in position of their pinky finger, or having developed a dent in their little finger, on the middle bone.

There hasn't yet been any research looking into smartphone pinky, so it's prevalence, causes are unclear. But the way we hold our mobile devices is of interest – as the weight of a phone is naturally placed on the pinky. This places strain on the pinky, forcing it in a direction it doesn't normally bend, stretching the soft tissue and ligaments which normally function to limit movement. The dent is likely a compression of the soft tissues of the finger from continued exposure to the weight of the phone.

But "smartphone pinky" is just the latest in a growing list of injuries that researchers have been able to link to the use of mobile devices.

#### Cell phone elbow

Holding mobile phones up to the ear, or holding it up while lying in bed for a long period can cause discomfort, pain, and tingling in the forearm and little finger. Nicknamed "cell phone elbow", this condition is known clinically as cubital tunnel syndrome and is caused by your shoulder rubbing against the ulnar nerve. This is one of the arm's major nerves, and is the same nerve you whack when you hit your "funny bone".

Normally, this nerve stretches up to 5mm in length when we bend our elbow to maintain function. But prolonged bending puts pressure on the nerve and cuts off blood supply to it. Studies have shown cell phone use places a 69% increase in strain on the ulnar nerve.

It has also been shown that a short six minute period of assuming the phone call posture – with the elbow continually bent to hold the phone up to your ear – can significantly reduce the speed at which the nervous impulse courses along this nerve. This impacts a person's ability to get sensory information to the brain, and makes reflexive movements slower.

"Cell phone elbow" now ranks as the second most common upper limb nerve injury after carpal tunnel syndrome. Pain and tingling in the hand is the most common symptom and is easily remedied by changing position. But longer term problems can cause muscles supplied by the ulnar nerve to waste away.

#### Text clav

Thumb and wrist pain associated with smartphone use are also common. Often referred to as "text claw", the repetitive strain injury is caused by the constant bending and small repetitive movements of the thumb against the screen. This appears reversible with reduced use but its prevalence is not known.

As such, research suggests holding phones with two hands is preferential, as it shares the workload between hands and reduces the likelihood of permanent changes.

hands and reduces the likelihood of permanent changes.

Not all changes are completely bad though. One study showed smartphone users had increased sensitivity from prolonged use, particularly in the thumb,



that was was detected in the brain, suggesting adaptation of the brain to increased use, which is typically seen in musicians or elite athletes. This may result in better reaction time and ability to detect subtle changes with those fingers.

#### Neck and breathing

Prolonged smartphone also changes the position of the head on the neck the longer a person spends staring down at a screen. This results in neck pain and poorer posture. These posture changes also affect the scapula (shoulder blade), which changes its resting position and increases strain on the muscles attached to it. This is especially problematic, given many of these muscles are essential for arm movement.

But more concerning is the fact that research shows these postural changes from the way we sit while using our devices have a detrimental change on lung function, reducing their peak expiratory flow (the volume of air you can expel in a breath), which indicates how obstructed the airways are. Over time, these changes can reduce the body's respiratory function, decreasing the amount of air you can inhale and exhale, and increasing heart rate in order to ensure the body has all the oxygen it needs. Significant declines in lung function have even been seen in children, suggesting earlier access to, and increasing use of, smartphones may cause detrimental postural changes at an early age.

Limiting screen time and ensuring proper posture while using your phone can mitigate against damage.

#### Addiction

Of course, there are also mental and social impacts of excessive smartphone use – including smartphone addiction, which is becoming an increasingly common problem globally.

Smartphone use triggers many of the signalling pathways in the brain linked to reward and feeling good, such as releasing dopamine. This can cause us to become reliant on our phones and use them more frequently to continue achieving this dopamine rush. Symptoms of smartphone addiction include interrupted sleep, trouble completing tasks, becoming isolated from people, and concealing phone use. Excessive, problematic use can also cause nomophobia – the fear of being without a mobile phone. This results in anxiety when without your phone, sweating, agitation, and trembling.

Many injuries from smartphones or other mobile devices show a remarkable overlap with some other technology-induced pains and strains associated with overuse – such as tenosynovitis, (caused by excessive text messaging), Wiiitis (shoulder pains in the absence of physical exercise), and Nintendinitis which is similar to the repetitive thumb strain from excessive smartphone use.

But regardless of the type of technology you use, it is the prolonged use of devices that can cause body adaptations.

By arrangements with the conversation

#### It comes down to trust

ave you ever had to make a critical decision rationalized by clear advantages but heavily reliant on trust? If so, how important was the role of external validation in the process? An example of trust-based decision in our culture is that around arranged marriages -- a long-standing tradition that has seen success and failure over the centuries.

Though not as critical a decision as marriage, most organizations today face a similar trust-based dilemma -- which cloud service provider to trust with their data? There is no debate over the rationale for cloud computing- performance, cost, and scalability to name a few. However, the lack of control and oversight could make organizations hesitant to hand over their most valuable asset -- information -- to a third party.

With any trust-based decision, external validation can play an important role. For example, we trust restaurants with certain health and hygiene certificates more than those without, given our inability to go into their kitchens and watch first-hand how they are making our food. Arranged marriages rely on positive feedback and references, mostly attested by the matchmaker.

It also relies on supporting evidence such as corroborations of relatives and more tangible factors such as education/career history of the potential bride/groom. With internet and social media, it has become easier to cross-check some of the information provided, but nonetheless, positive feedback from people we trust continues to play a key role in the process. In case of cloud service providers, independent validation such as certifications, attestation or other information protection audits could make or break a deal.

The notion of cloud computing may have existed as far back as the 1960s but cloud services took the form we know of today with the launch of services from big players such as Amazon, Google, and Microsoft in 2006-2007. Companies had to place "performance" on one end of the scale and "security and compliance" on the other end, having to constantly strike a balance.

This challenge is being addressed by the major providers in the market today through means and tools that verify compliance with the most demanded regulations, be it industrial or legal (eg PCI-DDS, ISO27001, NIST, GDPR, HIPPA). Numerous organizations and industries are still hesitant to adopt outsourced cloud services without assurance over information protection, despite these provisions. Moreover, data localization requirements enforced by regulation on certain types of data in some countries (eg financial data in Luxembourg, public records in the Netherlands) could further narrow down an organization's options for cloud hosting.

We are often asked how external validations in the form of information protection audit reports foster the right level of trust. Here are our three top determinants:



# **Choice of Clouds**

How choosing cloud servers is like arranged marriages

Husna Siddiqi , Dalia Khader

#### Reputation of the auditor

The reputation of the auditor certifying or issuing audit reports for the cloud service provider's information protection controls is of paramount importance when it comes to fostering trust. Assurance, like randomness or anonymization, cannot be achieved realistically in its true full form but one can gain reasonable assurance over the controls when a credible audit firm tests and subsequently validates the controls. Hence it is important to choose auditors with a good track record and reputation as that can strengthen the trust from clients, just like a matchmaker with more successful arranged marriages in their credentials.

#### Standards and scope

There is a host of internationally recognized information protection/cyber security standards to choose from when it comes to determining the mechanism for external validation including ISO, SSAE, NIST, COBIT. Service organizations such as cloud service providers need to assess which standards apply to their services and opt for the relevant audits

accordingly. The choice is not always binary.

For example, a certain service provider processing financial data may need to implement a set of information security management controls based on ISO standards, data privacy controls aligned with regulatory requirements such as GDPR and controls around payment card processing based on industrial standards such as PCI-DSS.

In the case of arranged marriages, there are a lot of unwritten standards, which may differ by culture and upbringing of the families, at times triggering debate and judgment. Factors such as preferable age, religion, career, education, and family history could "define" such standards. Nonetheless, just like an information protection auditor, the matchmaker typically has the knowledge and experience to validate the applicability of each standard based on the specific scenario.

Once the assurance standards are selected, the scope of controls is of crucial importance in terms of applicability from both directions -- i) controls that match the nature of services of the cloud service provider and ii) controls that are important to the cli-

ents that want assurance. For example, a software as a service (SaaS) provider may need to place more importance to system/software development controls than an infrastructure service provider.

A client concerned about protecting their personal data may derive more assurance from privacy controls audits than those focusing on data integrity (albeit as important). Moreover, with outsourcing becoming more and more prominent in the IT world, the chain of trust between a client, service provider, their sub-service provider and so on become as strong as the weakest link, with assurance being needed across the chain.

The control sets do not come as one-size-fits-all, even though information protection standards are formalized and documented, which is why additional time invested in scoping can reap benefits, similar to how more time spent working out compatibility could help with the success of an arranged marriage.

#### Continuous assurance

The first successful audit performed by a reputed audit firm, using the relevant standards and right scope, can be a major milestone for a cloud service provider. It demonstrates how data entrusted to them by clients are protected. After all, external validations in form of audit certificates or reports facilitate swift market entry and revenue generation of the service provider.

However, maintaining the trust gained is imperative, as with any relationship. Year on year, the cloud service provider needs to pass the audits while the scope and method of testing controls need to adapt swiftly to trends and technology advancement. For example, organizations may be expecting their cloud service providers to implement controls with increased automation and standardization over time, cognizant of changing regulations and industry requirements. The service provider and auditor need to work together by periodically reviewing the scope and ensuring the requisite controls for continuous assurance are covered. In case of arranged marriages, the spouses do need to continually work on the relationship and trust. And yes, the matchmaker may still play a role (welcome or not) because it is in their interest that the marriage succeeds.

It is becoming increasingly common for organizations to ask their cloud service providers for evidence of external validation of information protection controls, before engaging in business or sharing data. External validation in form of audits are seen to foster trust over how data are protected by service organizations. Every decision comes with a risk, particularly those based on trust -- an intangible concept.

However, informed decision-making taking into consideration the key factors above can lead to a successful trust-based relationship, which is perhaps why, unlike what is depicted in TV shows or movies, arranged marriages can often be successful.

Dhaka Tribune

# Covid-19 impact on women-led micro business widens socio-economic gap: Survey

Tuesday | 01.12.2020

he adverse effects of the Covid-19 pan-risk because they include smaller companies in India has exacerbated the vast socioeconomic gap, finds a survey.

The survey suggests that governments, banks and other financial institutions must immediately follow effective gender-sensitive policy responses to improve the situation.

The findings are based on a collaborative study by Global Alliance for Mass Entrepreneurship (GAME) and LEAD at Krea University, Andhra Pradesh which seeks to capture the impact on micro enterprises in India during the Covid-19 crisis through a survey. LEAD is a non-profit research organisation.

The survey started in May and will be concluding in January. The gender specific results were for the data collected between July to August, covering about 1,800 micro

The regions and states covered in the survey include North India (Delhi, Haryana, Punjab, Uttar Pradesh), South India (Tamil Nadu), and West India (Gujarat, Maharashtra, Rajasthan).

The study monitors key trends on the impact of the crisis and government-mandated lockdowns on business livelihoods, employment, and the income of nano and micro businesses. According to the 6th economic census, women entrepreneurs own over 8 million enterprises in India or about 13 per cent of the

According to the survey, women-led micro and small businesses are particularly at men fall in this category.

nesses led by men.

Women usually operate with structural and

Similarly, 40 per cent of women-owned bazaars are being held. One of the benefits of demic on women-led micro businesses working in lower-margin markets and are enterprises are self-run with no workers; the the lack of access to physical markets is that more prone to face instability than micro busi- corresponding number for men is 18 per cent, the study said.

Despite the adversity, 19 per cent of the



systemic constraints in addition to cultural norms and restrictions. So, the ability to take risks, make mistakes and, more importantly, to fail, is not a liberty licensed to women.

Notably, 43 per cent of women-owned enterprises in the survey fall in the category that reports less than Rs 10,000 profit a month whereas only 16 per cent of those owned by

sample reported scaling up their businesses, showcasing immense resilience. In the study, which predominantly covered women enterprises in urban and semi urban areas, low sales and reduced customer footfall was reported by 79 per cent of the female entrepreneurs.

"Last year in ten days, all of us made Rs 5,000 by selling at a bazaar. We miss those times. Now also we do have the stock but no

we learned about the possibilities of online sales and payment transfers.

"We have started leveraging social media for selling now. Since the onset of the lockdown, we have sold fifty bags online," says Vidya, one of the women entrepreneurs surveyed.

Vidya, who has a registered MSME and has availed the Mudra loan talks about her struggles in setting up an enterprise and the changes that the business has brought within

"Prior to my foray in entrepreneurship, I had no respect within my family. I have everyone's respect now, and my family members approach me for advice," she said.

Due to operational inefficiencies, collateral requirements, and lack of digital data trails, banks hesitate in lending to women. Gender gaps persist in the availability, access and the use of finance, the study observed.

In fact, 63 per cent of the sample did not have cash reserves to manage their expenses during the crisis. Consequently, women entrepreneurs tend to rely more on informal loans. The study has similar findings that show market shocks add further financial distress and render enterprises more averse to risk.

In fact, 80 per cent did not take any enterprise related loan during the lockdown and more than two-thirds respondents dipped into personal savings and business cash reserves, the survey revealed. -PTI

### Do not delay treatment in bladder related issues: **Dr. Aashaq Hussain Bhat**

number of patients with complicated bladder related ailments as in other regions are reporting. Informs Dr Aashaq Hussain Bhat, Urologist, IBN Seena Hospital, Budgam, "Despite the lockdown due to covid19, our patients especially those with emergency situations continued to visit their hospitals and have availed treatment. As our hospitals had adopted all hygienic practices to ensure that their patient does not get infected of corona virus"

Patients who needed only medical help for bladder related issues were prescribed medicines and advised lifestyle changes in terms of diet and exercise by their urologists who extended their help by offering online con- diagnosis of your treating docsultations during the lockdown. tor. Your doctor will weigh the Informs Dr Aashaq Hussain Bhat, risks against the benefits when "Delaying simple surgeries like deciding whether you should get kidney stone removal could lead a surgery done or not.

**SRINAGAR:** Commemorating to major issues in the long run. bladder awareness month, city Delaying treatment is not the based urologists say that have right option." While in men, urinot seen a significant jump in nary retention has been the commonest problem in the lockdown period, women had complaints of urinary tract infections.

Deliberately delaying a surgery with an apprehension of getting infected with coronavirus is not the right decision. Doctors say that patients should consult their doctors who will advise them the further course of action. Not every disease taken all precautions and had needs a surgery for its treatment nor does the doctor would push you to get a surgery done.

Urologists are only performing emergency cases in those patients where surgical intervention is the only option left with them for saving the life of the patient. Whether to wait, and for how long, it depends on the

# 'Unique Astrocytes may enhance chronic pain treatments'

study by Kyushu University has found a new method to enhance chronic pain treatments by discovering a unique population of spinal cord astrocytes with a role in producing pain hypersensitivity.

According to a study using mouse model by Kyushu University's Graduate School of Pharmaceutical Sciences, researchers revealed the identification of a unique population of astrocytes in the dorsal horn of the spinal cord of mice that produces pain hypersensitivity which can strengthen the effect of chronic pain treatments.

When activated by neurons carrying signals down from the brain, these cells indicate the role of descending neurons in controlling spinal pain transmission, not limited to suppression; suggesting this group of astrocytes as a new target to enhance the effect of chronic pain treatments.

The researchers state that an assortment of non-neuronal cells first discovered in the mid-nineteenth century also plays a wide variety of important roles.

The glial cells named after the Greek word 'glue' are now known to be the critical elements for regulating neuronal development



According to researchers, a detailed understanding of the groupings of astrocytes from around the body to the brain. with distinct properties is yet to be done to and their roles.

The discovery of this new population of astrocytes reveals a new role of descending LC-NAergic neurons in facilitating spinal pain transmission"

> Makoto Tsuda, professor at Kyushu School Graduate Pharmaceutical Sciences, and his team have discovered a unique population of spinal cord astrocytes with a role in producing pain hypersensitivity. "The discovery of this new population of astrocytes reveals a new role of descending LC-NAergic neurons in facilitat- studies with different drugs, this astrocyte ing spinal pain transmission," explains Tsuda.

found near the back of the spinal cord are tial of drugs for chronic pain." -Agencies

and function in the central nervous system. in a region known to carry general sensory information such as pressure, pain, and heat

With the use of the mouse model, the understand the different types of glial cells researchers showed that stimulating noradrenergic (NAergic) neurons carry signals from the locus coeruleus (LC) in the brain down to the spinal dorsal horn and activates the astrocytes which result in pain hypersensitivity.

Considering these findings, the results conclude descending LC-NAergic neurons can help suppress pain transmission in the spinal dorsal horn and may enhance the effect of drugs for chronic pain.

According to the study, for the initial test, the researchers genetically engineered mice in which the response of astrocytes to noradrenaline was selectively inhibited. This gave them the final results of using duloxetine, an analgesic drug to increase levels of noradrenaline in the spinal cord by preventing uptake by descending LC-NAergic neurons.

Tsuda said, "Although we still need more population appears to be a very promising According to the study, the astrocytes target for enhancing the therapeutic poten-

# Climbing stairs daily will boost Influenza infections may up mental health in pandemic



veryday activities such as climbing stairs or simply walking to the neighbourhood store can significantly enhance our personal well-being during the pandemic times, particularly in people susceptible to psychiatric disorders.

It is a well-known fact that exercise enhances physical well-being and mental health but the impact of everyday activities on a person's mental health has hardly been studied so far. For example, it is not yet clear which brain structures are involved.

Now researchers from Karlsruhe Institute of Technology (KIT) and the Central Institute of Mental Health (CIMH) in Germany have studied the brain regions which play a central role in this

"Climbing stairs every day may help us feel awake and full of energy. This enhances our well-being," the authors

wrote in a paper published in the journal Science Advances

"At present, we are experiencing strong restrictions of public life and social contacts which may adversely affect our wellbeing. To feel better, it may help to climb stairs more often," said Professor Heike Tost from CIMH in Mannheim, Germany.

To reach this conclusion, 67 people were subjected to ambulant assessments to determine the impact of everyday activity on alertness for seven days.

It was found that the people felt more alert and were bursting with even more

energy directly after the activity. Alertness and energy were proved to be important components of well-being

and psychic health of the participants. These analyses were combined with magnetic resonance tomography at CIMH for another group of 83 people.

"It was found that the 'subgenual cingulate cortex', a section of the cerebral ders". -Agencies

cortex, is important for the interaction between everyday activity and effective well-being," the authors wrote.

It is in this brain region where emotions and resistance to psychiatric disorders are regulated. The authors identified this brain region to be a decisive "neural correlate" that mediates the relationship between physical activity and subjective energy.

"People with a smaller volume of gray brain matter in this region and a higher risk of psychiatric disorders felt lesser full of energy when they were physically inactive," Tost said.

"After everyday activity, however, these persons felt even more filled with energy than persons with a larger brain volume.'

Professor Andreas Meyer-Lindenberg, Director of CIMH, said "the results suggest that physical activity in everyday life is beneficial to well-being, particularly in persons susceptible to psychiatric disor-

# pneumonia risk: Study

esearchers have now revealed that influenza infections can lead to an increased risk of bacterial pneumonia, which claims many lives around the world

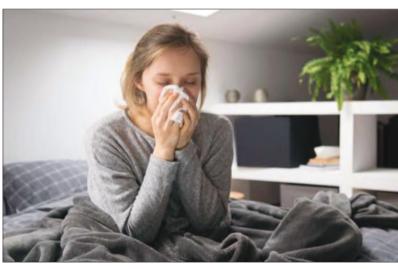
Using an animal model, the study, published in the journal PNAS found that different nutrients and antioxidants, such as vitamin C and other normally cell-protective substances leak from the blood, thereby creating an environment in the lungs that favours the growth of the bacteria.

The bacteria adapt to the inflammatory environment by increasing the production of the bacterial enzyme HtrA.

The presence of HtrA weakens the immune system and promotes bacterial growth in the influenza-infected airways. The lack of HtrA stops bacterial growth.

"The ability of pneumococcus to grow in the lower airways during an influenza infection seems to depend on the nutrientrich environment with its higher levels of antioxidants that occurs during a viral infection, as well as on the bacteria's ability to adapt to the environment and protect itself from being eradicated by the immune system," said study author Birgitta Henriques Normark from Karolinska Institutet in

The results provide valuable information on how bacteria integrate with their the use of protease inhibitors to prevent Henriques Normark noted. -Agencies



environment in the lungs and could be used to find new therapies for double infections between the influenza virus and pneumococcal bacteria.

"HtrA is an enzyme, a protease, which helps to weaken the immune system and allows pneumococcal bacteria to penetrate the protective cell layer on the inside of the airways," said study author Vicky Sender.

"A possible strategy can therefore be

pneumococcal growth in the lungs," Sender added. It is still not known if Covid-19 patients are also sensitive to such secondary bacterial infections, but the researchers think that similar mechanisms could potentially be found in severely ill Covid-19 patients.

"It's likely that acute lung inflammation, regardless of cause, gives rise to leakage of nutrients and antioxidants, and to an environment that fosters bacterial growth,"

### **Disparities in academic productivity** observed during COVID-19 pandemic: Study

Faculty of Science, Technology, observed in academic productivity by Engineering, Mathematics, and Medicine (STEMM) discovered that the academic productivity of individuals with children younger than six years decreased after the

Covid-19 pandemic. According to a study by STEMM, in comparison to men, women reported a significant decrease in first- and co-author

manuscript submissions. "Overall, significant disparities were and coauthors.

gender and child age during COVID-19 should be considered by academic institutions and fund-

funding, hiring, promotion, and tenure," said Rebecca Publishing is cru Krukowski, PhD, University of Tennessee Health Science Center,

Journal of Women's Health Editor-in-Chief Susan G. Kornstein, MD, Executive 'stay-at-home' orders and, if con- Director of the Virginia Commonwealth firmed by further research, University Institute for Women's Health, Richmond, VA said, "The COVID-19 pandemic has forced many STEMM faculty ing agencies when mak- to work from home and, especially when ing decisions regarding young children are in the home, has put a

> Publishing is crucial when seeking grant support for research, looking for a job, and seeking promotion and tenure.' -Agencies



# China sanctions leaders of US groups over Hong Kong actions

Beijing; China on Monday said it is sanctioning leaders of US government-affiliated ies that promote democracy around the world in response to what it calls practices that "blatantly meddle in Hong Kong affairs.'

Foreign Ministry spokesperson Hua Chunying said the measures would cover the se-



nior director for Asia at the National Endowment Democracy, John Knaus, the regional director for the Asia-Pacific at the National Democratic Institute, Manpreet Singh Anand, and two of the institute's officials responsible for Hong Kong.

Hua gave no details and the institute said in a news release that it had no further information but that it "remains steadfastly committed to these core principles and to continuing our work in support of democracy worldwide.

China has long accused such groups of encouraging dissidents who built grassroots movements to push for greater direct democracy in Hong Kong. Those burst out into street protests in 2014 and again last year prompting a harsh crackdown from authorities.

The US has imposed sanctions on Chinese and Hong Kong officials over the passage of a National Security Law that imposed strict penalties for critics of the Beijing-backed government that has ruled the former British colony since it returned to Chinese rule in 1997.

The sanctions ban the officials, including the head of Hong Kong's local government, Carrie Lam, from traveling to the U.S. and freezes all dealings with American financial institutions.

Hua told reporters Monday that "the relevant US practices blatantly meddle in Hong Kong affairs, grossly interfere in China's internal affairs, seriously violate the international law and basic norms governing international relations."

"The US should immediately cease interfering in Hong Kong affairs and China's internal affairs and avoid going further down the wrong path, Hua said at a daily briefing.

Hong Kong is just one area where tensions between Washington and Beijing have risen over recent years.

The Trump administration has cut off Chinese tech giant Huawei's access to most US components and technology on security grounds, part of a feud over trade and technology that has led the White House to press the Chinese owner of video service TikTok to sell its US operation, which American officials say is a security risk.

### Trump adviser Kushner and team heading to Qatar, Saudi

Agencies

Washington: White House senior adviser Jared Kushner and his team will travel to Saudi Arabia and Qatar this week for talks aimed at resolving the dispute between the neighbouring Gulf countries, according to media reports in the United States.

A senior official in the administration of President Donald Trump told Reuters news agency on Sunday that Kushner is to meet Saudi Crown Prince Mohammed bin Salman (MBS) in the Saudi city of Neom, and the emir of Qatar Sheikh Tamim bin Hamad Al Thani in that country in the coming days.

Kushner is eager to persuade the Saudi and Qatari leaders to reconcile and reach



an agreement on a number of issues. Axios reported, citing US officials.

Saudi Arabia, the United Arab Emirates (UAE), Bahrain and Egypt cut diplomatic ties and imposed a land, sea and

air blockade on Qatar in 2017, accusing Doha of "supporting terrorism" and issuing a list of 13 demands.

Qatar rejected the allegations and the demands and accused the blockading countries of attacking its sovereignty.

US National Security Adviser Robert O'Brien earlier this month stated that resolving the Gulf crisis was a priority for the administration and that there was a possibility it could happen before Trump leaves office in January.

"A resolution to the blockade appears to be in sight," Sigurd Neubauer, author of 'The Gulf Region and Israel and an expert on Middle East politics, told Al Jazeera. "We don't know if it will be before Trump leaves office or when

Biden comes in. But it's really not if, but when.'

A senior Saudi official last month signalled that there had been some progress in attempts to resolve more than three-year dispute, saying that Riyadh was "committed to

finding a solution". "We continue to be willing to engage with our Qatari brothers, and we hope that they are as committed to that engagement," said Prince Fais-

al bin Farhan.



# **Iran Buries Slain Nuclear Scientist, Promises Retaliation**

Agencies

Tehran, Iran - Iran has laid to rest assassinated nuclear scientist, Mohsen Fakhrizadeh, in the capital Tehran as authorities blamed Israel for the killing and repeated vows to avenge it.

The funeral on Monday, scaled down due to coronavirus protocols and attended only by Fakhrizadeh's family and some military commanders, was held at the defence ministry headquarters in Tehran.

Fakhrizadeh's wrapped in an Iranian flag, was then taken to a cemetery near Imamzadeh Saleh mosque in the north of the city for burial.

His body had been taken to the northeastern holy city of Mashhad late on Saturday where he was taken to the shrine of Imam Reza for a ceremonial circling of the tomb

United Nations: Delegations

from Syria's government, op-

position and civil society are

meeting in Geneva for the lat-

est round of talks toward revis-

ing the war-battered country's

Geir Pedersen, was hosting

the various sides Monday a

day after saying Swiss health

officials signed off on hygiene

measures in place to help pre-

vent the spread of the corona-

The UN envoy for Syria.

constitution.

The enemies know and I, as a soldier, tell them that no crime, no terror and no stupid act will go

unanswered by

the Iranian people

and prayers.

Following that, it was taken to Fatima Masumeh's shrine in Qom on Sunday, and later to the shrine of Imam Khomeini, founder of the Islamic Republic, in Tehran.

'Not terror will go unanswered'

Fakhrizadeh, a top figure in Iran's nuclear and missile



Mourners attend the burial ceremony of Iranian nuclear scientist Mohsen Fakhrizadeh at the shrine of Imamzadeh Saleh in Tehran [Hamed Malekpour/WANA via Reuters]

on Syria's constitution

UN hosts latest round of talks

virus. Several cases cropped up

among the Syrian envoys dur-

ia's war. Pedersen acknowl-

edged Sunday "challenges" in

moving forward talks on the

constitution, which notably

do not include extremist fac-

tions that control some parts

of Syria -- notably much of

mistrust" would take a long

time, but hoped that work

toward possible exchanges of

detainees and the establish-

NEWS MAKERS

northwestern Idlib province. He said overcoming "deep

Nearly a decade into Syr-

ing a previous round of talks.

programmes, was killed outside Tehran on Friday after assailants targeted his car.

Meanwhile, Ali Shamkhani, secretary of the country's Supreme National Security Council, accused Israel of using "electronic devices" to kill the scientist remotely.

"The enemies know and I, as a soldier, tell them that no crime, no terror and no stupid act will go unanswered by the Iranian people," said Defence Minister Brigadier General Amir Hatami in a televised speech at the ceremony.

Hatami said the country and its people are honoured that Fakhrizadeh was "the founder of Iran's peaceful nuclear programme" and will continue to follow his path.

"The criminal Americans have thousands of nuclear weapons and the criminal Zionist regime has hundreds of nuclear weapons. What are they for? Are they to be used as decorations in your homes?"

A representative of Supreme Leader Ali Khamenei at the defence ministry read out his statement, in which Khamenei repeated his call for a "definitive punishment" of those behind the assassination.

Reading Khamenei's statement, Ziaeddin Aghajanpour said some inside the country believe dialogue and negotiations are the way to counter foreign aggressions.

"But this is not possible because our enemies are against the very nature of the Islamic Republic of Iran," he said, adding Iran's "enemies will never stop"

ment of common "principles"

in the discussions could help

achieved is actually the begin-

ning of starting to build trust

between the parties and that

this building of trust could

then be a door opener to a

broader political process," he

15 people from each delega-

tion, is the fourth among the

so-called Constitutional Com-

mittee. Another meeting is

planned for January.

The meeting, involving

told reporters on Sunday.

"I hope that what we have

to overcome it.

#### 'Pandemic' is Merriam-Webster's 2020 word of the year

Press Trust Of India

f you were to choose a word that rose above most in 2020, which word would it be? Ding, ding, ding: Merriam-Webster on Monday announced pandemic as its 2020 word of the year.

That probably isn't a big shock, Peter Sokolowski, editor at large for Merriam-Webster, told The Associated Press.

Often the big news story has a technical word that's associated with it and in this case, the word pandemic is not just technical but has become general. It's probably the word by which we'll refer to this period in the future, he said.

Pandemic, with roots in Latin and Greek, is a combination of pan, for all, and demos,

for people or population. The latter is the same root of democracy, Sokolowski noted.

The word pandemic dates to the mid-1600s, used broadly for universal and more specifically to disease in a medical text in the 1660s, he said.

That was after plagues of the Middle Ages, Sokolowski said.

He attributes the lookup traffic for pandemic not entirely to searchers who didn't know what it meant but also to those on the hunt for more detail, or for inspiration or comfort.

We see that the word love



The word took on urgent specificity in March, when the coronavirus crisis was designated a pandemic, but it started to trend up on Merriam-Web ster.com as early January and again in February when the first US deaths and outbreaks on cruise ships occurred.

On March 11, when the World Health Organisation declared the novel coronavirus outbreak a global pandemic, lookups on the site for pandemic spiked hugely.

Site interest for the word has remained significantly high through the year, So kolowski said.

By huge, Sokolowski means searches for pandemic on March 11 were 115,806 per cent higher than lookups experienced on the same date last year.

is looked up around Valentine's Day and the word cornucopia is looked up at Thanksgiving, Sokolowski said.

We see a word like surreal spiking when a moment of national tragedy or shock occurs. It's the idea of dictionaries being the beginning of putting your thoughts in order. Merriam-Webster acted

quickly in March to add and update entries on its site for words related to the pandemic. While coronavirus had

been in the dictionary for decades, COVID-19 was coined in February.

Thirty-four days later, Merriam-Webster had it up online, along with a couple dozen other entries that were revised to reflect the health emergency.

### Swiss reject world's strictest corporate responsibility rules

GENEVA: A plan in Switzerland to impose the world's strictest corporate responsibility rules, which would have made Swiss-headquartered multinationals liable for abusive business practices worldwide, failed to pass in a vote on Sunday.

The proposal would have amended the Swiss constitution and forced such companies to ensure they and their uppliers respected strict human rights and environmenta protection standards. But it failed to reach the double majority required for ini-

tiatives to pass, under federal Switzerland's system of direct democracy. Initiatives require support from a majority of voters nationwide, and from a majority of Switzerland's 23 cantons, three of which are split in half. While Swiss voters overall backed the initiative by a very

narrow margin, a majority in most cantons voted against it.

However, it only achieved a majority in eight and a half

Some 1,299,173 voters, or 50.7 percent, backed the initiative, according to full results published by the ATS national news agency. The turnout was 46.7 percent.

cantons — including the four major cities of Zurich, Geneva, Basel and the capital Bern — with the rest voting against. The initiative was launched by an alliance of 130 non-gov-

ernmental organisations and had the backing of trade unions and church groups. It was opposed by both the government and parliament,

which warned that while its intention was good, the proposed legislation went "too far".

The rejection by voters automatically activated the government's counter-proposal, which also requires companies to report on rights, environmental protections and corruption issues — but without being liable for violations.

# Karabakh residents return to homes destroyed by war

TEPANAKERT: Housing, livestock, crops: they had to give up everything. In Stepanakert, the main

city of disputed Nagorno-Karabakh, Armenians displaced by the conflict with Azerbaijan return to destroyed homes and an uncertain future. Between 75,000 and 90,000

of the region's 150,000 residents fled their homes after fresh clashes erupted late September between the ex-Soviet rivals over Karabakh, an ethnic Armenian enclave that broke from Baku's control in a war in the 1990s.

Close to 20,000 have returned after hostilities were halted by a Moscow-brokered peace deal signed by Armenia and Azerbaijan on November 9.

But many of the Armenians who have lived for



three decades in territories controlled by separatists have lost everything in the six weeks of fighting.

In Stepanakert, several hotels have been made available to the displaced, and every day hundreds of people queue up to receive aid distributed by the Red Cross. 'Giving up everything'

Elmira Grigoryan, 70, has just received a small plastic bag with pasta, sugar and tins. She struggles to hold back tears as she leaves the queue.

Grigoryan used to live to the east of Karabakh, in a village between Martuni and Aghdam district — the latter was handed over to Azerbaijan on November 20.

Under the terms of the peace deal, Baku reclaimed swathes of territory that had been under the separatists' control and inhabited by ethnic Armenians.

She says that on the day of the handover soldiers from Baku "immediately arrived" and told them to leave. "So we left, giving up everything," Grigoryan says.

She added that they returned to collect their belongings accompanied by Armenian soldiers and Russian peacekeepers that have been deployed to the region under the peace deal.

'We went with the soldiers, we stayed there all day but nothing." Marine Sargsyan, 55, returns to her modest hotel room with three beds and no windows after collecting an aid package.

# 110 farmers killed in Nigeria by armed groups: UN

weekend attack on farm workers in northeast Nigeria blamed on the Boko Haram terrorist group left at least 110 dead, the UN humanitarian coordinator in the country said on Sunday.

"At least 110 civilians were ruthlessly killed and many others were wounded in this attack," Edward Kallon said in a statement, after initial tolls indicated 43 and then at least 70 people died in Saturday's massacre by suspected Boko Haram fighters.

"The incident is the most violent direct attack against innocent civilians this year," Kallon said, blaming "nonstate armed groups" without naming Boko Haram.

"I call for the perpetrators of this heinous and senseless act to



be brought to justice," he added. The conflict has claimed over 36,000 lives since 2009

The bloodletting centred on the village of Koshobe near the Borno state capital Maiduguri, with assailants targeting farm workers on rice fields, with a pro-government antimilitant militia saying the assailants tied up the labourers

and slit their throats.

Kallon said the assailants - "armed men on motorcycles" - also targeted other communities in the area.

Borno Governor Babaganan Umara Zulum attended the burial on Sunday in the nearby village of Zabarmari of 43 bodies recovered on Saturday, saying the toll could rise after search operations resumed.

# China To Build A Major Dam On Brahmaputra River

BEIJING: China will build a major hydropower the Long-Range Objectives Through the Year security, living standards, energy and interna**project on Brahmaputra river in Tibet and a** 2035 were adopted by Plenum - a key policy proposal for this has been clearly put forward in the 14th Five-Year Plan to be implemented from next year, the official media on Sunday quoted the head of a Chinese company tasked to build the dam as saying.

Yan Zhiyong, chairman of the Power Construction Corp of China, said China will "implement hydropower exploitation in the downstream of the Yarlung Zangbo River" (the Tibetan name for Brahmaputra) and the project could serve to maintain water resources and domestic security, the Global Times reported.

Speaking at a conference on Thursday, Yan said the project was clearly put forward in the proposals for formulating the country's 14th Five-Year Plan (2021-25) and its long-term goals through 2035 made by the Central Committee of the ruling Communist Party of China (CPC), it quoted an article on the WeChat account of the Central Committee of the Communist Youth League of China on Sunday.

"There is no parallel in history... it will be a historic opportunity for the Chinese hydropower industry," Yan told the conference organised to celebrate the 40th anniversary of the founding of the China Society for Hydropower Engineering.

The 14th Five-Year Plan (2021-2025) and National Economic and Social Development and

body of the CPC - last month.

Details of the plan were expected to be released after the formal ratification by National People's Congress (NPC) early next year.

Proposals for dams on the Brahmaputra have evoked concerns in India and Bangladesh, the riparian states, and China has downplayed such anxieties saying it would keep their interests in mind.

As a lower riparian State with considerable established user rights to the waters of the transborder rivers, the Indian government has consistently conveyed its views and concerns to the Chinese authorities and has urged them to ensure that the interests of downstream States are not harmed by any activities in upstream areas.

China has already operationalised the \$1.5 billion Zam Hydropower Station, the largest in Tibet in 2015. About the new dam, the Global Times report said that speculation about China planning to build a "super hydropower station" in Medog county, where the Yarlung Zangbo Grand Canyon is located, have circulated for years.

Medog is the last county in Tibet which borders Arunachal Pradesh. In his address, Yan said that the hydropower

exploitation of the Yarlung Zangbo River downstream is more than a hydropower project. It is also meaningful for the environment, national

tional cooperation.

According to the report, the mainstream of the Yarlung Zangbo River has the richest water resources in Tibet Autonomous Region, about 80 million kilowatt hours (kWh), while the 50-kilometer section of the Yarlung Zangbo Grand Canyon has 70 million kWh that could be developed with a 2,000-meter drop, which equals more than three Three Gorges power stations in Hubei province. Tibet has about 200 million kWh of water resources, accounting for 30 per cent of the total in China.

The 60 million kWh hydropower exploitation at the downstream of the Yarlung Zangbo River could provide 300 billion kWh of clean, renewable and zero-carbon electricity annually. The project will play a significant role in realising China's goal of reaching a carbon emissions peak before 2030 and carbon neutrality in 2060, he said.

"It is a project for national security, including water resources and domestic security," he said, noting that the project will also smooth cooperation with South Asia.

The hydropower station could generate income of 20 billion yuan (\$three billion) annually for the Tibet Autonomous Region, he said. India and China established Expert Level Mechanism (ELM) in 2006 to discuss various issues related to trans-border rivers.

# Traffic woes continue in Delhi amid farmers' protest

**NEW DELHI, NOV 30:** Long queues of vehicles choked the roads in parts

The Delhi Traffic Police tweeted, "Singhu Border is still closed from of the national capital on Monday as both sides. Please take alternate the Delhi Police kept the Singhu and route. Traffic has been diverted from Tikri borders closed and heightened Mukarba Chowk & GTK road. Traffic checking at other places in the wake is very very heavy. Please avoid outer



of the ongoing protests by farmers. Both the border points at Singhu and Tikri remained closed with the farmers rejecting the Centre's offer to hold talks over the new farm laws opposed by them. The closure of borders has also resulted in heavy traffic on other alternate routes between Delhi and Harvana.

ring road from signature bridge to Rohini & vice versa, GTK road, NH 44

& Singhu borders. In another tweet, it said Tikri border is also closed for traffic movement whiel Jharoda, Dhansa, Daurala Badusari, Kapashera, Ihatikara. Rajokri NH 8, Bijwasan-Bajghera,

were open and available to Haryana. Policemen in large numbers were deployed on the Delhi-Gurgaon border and vehicle checking was intensified.

Deputy Commissioner of Police (Southwest) Ingit Pratap Singh said, 'We have not received any inputs on farmers coming here but as a precautionary measure, we have deployed our forces." The Gurugram Traffic Police also alerted commuters about the congestion.

"Traffic congestion has been reported on NH-48 near Sarhol Toll towards Delhi due to slow entry of vehicles into Delhi. @TrafficGGM is on the spot to facilitate the traffic. Inconvenience caused is highly regretted," it tweeted from its official handle.

The agitating farmers demanding scrapping of the new farm laws have also warned to close all five entry points to the national capital.

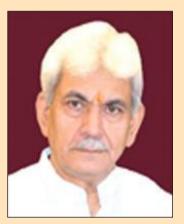
After a meeting of over 30 farmer groups on Sunday, their representatives said they will not move to the Burari ground for their protest as suggested by the Centre.

They said the farmers will not accept any conditional dialogue and will block all five entry points to Palam vihar and Dundahera borders

#### LIEUTENANT GOVERNOR **JAMMU & KASHMIR**



**RAJ BAHVAN SRINAGAR - 190001** 



### **MESSAGE**

Every year on 1st December, World AIDS Day is observed across the globe to bring attention to HIV/AIDS, raise awareness about the issues surrounding the disease, spread awareness, and knowledge among the target groups, and call for an increased

response to move towards achieving great strides in reducing the incidence of HIV.

I believe World AIDS Day serves as an opportunity to encourage citizens to learn the facts about HIV/AIDS and lo turn that knowledge into action, besides showing support for people living with HIV. Moreover, the day renews the need for sustained campaigns to raise awareness and fight myths to end the stigma and discrimination associated with this scourge.

In 2020, our major attention in health has shifted to COVID pandemic globally but at the same time such health crisis have reminded us of the importance of a global approach in dealing with such a situation where-in the responsibility lies with every individual to effectively tackle the current pandemic as was done in the initial years of HIV.

Contemporary COVID pandemic has witnessed the World coming together to fight the virus through the sharing of information, research and collaboration of efforts in the development of vaccines. Similarly, this year's theme of World AIDS Day- Global Solidarity Shared Responsibility' focuses on joint and sustained efforts in dealing with crisis situations like HIV, COVID or any other pandemic.

I urge the people to Be alert. Get tested, Slav healthy, and Be safe for life.



(Manoj Sinha)

Rajeev Rai Bhatanagar



Advisor to Lt. Governor Jammu & Kashmir



#### MESSAGE

World AIDS Day which is observed every year on 1st December is one of the eight official global public health campaigns marked by the World Health Organisation (WHO).

In order to commemorate the World AIDS Day 2020 especially in the context of the corona pandemic we need to be more careful with respect to our health conditions as no one is immune to HIV/AIDS

or COVID-19-both are viral infections and can spread very silently and widely within the society and we have a responsibility not only towards ourselves but towards our people also. With this thought in mind, the theme adopted by NACO for this year's World AIDS Day is "Global Solidarity Shared Responsibility". Whenever in doubt, get tested and be safe.

I take this opportunity to commend all organizations involved, especially the team of J&K AIDS Control Society for its efforts in controlling HIV/AIDS in J&K and also for creating awareness on Corona.

(Rajeev Rai Bhatanagar)



#### **MESSAGE**



B. V. R. Subrahmanyam (IAS)

Chief Secretary Jammu & Kashmir

World AIDS Day which is observed every year on 1st December offers an important platform to highlight the role of communities in dealing with HIV/AIDS and for their greater mobilization in support of the patients by raising awareness on its prevention and control.

This year, the World AIDS Day is being celebrated under the theme of 'Global Solidarity, Shared Responsibility'. Considering the ongoing COVID pandemic, people affected by HIV/AIDS are more vulnerable to COVID related complexities. Hence, the broader responsibility of checking the spread of COVID-19 among the general public and particularly among patients who are afflicted with immune-compromised diseases rests on our shoulders.

Initial steps towards effectively controlling any disease are prevention and early detection followed by medical treatment. In the 21st century, the scientific approach in medicine has made it possible to successfully treat the most challenging illnesses, provided that they are detected early. On the World AIDS Day, I wish good health to all people living with HIV/AIDS and request people to get tested without any prejudice, fear of stigma and discrimination.



(B.V.R. Subrahmanyam)

Atal Dulloo (IAS)



#### **MESSAGE**

**Financial Commissioner Health & Medical Education Dept** Govt, of Jammu & Kashmir Civil Secretariat, Srinagar/Jammu I am happy to know that Jammu & Kashmir AIDS Control Society (JKACS) is making

AIDS Day would be a bit different as presently we are dealing with an equally, if not less, problematic situation of COVID-19 pandemic due to which there will be more emphasis on digital mode rather than public gatherings for observing this important day. Every Year 1st December is observed as World AIDS Day all over the world. It's an opportunity for

all-out efforts in combating HIV/AIDS in J&K. Like previous years, this year's World

people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

HIV testing is an essential activity for expanding treatment and ensuring that all people living with HIV can lead healthy and productive lives. Unfortunately, many barriers to HIV testing remain prevalent in our societies. Stigma and discrimination still deters people from coming forward openly for HIV testing. Access to confidential HIV testing is still an issue of concern in many communities. Many people still only get tested after becoming ill and symptomatic which need to be changed.

Join us in raising awareness about the importance of World AIDS Day with focus on involving, encouraging and ensuring that all communities play their role effectively for creating a supportive environment for people to talk freely about any disease may it be HIV, Corona, Mental Health issues or any other health condition for that matter.

(Atal Dulloo), IAS



#### **MESSAGE**



Dr. Mushtaq Ahmad Rather **Project Director** J&K AIDS Control Society

World AIDS Day is being observed all over the world and Jammu and Kashmir is also geared up to observe World AIDS Day throughout J&K. Various digital activities have been planned keeping in view the current situation due to COVID-19 pandemic. This year's theme of World AIDS Day 2020 is "Global Solidarity Shared Responsibility"

I appeal the Medical fraternity and general masses to come forward and ensure that maximum people are tested for HIV as well as for COVID. There are many new ways of assessing HIV status.

Self-testing, community based testing and multi-disease testing are all helping people to know their HIV status, which is also true in case of COVID. Today on the occasion of World AIDS Day 2020 let us reaffirm our own commitment to confront and defeat HIV/AIDS once and for all.

(Dr. Mushtaq Ahmad Rather)