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MAYOR SMC BLOCKING DEVELOPMENTAL **WORK IN SRINAGAR: DY MAYOR**

Deputy Mayor of Srinagar, Parvez Qadri Tuesday accused the city Mayor, Junaid Azim Mattu of acting as a stumbling block in the developmental work undertaken by the government...

RAMADAN: 10 TIPS FOR HEALTHY EATING DURING HOLY MONTH

Ramadan is a joyful time of the year - think Christmas and Thanksgiving rolled into one. Such holidays are always associated with speciality food. Like turkey for Thanksgiving, the holy month - when Muslims abstain..



P7 STATE

BAISAKHI, NAVRATRI CELEBRATED ACROSS KASHMIR

The twin festivals of Baisakhi—the festival of harvest and Navratri-the festival celebrated on New Year as per Hindu calendar, were celebrated with traditional enthusiasm



Cuote!

When you have a dream, you've got to grab it and never let go

—Carol Burnett

Iftar Sehri HANAFIYA

NEWS **DIGIST**

2 Militants, 3 OGWs Arrested: Police

SRINAGAR- Police on Tuesday claimed to have arrested two local militants and three over ground workers (OGWs) in Handwara area of north-Kashmir's Kupwara district. A police officer said that on receipt of specific inputs about presence of militants' at different locations, different teams were constituted and the two militants and three OGWs were tactfully arrested. • More On P6

BSF Nabs Pak 'Intruder' Along IB

SRINAGAR: The Border Security Force (BSF) men on Tuesday arrested an alleged intruder from Pakistan in RS Pura area of Jammu district, officials said. Officials said that alert BSF men observed suspicious movement of a Pak national who had crossed International Border (IB) desperate attempt to cross fence. "He was warned
More On P6

Explosive Material Found During CASO

SRINAGAR: An explosive material was recovered on Tuesday during a search operation in orchards of Kamraazpora area of south Kashmir's Pulwama district. A senior police official said that during searches explosive material was found by joint forces of Police and Army's 53RR in orchards of Kamraazpora. He said that few batteries and other explosive material • More On P6

Contractor Arrested For Firing Shots

BANIHAL: A railway tunnel construction sub-contractor was arrested for allegedly opening fire on men and women, who were protesting against his company, in Jammu and Kashmir's Ramban district, police said on Tuesday. The incident took place in Taatnihall area of Banihal on Monday evening when members of one Abdul Gani's family were joined • More On P6

Ramażan Karëëm

Kashmir Begins Month Of Fasting From Today

Observer News Service SRINAGAR: With the new moon in horizon the fasting month of Ramazan begins in Kashmir under the shadow of raging coronavirus pandemic.

Grand Mufti of Jammu and Kashmir Mufti Nasirul Islam announced the sighting of the moon moments after reports of moon sightings were announced on social media from across the region.

"The crescent has been sighted in parts of Ramban district ... I have received credible witnesses about the sightings. Therefore, Mubarak Ramazan-ulwill be observed from Wednesday," he said.

Devout Muslims will follow a new routine for the next 30 days, shunning all



intake of food and water from sunrise to sunset every

Muslims across the world follow the Lunar calendar and each month starts with sighting of the crescent.

month fasting

-- which can be of 29 or 30 days -- will end with sighting of Eid moon.

markets across Kashmir have been flooded with several varieties of dates which is used to break the fast every evening. • More On P6

Muslims Mark Ramazan **Amid Virus Surge, Curbs**

uslims in many parts of the world marked the start of Ramazan on luesday, but a spike in coronavirus cases in several countries has once gain put curbs on the holy month's signature feasts and lengthy prayers in mosques. Still, there are glimmers that Ramazan 2021 could feel less restricted than last year, when Islam's holiest period coincided with the start of the coronavirus pandemic. Mosques have since • More On P6

Light Rainfall In J&K From **Today: MeT**

AGENCIES

SRINAGAR: The weatherman on Tuesday forecast scattered to widespread light to moderate rain and thundershowers in Jammu and Kashmir for next few days.

As per the statement by m teorological office here, there is possibility of scattered rains tomorrow while widespread rains have been predicted from April 15 to 17. On April 18, there is forecast of scattered rains and isolated showers on April 19, the statement said.

The weather office has also issued 'yellow warning for "isolated thunder/lightning with gusty wind 30- 40-kmph" for both Jammu and More On P6

Highway To Remain Closed Today

highway, the only surface link connecting Kashmir Valley with the outside world, will remain closed on Wednesday owing to weekly maintenance and repair work, traffic authorities said on Tuesday.

from either direction between Udhampur and More On P6

Wedding Bells Ring Again As Guns Fall Silent Along LoC

Press Trust Of India IAMMU: As India and

Pakistan adhere to ceasefire agreement after years of cross-border shelling, marriage celebrations have silently returned to villages along the Line of Control (LoC) in Jammu and Kashmir.

Director General Military Operations (DGMOs) of India and Pakistan agreed

thorities of India (NHAI) to

ensure proper maintenance

of existing national highways,

besides constructing crash

barriers and parapets at all

vulnerable locations to avoid

Chairing a marathon meet-

ing to review the working of

District Administration here

on Tuesday, the LG observed

road mishaps.

to uphold ceasefire along the borders in the Union Territory from the night of February 24 and 25, bringing respite to the residents who were reeling under the constant threat of shelling from across the border.

original ceasefire agreement was reached between the • More On P6



Deadly Infection Claims 3 More Lives. Toll Reaches 2037

Press Trust Of India

SRINAGAR: Jammu and Kashmir on Tuesday recorded 1,269 new COVID-19 cases, taking the tally to 1,40,650, while three fresh deaths pushed the toll to 2,037, officials said. Out of the fresh cases, 582 were

from the Jammu Division and 687 from the Kashmir Division of the union territory, they said. The ofsaid Srinagar district recorded

Scholars Okay Vaccination

Srinagar Has Highest 2833 Patients In J&K ammu has recorded a

seven-fold increase in active coronavirus cases in nearly a month, while Srinagar currently has the highest number of 2,833 patients in the union territory. official data showed. Some districts in Jammu and Kashmir which were earlier declared "coronavirus-free" are now reporting new cases as the country reels under a second wave of COVID-19 infections. On March 19, Srinagar district had 564 active cases and the

figure shot up to More On P6

aking the COVID-19 vaccine does not invalidate the Ramazan fast, Muslim scholars said on Tuesday, appealing to people not to stop taking the shots during the **During Ramazan** 'roza' period. A fatwa saying • More On P6

Gol Had No Right To Revoke Art-370: Soz

Press Trust Of India

SRINAGAR: The abrogation of provisions of Article 370 was 'wrong" and "unconstitutional" and people of Jammu and Kashmir have every right to raise their voice against it, senior Congress leader Saifuddin Soz said on Tuesday.

He was reacting to a statement made by Vice President M Venkaiah Naidu last week where he said that Jammu and Kashmir is an integral part of India and the country is capa-

ble of solving its own problems. On his first Jammu and Kashmir visit since the August 2019 abrogation of Article 370, Naidu had also asked other nations to "confine themselves to their domestic problems" rather than giving unsolicited advice to India

"I think Vice President Venkaiah Naidu will concede our right to • More On P6

Construct Crash Barriers, Parapets At Vulnerable Spots: LG To NHAI Observer News Service RAMBAN: Jammu

Kashmir Lieutenant Governor, Manoj Sinha on Tuesday directed national highway au-

SRINAGAR: The Jammu-Srinagar

"No traffic shall be allowed

passed for establishment of Trauma centre in order to provide requisite medicare facilities to the people, an official spokesperson said.

He said that the NHAI

authorities were also directed to ensure proper maintenance of existing national highways, besides constructing crash barriers and • More **RERA** APPOINTMENTS

Selection Panel To Meet Soon

Agencies

SRINAGAR: The constitution of the Real Estates Regulatory Authority (RERA) in Jammu & Kashmir Union Territory is on cards as a selection panel for appointing its chairman and members is expected to meet soon.

Sources in administration of Jammu & Kashmir Union Territory said that threemember selection committee comprising a High Court judge and two senior bureaucrats is expected to meet this month to finalise its recommendation for the key appointments.

"The committee would meet soon," they disclosed, adding that the panel is headed by a sitting High Court judge and

comprises administrative secretaries of Housing & Urban Development Department and Law department.

The RERA is being set-up to monitor the real estate sector and adjudicate disputes related to real-estate projects. The primary purpose of RERA is to protect the interest of the home buyers. The body is entrusted with the registration and regulation of real estate projects.

As per conditions governing these appointments, the chairpersons shall have adequate knowledge and professional experience of at least 20 in urban development, housing, • More On P6

that the area being accident prone, directions were already

SIMPLE EQUATION

Slain Cop's Math Period Making His Students Sentimental

Auqib Javeed KHASHIPORA, ANANTNAG: room for his students.

The mournful world of a former mathematics teacher is a throwback to his captive class-

Struggling with silence d sentiments, they recall their beloved passion

purge for stepping into his cop father's shoes.

"He was an excellent mathful Danish Farooq-a former student of teacher-turned-cop from Ara Khashipora in the Dialgam area of South

Kashmir's Anantnag district. "We will surely miss him like we did when he chose combatant training over class-

room teaching."
Danish, 24, had arrived at the residence of Rameez Raja, the 30-year-oldcop killed in militant attack in the Nowgam

area of Srinagar on April1. Raja was guarding a BJP leader,

when militants opened fire on the residence, leaving him dead. Medical Superintendent

of SMHS Hospital, Dr Nazir Chowdhary said the cop was "brought dead" to the hospital. "I saw five bullets on his body," his uncle told Kashmir Observer at his home."He might have lost enough blood

at the spot."

Cop Raja is survived by his younger brother, and a widow mother, Naseema (55). As a sole breadwinner of the

family, he had earlier succeeded his late father. But before that

he was teaching mathematics at Moral High School, Dailgam. "Our father was head constable in J&K police but he died because of tumour in 2011," Aaqib, 27, Raja's younger brother told Kashmir Observer

in a room full of mourners. "Raja was the eldest, so he decided to step into our father's shoes to support the family."

The cop's departure has left the two families devastated.



Study reveals spanking may affect brain development of a child

recent study by Harvard researchers stated that spanking may affect a child's brain development in similar ways to more severe forms of violence. The research, published recently in the journal Child Development, builds on existing studies that show heightened activity in certain regions of the brains of children who experience abuse in response

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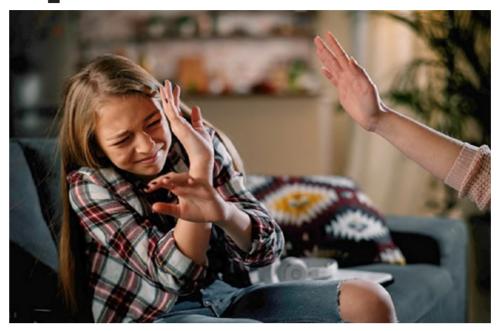
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The group found that children who had been spanked had a greater neural response in multiple regions of the prefrontal cortex (PFC), including in regions that are part of the salience network. These areas of the brain respond to cues in the environment that tend to be consequential, such as a threat, and may affect decision-making and processing of situations. "We know that children whose families use corporal punishment are more likely to develop anxiety, depression, behaviour problems, and other mental health problems, but many people don't think about spanking as a form of violence," said Katie A. McLaughlin, John L. Loeb Associate Professor of the Social Sciences, director of the Stress & Development Lab in the Department of Psychology, and the senior researcher on the study. "In this study, we wanted to examine whether there was an impact of spanking at a neurobiological level, in terms of how the brain is developing.'

poral punishment has been linked to the development of mental health issues, anxiety, depression, behavioural problems, and substance use disorders. And recent studies show that approximately half of the parents in the U.S. studies reported spanking their children in the past year and one-third in the past week. However, the relationship between spanking and brain activity has not previously been studied. McLaughlin and her colleagues -- including Jorge Cuartas, first author of the study and a doctoral candidate in the Harvard Graduate School of Education, and David Weissman, a postdoctoral fellow in the Department of Psychology's Stress & Development Lab -- analyzed data from a large study of children between the ages of three and 11. They focused on 147 children around ages 10 and 11 who had been spanked, excluding children who had also experienced more severe forms of violence.

Each child lay in an MRI machine and watched a computer screen on which were displayed different images of actors making "fearful" and "neutral" faces. A scanner captured the child's brain activity in response to each kind of face, and those images were analyzed to determine whether the faces sparked different patterns of brain activity in children who were spanked compared to those who were not. "On average, across the entire sample, fearful faces elicited greater activation than neutral faces in many re-



gions throughout the brain... and children who were spanked demonstrated greater activation in multiple regions of PFC to fearful relative to neutral faces than children who were never spanked," researchers wrote.

By contrast, "(t)here were no regions of the brain where activation to fearful relative to neutral faces differed between children

who were abused and children who were spanked." The findings are in line with similar research conducted on children who had experienced severe violence, suggesting that while we might not conceptualize corporal punishment to be a form of violence, in terms of how a child's brain responds, it's not all that different than abuse," said McLaughlin.

'It's more a difference of degree than of type." Researchers said the study is the first step towards further interdisciplinary analysis of spanking's potential effects on children's brain development and lived experiences. "These findings aligned with the predictions from other perspectives on the potential consequences of corporal punishment," studied in fields such as developmental psychology and social work, said Cuartas. "By identifying certain neural pathways that explain the consequences of corporal punishment in the brain, we can further suggest that this kind of punishment might be detrimental to children and we have more avenues to explore it.'

However, they noted that their findings are not applicable to the individual life of each child. "It's important to consider that corporal punishment does not impact every child the same way, and children can be resilient if exposed to potential adversities," said Cuartas. "But the important message is that corporal punishment is a risk that can increase potential problems for children's development, and following a precautionary principle, parents and policymakers should work toward trying to reduce its prevalence."

Ultimately, added McLaughlin, "we're hopeful that this finding may encourage families not to use this strategy, and that it may open people's eyes to the potential negative consequences of corporal punishment in ways they haven't thought of before."

Study explores why some people are hungry all the time



hours after eating, end up feeling hungrier and consuming hundreds of more calories during the day than others. A study was published in Nature Metabolism from PREDICT, the largest ongoing nutritional research program in the world that looks at responses to food in real-life settings. The research team from King's College London and health science company ZOE (including scientists from Harvard Medical School, Harvard T.H. Chan School of Public Health, Massachusetts General Hospital, the University of Nottingham, Leeds University, and Lund University in Sweden) found why some people struggle to lose weight, even on calorie-controlled diets, and highlight the importance of understanding personal metabolism when it comes to

diet and health. The research team collected detailed data about blood sugar responses and other markers of health from 1,070 people after eating standardised breakfasts and freely chosen meals over a two-week period, adding up to more than 8,000 breakfasts and 70,000 meals in total. The standard breakfasts were based on muffins containing the same amount of calories but varying in composition in terms of carbohydrates, protein, fat and fibre. Participants also carried out a fasting blood sugar response test (oral glucose tolerance test), to measure how well their body processes sugar. Participants wore stick-on continuous glucose monitors (CGMs) to measure their blood sugar levels over the entire duration of the study, as well as a wearable device to monitor activity and sleep. They also recorded levels of hunger and alertness using a phone app, along with exactly when and what they ate over the day.

After analysing the data, the team noticed that some people experienced significant 'sugar dips' 2-4 hours after this initial peak, where their blood sugar levels fell rapidly below baseline before coming back up. Big dippers had a 9 per cent increase in hun-

ger, and waited around half an hour less, on average, before their next ew research shows that peomeal than little dippers, even though ple who experience big dips they ate exactly the same meals.

Big dippers also ate 75 more of ries in the 3-4 hours after breakfast and around 312 calories more over the whole day than little dippers. This kind of pattern could potentially turn into 20 pounds of weight gain over a year. Dr Sarah Berry from King's College London said, "It has long been suspected that blood sugar levels play an important role in controlling hunger, but the results from previous studies have been inconclusive. We have now shown that sugar dips are a better predictor of hunger and subsequent calorie intake than the initial blood sugar peak response after eating, changing how we think about the relationship between blood sugar levels and the food we eat."

Professor Ana Valdes from the School of Medicine at the University of Nottingham, who led the study team, said: "Many people struggle to lose weight and keep it off, and just a few hundred extra calories every day can add up to several pounds of weight gain over a year. Our discovery that the size of sugar dips after eating has such a big impact on hunger and appetite has great potential for helping people understand and control their weight and long-term health." Comparing what happens when participants eat the same test meals revealed large variations in blood sugar responses between people. The researchers also found no correlation between age, bodyweight or BMI and being a big or little dipper, although males had slightly larger dips than females on average.

There was also some variability in the size of the dips experienced by each person in response to eating the same meals on different days, suggesting that whether you are a dipper or not depends on individual differences in metabolism, as well as the day-to-day effects of meal choices and activity levels. Choosing foods that work together with your unique biology could help people feel fuller for longer and eat less overall.

Jammu And Kashmir **Public Service Commission**

RESHAM GHAR Colony BAKSHI NAGAR, JAMMU - 180001

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Jammu: 0191-2566528 (f) 2566530 Srinagar: 0194-2312629 (F) 2312631

Notification No: PSC/EXAM/2021/34 Dated: 12-04-2021

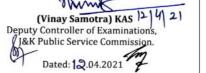
The below mentioned candidates have fully qualified the Excise & Commercial Taxes Part II Departmental Examination as per details given below:

S. No.	Name & Parentage of the candidate S/Shri	Notification No. & Date	Roll No.	Session	Paper passed
1.	Rohit Singh S/O Sh. Jagdish Singh	PSC/Exam/2021/19 Dated 15.02.2021	02	November, 2020	Passes with 2 grace marks in Paper C.
2.	Sunil Sharma S/O Sh. Prem Nath Sharma	PSC/Exam/2021/19 Dated 15.02.2021	03	November, 2020	Passes with 9 grace marks in Paper C.
3.	Sumit Chowdhary S/O Sh. Bachan Lal	PSC/Exam/2021/19 Dated 15.02.2021	04	November, 2020	A, B, C, D & E
4.	Nitan Sharma S/O Sh. Dharam Dutt Sharma	PSC/Exam/2021/19 Dated 15.02.2021	10	November, 2020	A, B, C, D & E
5.	Sonia Singh D/O Sh. Sunil Singh	PSC/Exam/2021/19 Dated 15.02.2021	15	November, 2020	A, B, C, D & E
6.	Abhishek Sharma S/O Sh. Rattan Lal Sharma	PSC/Exam/2021/19 Dated 15.02.2021	16	November, 2020	A, B, C, D & E
7.	Chandni D/O Sh. Nanak Chand	PSC/Exam/2021/19 Dated 15.02.2021	17	November, 2020	A, B, C, D & E
8.	Aaqib Riaz Malik S/O Sh. Riaz Ul Ghani Malik	PSC/Exam/2021/19 Dated 15.02.2021	20	November, 2020	Passes with 6 grace marks in Paper C.
9.	Rishav Seth S/O Sh. Chander Mohan Seth	PSC/Exam/2021/19 Dated 15.02.2021	22	November, 2020	Passes with 7 grace marks in Paper A.
10.	Anil Kumar S/O Sh. Girdhari Lal	PSC/Exam/2021/19 Dated 15.02.2021	24	November, 2020	A, B, C, D & E
11.	Ishan Narma S/O Sh. Bhola Ram Narma	PSC/Exam/2021/19 Dated 15.02.2021	25	November, 2020	A, B, C, D & E
12.	Naveen Sharma S/O Sh. Banarsi Sharma	PSC/Exam/2021/19 Dated 15.02.2021	27	November, 2020	A, B, C, D & E
13.	Sanjeev Kumar S/O Sh. Harkrishan Sharma	PSC/Exam/2021/19 Dated 15.02.2021	29	November, 2020	Passes with 4 grace marks in Paper A.
14.	Sirjan Ahmad Bhat S/O Sh. Gh. Mohd. Bhat	PSC/Exam/2021/19 Dated 15.02.2021	32	November, 2020	A, B, C, D & E
15.	Faheem Mehraj S/O Sh. Mehrah Ud Din Shaikh	PSC/Exam/2021/19 Dated 15.02.2021	42	November, 2020	A, B, C, D & E
16.	Amit Sharma S/O Sh. Madan Gopal Sharma	PSC/Exam/2021/19 Dated 15.02.2021	43	November, 2020	A, B, C, D & E
17.	Aditya Sharma S/O Sh. Gian Ishwar Sharma	PSC/Exam/2021/19 Dated 15.02.2021	71	November, 2020	A, B, C, D & E
18.	Mohit Jamwal S/O Sh. Mohan Singh	PSC/Exam/2021/19 Dated 15.02.2021	74	November, 2020	A, B, C, D & E
19.	Anshuman Magotra S/O Sh. V. K. Magotra	PSC/Exam/2021/19 Dated 15.02.2021	79	November, 2020	A, B, C, D & E
20.	Mehak Mahajan D/O Sh. Ashok Kumar Gupta	PSC/Exam/2021/19 Dated 15.02.2021	87	November, 2020	Passes with 2 grace marks in Paper C.
21.	Ravinder Pal S/O Sh. Madan Lal	PSC/Exam/2021/19 Dated 15.02.2021	94	November, 2020	Passes with 3 grace marks in Paper C.
22.	Khalid Amin Malik S/O Sh. Abdul Sattar Malik	PSC/Exam/2021/19 Dated 15.02.2021	99	November, 2020	Passes with 4 grace marks in Paper C.
23.	Manzoor Ahmed Misger	PSC/Exam/2016/11 Dated 22.01.2016	13	October, 2015	C & D
	S/O Sh. Ab. Rashid Misger	PSC/Exam/2021/19 Dated 15.02.2021	152	November, 2020	A, B & E

DIPK-464/21



No: PSC/Exam/E&CT-II/Fully Qual/2021



BEFORE THE HON'BLE ADD. DISTRICT JUDGE AT SOPORE.

Caveat Petition No. of 2021.

Gh. Mohuddin Reshi S/o: Ab Samad Reshi Sara Begum W/o: Gh. Mohuddin Reshi

Both residents of watlab tehsil dangerpora sopore Baramulla (CAVEATOR)

VERSUS

1. Public at Large

(NON-CAVEATOR)

IN THE MATTER OF: CAVEAT PETITION U/S 148-A of civil procedure code for providing right of prior audience to the caveators before passing any order if the non-caveator chose to file any proceedings against caveators before this Hon'ble court.

> Adv. Aasif Abdullah 9596323313 Adv.Mir Maalik 7006338218

ADD. DISTRICT JUDGE AT SOPORE.

The Jammu And Kashmir **State Board Of School Education** New Campus Bemina Srinagar

Notice for General Public

The applicant/candidate whose photograph is published in this DOB certificate Having the following description:-

Roll No:- 2414438 Class:-10th Year & Session 2016 Bi- Annual

Registration No:- N14341430014 Name:- Rouf Ahamd Parry Father's Name: Abdul Rashid Parry Mother's: Fafiga

DOB: 18/03/2001

R/o CHAIRHARA Now the candidate has approach to this office for issuance of Duplicate Date of Birth Certificate, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 7 days respectively, from the date of publication of this notice.

(Besides the above referred "Qualification / Marks /DOB Certificate/s" bearing Serail No:16B1KAM. 8004386 be treated as "CANCELLED")

No: F(Cer is-I-DQC)B/KD/21 Dated 13-04-2021

Assistant Secretary Certificates, KD.

BMG

The Jammu And Kashmir **State Board Of School Education** New Campus Bemina Srinagar

Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost his/her Markes/ qualification certificate Having the following description:-

Roll No:- 2408202 Class:-12Th Year & Session 2017 Annual Registration No:- N14341430014 Name: - Rouf Ahamd Parry Father's Name: Abdul Rashid Parry

Mother's: Fafiga DOB: 18/03/2001

R/o CHAIRHARA

Now the candidate has approach to this office for issuance of Duplicate Qualification Certificate, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 7 days respectively, from the date of publication of this notice.

(Besides the above referred "Qualification / Marks /DOB Certificate/s" bearing Serail No:17AKTR-718318 be treated as "CANCELLED")

BMG

No: F(Cer is-I-DQC)B/KD/21 Dated 13-04-2021

Assistant Secretary Certificates, KD.

CAPD: 18001807011

SRINAGAR: 0194-2103259

BIJBHERA: 01932-228243

PAMPORE: 01933-294132

QAZIGUND: 01951-296153

Mughal Road - (Closed)

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• PATTAN: 01954-293507

SHIEK UL ALAM AIRPORT: 01942303311

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

FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155

SMC HEALTH OFFICER: 9469409081

TRAFFIC POLICE: 9419993745, 01998-266686

DIAL-EMMA

AIRPORTS

RAILWAYS



ON THE OCCASION of Baisakhi, Nishat Garden in Srinagar witnessed huge footfall of sightseers on Tuesday.KO Photo Abid Bhat

Mayor SMC Blocking Developmental Work In Srinagar: Dy Mayor

'Issuing Pointless Orders'

Observer News Service

SRINAGAR: Deputy Mayor of ism department to renovate all ma-Srinagar, Parvez Qadri Tuesday jor shrines in Srinagar is a welcome accused the city Mayor, Junaid and appreciable move, however, Azim Mattu of acting as a stumbling block in the developmental ordered for the stopping of work. work undertaken by the government in Srinagar.

cently stopped renovation work Kashmir including Srinagar, at Khankahi Moulla shrine in what makes our Mayor who is urge the Lieutenant Governor to the old city sans any reason- the father of the city to stop the able ground. He said Mattu acts work. He recently stopped reno- order renovation of the shrine as a barrier in the renovation of vation work in Khankahi Moulla afresh," added the deputy mayshrines in Srinagar.

He also said the initiative taken by the Jammu and Kashmir Tourthe Mayor for unknown reasons

"I don't understand if the government has taken an initiative Qadri alleged that Mattu re- to renovate all shrines across asserting that the shrine is a her- or-(KNO)

itage site," he alleged.

Qadri said the renovation of Khankahi Moulla shrine at Zaina Kadal would not lessen its heritage status hence repair work must be resumed without any pointless interference.

"I strongly oppose the Mayor's recent order. Renovation work will not lessen the heritage status of the shrine in any way. We take cognisance of the issues and

As SKIMS Stops Surgeries, Admissions, **Patients Suffer: DAK**

Observer News Service

SRINAGAR: With SKIMS hospital stopping all routine admissions and surgeries, Doctors disease require monitoring Association Kashmir (DAK) on and drug dose modifications, Tuesday said patients will suffer immensely due to closure up in complications. "Hunof these services.

tain Covid resurgence, it is health institution for advitally important to take care vanced care. Their fate hangs of non-Covid patients as well, DAK said in a statement.

Pertinently, SKIMS hospital ordered closure of all routine surgeries and admis-

The statement said that most chronic diseases like diabetes, hypertension, heart, lung, liver and kidney and if not done they can land dreds of patients every day While it is critical to con- are referred to this premier by a fine thread now," the statement added.

"While we fight the novel coronavirus, we must ensure that the price to be paid is sions from April 7 in view of not with the lives of non-Co-



resurgence of Covid-19 cases. "This could be detrimental for patients," DAK said.

He said Cancer patients can progress in no time and their the long run, the DAK said.

vid patients. That fight will be immoral and not worth waging," said the statement.

The statement said that the existing healthcare innon-Covid patients.

said the statement.

193 - Lucius Septimus Severus crowned Emperor of Rome

Sgrr-Jammu highway - (Open)

754 - Pact of Quierzy: between Pope Stephen II, [III] & Pippin the Korte 966 - Christianisation of Poland

This Day in History

HIGHWAY STATUS

- 972 Notger becomes bishop of Liege
- 979 Challenge to throne of King Aethelred II of England 1028 - German emperor Conrad II the Sailor crowns his son Henry III, king
- 1191 85-year old Giacinto Bobo becomes Pope Coelestinus III
- 1341 Sack of Saluzzo (Italy) by Italian-Angevine troops under Manfred V of Saluzzo.
- 1434 The foundation stone of Cathedral St. Peter
- and St. Paul in Nantes, France is laid 1471 Wars of the Roses: Battle of Barnet - Yorkists
- defeat the Lancastrians and kill the Earl of Warwick 1699- Khalsa: Birth of Khalsa, the brotherhood of the Sikh religion, in Northern India in accordance
- 1792 France declares war on Austria, starting French Revolutionary Wars
- 1919 Following Gandhi's nonviolent methods. Muslim and Hindu protest British rule; British troops fire on the crowds, killing 400
- 1940 Allied troops land in Norway 1944- Freighter "Fort Stikene" explodes in Bombay India, killing 1,376
- 1945 WWII: US 7th Army & allies forces capture
- Nuremberg & Stuttgart in Ger-many 1967 - In the Vietnam War, US planes bombed
- Haiphong for 1st time 1971 - President Nixon ends blockade against
- People's Republic of China 1981 - 1st Space Shuttle, Columbia 1, returns to Earth
- 1988 USSR, US, Pakistan & Afghanistan sign
- Afghanistan treaty 1994- US F-15 accidentally shoots 2 US
- helicopters down over Iraq, 26 die
- 1995- India beats Sri Lanka to win the Asia Cricket Cup final in Sharjah
- 2000 -Metallica drummer Lars Ulrich files a lawsuit against P2P sharing phenom@enon Napster. This law-suit eventually leads the movement against file-sharing programs.
- 2003 -The Human Genome Project is completed with 99% of the human genome sequenced to an accuracy of 99.99%
- 2013 20 people are killed in attacks in Mogadishu, Somalia
- 2013 33 people are killed after a bus tumbled off a cliff in Trujillo, Peru
- 2013 11 people are killed and 50 are injured after a hotel fire in Xiangyang, China
- 2013 Justin Trudeau, son of long-serving
- Canadian Prime Minister Pierre Trudeau, is elected leader of the Liberal Party of Canada
- 2015 Archeologists announce they have found at Lomekwi in Kenya 3.3 million-year old stone tools, the oldest ever discovered and which predate the earliest humans
- 2017 Meethotamulla rubbish dump collapses onto houses in Colombo, Sri Lanka killing 26

disease will spread if their frastructure and manpower surgeries are delayed. Even in hospitals is sufficient and delaying simple surgery like adequate to address the ingall bladder stone removal creasing cases of Covid and could lead to major issues in at the same time manage with the Nanakshahi calendar.

WHILE WE FIGHT THE NOVEL coronavirus, we must ensure that the price to be paid is not with the lives of non-Covid patients. That fight will be immoral and not worth waging,"

45-Year-Old Man Jumps **Into Jhelum, Dies**

Observer News Service

SRINAGAR: A 45-year-old man on Tuesday committed suicide by jumping into river Jhelum from Cement Bridge here in Noorbagh area. Official sources said that a person jumped into river Jhelum from Cement Bridge Noorbagh, saying that people at the spot tried to rescue him.

Soon after being retrieved, he was immediately rushed to SMHS hospital where doctors declared him brought dead.

The deceased has been identified as Hilal Ahmad Wani, son of Abdul Rehman Wani of Sector 11 Hamdania Colony Bemina Srinagar, officials said, adding that the body has been sent to GMC mortuary for radiology-(KNO)

Unknown Vehicle Hits Elderly Woman To Death On City Outskirts

Observer News Service

SRINAGAR: An elderly woman was killed after she was hit by an unknown vehicle in Lawaypora area of Srinagar district on Monday evening.
An official said that the woman was hit by an unknown vehicle near

Noora hospital in Lawaypora, resulting in serious injuries to her. He said that she was immediately rushed to Noora Hospital where she was declared dead on arrival.

The official identified the deceased as Mugli wife of Mohammad Ramzan Wani, a resident of Lawaypora, Srinagar.

Meanwhile, police have taken cognisance of the incident and initiated further investigation—(KNO)

DC Srinagar Takes Stock Of Srinagar **Sewerage Project**



SRINAGAR: The Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Tuesday Bazar, relocation of sixteen convened a meeting to take stock of the progress of work on and measures under taken for ongoing 140-kilometre Srinagar sewerage project and to discuss pump stations besides permisthe issues confronting the completion of the project.

discussions on various aspects of the project including realignment of PHE pipes at Alamgari shops at 90 Feet Road Soura relocation of inline and outfall sion for road cut at various lo- the Chief Planning Officer, officers

The meeting held threadbare

the old city. It was also given out that out of 140-kilometre sewerage network of Srinagar city, work on 133 kilometers has been already completed and remaining 7 kilometers would be completed soon. It was further informed that out of total 16130 household connection, 5306 households in Srinagar have been covered till date

The DC directed the officers

of the concerned departments

to speed up the pace of work on

war footing basis to expedite the

balance works to facilitate the

National Buildings Construction

Corporation(NBCC) to complete

On the occasion, the DC was

informed that Rs 155-core Sew-

erage Project in Zone-III of Sri-

nagar sanctioned under the Ur-

ban Renewal Mission scheme is

being carried to set up a 140-ki-

lometre sewerage network in

the project at an earliest.

and the target will be achieved by September 2021 in full.

The meeting was attended by cations for execution of house of PHE, UEED, SMC and NBCC.

From KO Archives

RAIL COMES TO UDHAMPUR FINALLY

54.85 Kilometers In 22 Years, Now Only 236.15 Kilometers To Go

Observer News Service

UDHAMPUR – Prime Minister Manmohan Singh Wednesday flagged off a train service between Jammu and Udhampur promising that it would go right up to Srinagar and Baramulla by 2007.,

The foundation stone of the rail link from Udhampur housing the Army's Northern Command, was laid by the then Prime Minister Indira Gandhi in 1983.

The train "piercing the heights of the Pir Panjal mountains and taming nature's fury is a challenge that engineers have accepted" he said. The launch of the 'Uttar Samparak. Kranti Express' brought the prime minister to the state for his second visit in six days. The first was six days ago to flag off Srinagar-Muzaffarabad bus service.

The rail track passes through mountainous terrain with 20 per cent of the track going tunnels including an over 2.5-km long one that is considered longest in the country.

The 54.85-km broad gauge railway line, an engineering marvel with 158 bridges and 20 tunnels was built at a cost of Rs 515 crore. The prime minister said the train link has led to hopes of the train running right up to the valley.

"The train will run from Udhampur to Katra, Qazigund, Srinagar and Baramulla by '2007. We have earmarked Rs 1000 (Rs.10 billion) for this." the prime minister said, with the fervent hope that the service would help build a stronger relationship between the people of the "state and the rest of the country.

(Kashmir Observer, 14 April, 2005)

Div Com Visits Makhdoom Sahab Shrine, Chatti Padshahi, Ganpatyar Temple

Observer News Service

SRINAGAR: Divisional Commissioner Kashmir, Pandurang K Pole Tuesday visited Makhdoom Sahab Shrine, Genesh Temple at Ganpatyar and Gurudwara Chatti Padshahi Rainawari and extended his greetings on the eve of Navratra, Baisakhi and beginning of Ramazan.

During the visit, the Div Com met the Mukhdoom Sahab shrine management committee to take stock of arrangements being put among people and nurture amity in place for the Holy month of Ramadan.

special prayers held at Gurudwara Chatti Padshahi and Ganput in place for devotees, visiting during the festival days.

He said that today's festivals colour to its festivity.



said these strengthen the bonds of love and harmony in J&K.

During the visit, the commit-The Div Com participated in tees of places apprised the Div Com about their issues and demands. He gave patient hearing patyar Temple besides taking to them assuring that all their first hand appraisal of facilities genuine grievances shall be put in place for devotees, visiting looked into for redressal on pri-

He further stressed on hasslewhich are being celebrated with free arrangements and all reharmony and brotherhood adds quired facilities are put in place for smooth celebration of festivals.

SMC Mayor Participates In Baisakhi Celebrations At Chatti Padshahi

Observer News Service

SRINAGAR: Mayor Srinagar Junaid Azim Mattu Tuesday visited Gurudwara Chatti Padshahi at Rainawari to participate in the celebrations on the eve of Baisakhi.

officers of the Corporation along with the concerned Corporations of the areas. During his visit, Mattu met Harbans Singh Head Granthi Gurudwara Chhati Padshahi and asked

He was accompanied by senior

him for any assistance to be provided on the occasion. He also interacted with Sikh Community there and congratulated and extended warm wishes to the people on the occasion of Baisakhi and prayed for the prosperity,

happiness, success, good health of

the people. Mattu directed concerned officers to ensure proper sanitation and other related functions and necessary arrangements to be looked after.

Krishna Dhaba Reopens **Two Months After Militant Attack**

Observer News Service

SRINAGAR: The popular food joint Krishna Dhaba reopened on Tuesday nearly two months after the son of the owner was shot dead by militants.

Ramesh Mehra's world came crashing down on February 17 when his son, Akash, was shot at by militants from a close range. After fighting for his life for 10 days, Akash died at SMHS Where else will we go?" Hospital on February 28.

Known for serving vegetarian food popular among locals and tourists, Krishna Dhaba was closed since then.

As Mehra returned to work alone on Tuesday, he was welcomed by other business owners.

Asked if it feels safe to resume business in Kashmir, Mehra said, "We have always felt safe here... Such things happen here

with other people too.' On whether the thought of



since the killing of his son, he said, "We were born here and have lived here all our life.

Krishna Dhaba is located in Durganag, a high-security

sons in connection with Akash's killing, which drew widespread condemnation from political parties and civil society.



area of the city. Several highprofile installations like the office of UN Military Observers Group for India and Pakistan and the residence of the Jammu and Kashmir chief justice are located within 200 metres of the food joint.

Police had arrested three per-



HIJRI

-UL-**MUBARAK**

1442

PRAYERS

FAJR 4:36

ZUHR 12: 32 **ASR** 5:11

MAGRIB 7:04

ISHA

8:29

OBSERVER.

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KO VIFW

As tourists arrive

ver the last several months, Kashmir Valley has been attracting a large number of tourists from across the country. One reason for this is the absence of the international travel as a result of the Covid-19 pandemic. The surging numbers of the visitors tell a happy story. Data reveals that the last December saw 13, 237 tourist arrivals in Kashmir, highest such number in the month in last several years. Most of these tourists visited Gulmarg where the hotels remain booked ever since. January, despite witnessing the harshest cold, saw 4863 tourist arrivals. Prospects for tourism are since getting better by the day. The renewed outbreak of the coronavirus infection hasn't worked as a dampener so far. And there's hope that with increased vaccination helping the administration get a grip on the contagion, the ongoing spring and the upcoming summer season will see more visitors make Kashmir their destination.

Tourism in Jammu and Kashmir has already received a big boost with prime minister Narendra Modi granting Rs 786 crore for tourism promotion in the UT's budget this year. This is Rs 509 crore more than last year's budget. This is allowing the administration to make ambitious tourism promotional plans to draw visitors to the UT. The administration has held meetings with travel agents from the other parts of the country. It also brought them on a visit to Srinagar. The Bollywood producers and the directors were also invited to persuade them to resume shootings in the Valley. Now the administration is also coming out with a new film policy "to bring back the golden era of Kashmir on the silver screen again". Recently, the cultural shows and the musical concerts were also organised which, however, ran into public opposition in view of the rising Covid-19 cases. Similarly, the crowds at the tulip garden also outraged sections of population. The anger wasn't against the revival of tourism but the implications for the health of the encouragement to large gatherings. And it is a legitimate apprehension.

That said, the return of tourists to the Valley is a welcome development. The sector is the mainstay of Kashmir economy and is a source of livelihood for lakhs of people. This sector has been battered by the events of the last two years leaving thousands of people associated with the trade unemployed. So, it is good that the sector has been an unlikely beneficiary of the Covid-19 lockdown and continuing restrictions on international travel. And to make most of the current situation, the administration is also facilitating direct flights from cities such as Ahmedabad, Chennai, Kolkata and Hyderabad to Srinagar. The steps are welcome as long as the administration also ensures that the SOPs are followed and the gatherings are avoided in its bid to promote the sector.

OTHER OPINON

Pakistan-India peace

S the Pakistan-India peace process—or at least the shaky beginnings of the latest round—moves forward, several questions swirl over the direction it will take. Of course, in a relationship as complex as this, and with disputes going back over seven decades, peacemaking will not be easy, and there will be pitfalls aplenty before any workable agreement is reached.

Even over the last few weeks there have been many ups and downs, with the first positive sign in a long time coming in late February, when both sides agreed to silence their guns along the LoC. This was followed by an exchange of pleasantries and public pronouncements calling for peace in the region from the highest offices in both capitals, along with a decision by Pakistan to import Indian sugar and cotton. However, shortly afterwards, the trade plan was nixed.

Now, two fresh developments have posed further questions. Firstly, the Foreign Office has said the Saarc summit, due to be held in Pakistan in October, can take place if "artificial obstacles" are removed, in a thinly veiled reference to India. In the second, more ominous development, the US National Intelligence Council has said Pakistan and India may "stumble" into a large-scale war within the next five years.

Dawn



Kashmir, Covid and the Power of Forgetting

DAVID LEPESKA

In that letter to his friend, Hemingway warned that a journalist should get out of newspaper work before it destroyed his memory. "He will always have the scars from it, just as any experience of war is invaluable to a writer," he wrote. "But it is destructive if he has too much."

"In newspaper work," American novelist Ernest Hemingway wrote in a letter to a friend, "you have to learn to forget every day what happened the day before."

For journalists in Kashmir this is a blessing: if they were unable to forget what happened yesterday, last week, or last year, they would never be able to write today's story because they would begin to feel rather silly covering the same news over and over again.

Yet it is also a curse because it means the horrors of life in the Kashmir Valley fail to accumulate. In order to write about the latest deaths of neighbors, suffering of loved ones, or governmental errors, the Kashmiri reporter must push out of his head the thousands of previous times something similar occurred or risk going insane.

The Vale's latest exercise in forgetting is New Delhi's big spring tourism push, for which the government has earmarked more than \$100 million. The Tourism Ministry this week held a three-day event in Srinagar titled, "Tapping the Potential of Kashmir: Another Day in Paradise". Discussions focused on taking Kashmir to the next level and promoting traditions like shikaras, wazwan and saffron.

Also this week the Centre highlighted the Valley's newest link to the rest of India. "The arch of Chenab bridge, connecting Kashmir to Kanyakumari has been completed," Railways Minister Piyush Goyal said in a tweet on Monday. Never mind that the bridge itself is at least a year from completion, and even once it is finished the Banihal-Katra stretch will still have gaps that need to be filled before anybody can ride a train from Anantnag to Udhampur, much less to

the southern tip of the subcontinent.

Last month, Prime Minister Narendra Modi announced to his 66 mil-

endra Modi announced to his 66 million Twitter followers the opening of Kashmir's famed tulip garden, in a tweet featuring several appealing photos. A few days later Kashmir received its most significant dose of favorable international attention in years: a New York Times travel story described skiing in Gulmarg as "a beautiful dream" and said the resort attracted 160,000 visitors this season—10 times last year's total and the most since the start of insurgency.

Yet all of this tourism hype -- part of a broader effort to get the Valley

might rightly label this calamitous covid management.

The Union territory of Jammu and Kashmir has seen a similar increase: 1935 new cases and 21 deaths in February; 4519 new cases and 37 deaths in March; and April on pace for 20,000 cases and nearly 120 deaths.

On average, tourists from outside Kashmir have made up about one in five new cases in the Valley. At least two have died of covid-19 this month, with several others in serious condition. Yet Lieut. Governor Manoj Sinha opened Kashmir's recent Tulip Festival with a prediction that tourism in the Valley "would be taken to

In order to write about the latest deaths of neighbors, suffering of loved ones, or governmental errors, the Kashmiri reporter must push out of his head the thousands of previous times something similar occurred or risk going insane

back on track economically after the double-whammy of the August 2019 revocation of Article 370 followed by covid-19 – ignores a few crucial points. The first is that, thanks to the pandemic, Indians are unable to travel to preferred holiday destinations like Thailand, Nepal, Malaysia, or Dubai, and are thus forced to turn to domestic alternatives. Kashmir may be the top option right now, but it won't be once the pandemic recedes.

Second, the violence has ticked up of late, as seen in the killing of at least 10 Kashmiri militants this past week in Shopian district. The Centre says five militants were killed in the gunfights, which were again minimally covered in mainstream national media which by and large toes government line on Kashmir. Thus, your average Indian may be unaware that violence in Kashmir increased significantly last year, with the number of militants killed up 45 percent from 2019. Then this January-February saw a spike in gunfights and militant attacks. Meanwhile, knife attack's may be on the rise in Srinagar, possibly in connection to gang disputes over drugs and debts.

gang disputes over drugs and debts.

The third point is the most troubling. As I write this, India has marked a record for new daily cases of covid-19 each of the past five days, topping off at nearly 170,000 on Sunday. Considering the 12,000-or-so daily cases India was seeing two months ago, when vaccinations began, one

new heights".

Unsurprisingly, it is covid-19 that has risen to new heights, marking a record number of cases that day. The next day the government shuttered schools, then all Kashmiri health workers were called back from leave as hospitalizations spiked.

"Citizens should understand they are on their own," Delhi-based journalist Rohini Singh said in a Monday tweet. "Mask up, stay home. The government has no proper plan to tackle Covid."

It sounds a lot like Delhi's plan to quell the insurgency in Kashmir, to end encounter killings, to give Kashmir more autonomy, to encourage stability and sour economic growth

bility and spur economic growth.

In that letter to his friend,
Hemingway warned that a journalist
should get out of newspaper work before it destroyed his memory. "He will
always have the scars from it, just as
any experience of war is invaluable to
a writer," he wrote. "But it is destructive if he has too much."

Kashmiris know it all too well.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer

The author is an international journalist based in New York. He previously worked with Kashmir



All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, spaceand accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

MAIL YOUR LETTERS

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No Experts for Waste Management

his is in reference to a writeup titled, "Fate of Swachh Bharat Abhiyan" by Mukhtar Ahmad Farooqi (Kashmir Observer 9th April). The author has highlighted some salient features of the scheme. He should have highlighted the funds available under the waste management programme of Swachh

Bharat Abhiyaan as well. The funds are not spent on the ground, especially in J&K for the last several years as project proposals are not prepared by respective District Panchayat offices. Even if some proposals have been prepared, the authorities have not cleared them as these proposals are mostly faulty and have been prepared

by people who have never worked on waste management. Open defecation is not a big challenge in J&K nor was it in the past as well but managing solid waste is indeed a challenging task in urban and rural areas of J&K. The Govt of J&K has not hired technical agencies which would assist the Rural Sanitation Department in

implementing solid liquid waste management programmes in rural areas. The Comptroller and Auditor General of India (CAG) must seek an explanation from J&K Govt for having failed to clean up villages in J&K under Swachh Bharat Abhiyaan.

Sajad Hussain Mir sajad.journalist1@gmail.com



RAMAZAN: 10 tips for healthy eating during holy month

Food blogger Amira Ibrahim explains how to indulge and still stay healthy during the Muslim fasting month of Ramadan

AMIRA **I**BRAHIM

associated with

Ramazan are usually full of unrefined sugar and fat, which are empty calories – they fill you up quickly but have very little nutritional value. After a day of fasting, our digestive systems need the exact opposite of what is often inflicted on it come sunset. But in the evening you'll feel full, sluggish, and low on energy

amazan is a joyful time of the year - think Christmas and Thanksgiving rolled into one. Such holidays are always associated with speciality food. Like turkey for Thanksgiving, the holy month

- when Muslims abstain from all food and drink from dawn till sunset before marking the completion of the fast with iftar, the end-of-day meal - has its own signature dishes.

For example, it is popular in Morocco and Algeria to break the fast with harira, a tomato-based soup with chickpeas, lentils and sometimes lamb. Maqluba, or upside-down rice dish, is also popular in Palestine and Syria, and mahshi, or rice stuffed vegetables, in Egypt. Fried samosas are often prepared as part of Ramazan meals across the Muslim world, as are syrup heavy desserts like knafeh, qatayef and

In many homes, the day-long fast is broken at the sunset call to prayer, with a few dates, a sweet drink, a bowl of soup and sometimes fruit or a small helping of khoshaf - drie fruit compote. After this quick first course there is usually a pause to perform sunset prayers, before returning to the dinner table for iftar, a hearty main meal (of rice, pasta, meat, chicken) that will be capped with decadent desserts and some tea or coffee.

In my household at least, this means that in just over an hour we eat so much food we can barely move or breathe. This is why, whenever I tried to go on a diet, I would always fall off the bandwagon during Ramazan.

Ironically, the month of fasting, purification and selfcontrol is often the downfall of me and my friends. Indeed, several people I know go on a diet three months before Ramazan in preparation for the extra calories anticipated.

Foods associated with Ramazan are usually full of unrefined sugar and fat, which are empty calories – they fill you up quickly but have very little nutritional value. After a day of fasting, our digestive systems need the exact opposite of what is often inflicted on it come sunset. But in the evening you'll feel full, sluggish, and low on energy (especially if you plan to take part in Taraweeh, the extended night prayers undertaken during Ramazan). Gorging on these types of foods also means you're more likely to feel hungry during the next day of fasting.

But it doesn't have to be this way.

The month of spiritual indulgence should not excuse overeating once the daily fast is over. With some simple substitutions and an open mind, many of the classic Ramazan recipes can still be adapted to a balanced diet and enjoyed. But there are a few things you can do to avoid piling on the pounds and feel a lot better for it.

For instance, opting for slow release, high nutritional value foods like wholemeal carbs, raw nuts, avocados, bananas, eggs, pulses and beans, not only is healthier, it will also help give you more energy throughout the day.

The life hacks below are as applicable during Ramazan as any other time of year. Important: as always, those with underlying health conditions or who are pregnant should always consult their doctor or dietician before embarking

1. The salt swap

This hack is simple. Instead of regular fine table salt. try the pink Himalayan variety, which has more trace minerals than table salt, none of the additives, and is minimally

Sea salt is also a good alternative if you can't get hold of Himalayan. Like Himalayan salt, it is mineral-rich and

You can always go easy on the salt in general. The key here is moderation and taking it one step at a time really helps. Like sugar in tea, once you start reducing the amount of salt you use overall, your taste buds will quickly adjust.

Also think about foods that contain too much salt. Years ago I picked up the habit of scoffing pickels on the dinner table. Gradually I replaced them with a big bowl of salad that helped me reducing the amounts of sodium in my meals.

The next idea is maybe not so easy: say no to sugar. While fasting can make you feel tired because of low blood sugar levels, it's important to resist the urge to fill up on sweets as soon as the sun sets. Consuming too much sugar causes a spike in energy levels followed by a crash, leading to energy-draining cycles.

This has always been the hardest step for me. I love sugar, chocolate, desserts and everything in between. So in my case, I started slowly, using natural healthier alternatives like coconut sugar and honey, before eventually turning to natural sweeteners like stevia and monk fruit.

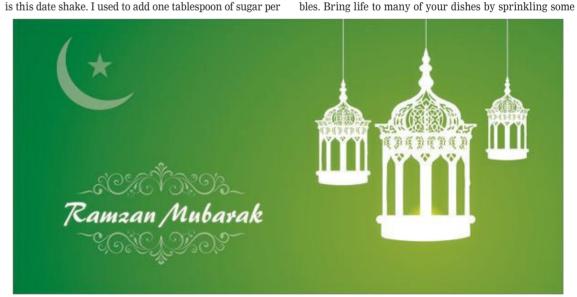
One of the recipes that I cannot do without in Ramazan

opt for the good carbs that will help slowly release sugar into your bloodstream and keep your energy levels steadier without spiking your blood sugar levels. And while I limit my carbs, every now and then I indulge in good carbs.

These include fruits, sweet potato, brown rice, quinoa, whole grains and oats. For instance, I've used quinoa instead of white rice to make this amazing, much healthier koshari recipe.

7. Bring the crunch

Nuts are highly nutritious - almonds and walnuts are my favourite - so snack on them. They can add easily add crunch to oatmeal, yoghurt, salads and steamed vegeta-



cup of milk for this recipe. It is my favourite drink to break a long fasting day. I then started sweetening it with honey, then reduced even that and relied only on the sweetness of

3. Eat smaller desserts...

This one might sound simple, but it really is effective: eat smaller sweet dishes. You can make baklava in portions like these rolled ones and bake them in whatever quantities you need. Even better, get your baklava fix in a much healthier way with baked apples.

4. ...and portions in general

In general, eating smaller portions of any of your favourite dishes - savoury or sweet - is going to be kind on your tested digestive system this month. I always find that by day three of Ramazan, I start to feel full after the first small bowl of soup, then feel less hungry throughout the day. Drinking enough water at night becomes the priority.

Another idea I got from a dietician is to trick your mind. I love pitta bread and can easily devour two pittas in iust one meal, but most diets limit your bread to a quarter, which seemed impossible for me.

One dietician recommended that I start cutting the pitta bread into two full circles and just eat one of them. Though it is half a pitta, my mind will still think of it as a whole pitta bread. This seriously helped.

5. Cut out tinned tomatoes

I also now avoid using tinned tomatoes whenever possible. I was shocked to learn how much sugar is in a can of chopped tomatoes, or pasta sauce - around 14-24 grams of sugar per 420g tin. My grandma used to use her stainless steel mill to make her tomato sauce. Is throwing some tomatoes in the food processor that much of a hardship?

6. Think good carbs

To counter the effect of the reduced sugar consumption,

crushed nuts or a handful of slivered almonds over the top.

8. Forget the deep fryer

If you're a fan of the deep fryer, or even if you only pull it out of storage for this one time of year, there is still some hope. One obvious – but recommended - hack is to try baking instead of deep-frying. For example, these samosas, baked in the oven, are just as delicious as the fried alternatives.

For this, you need a baking tray with a wire rack or, if you don't have one, you can place your samosas on an elevated rack over a baking tray. Some tried and tested recipes include these baked aubergines. Baked kibbeh is also a treat instead of frying it. But if all else fails, try to pan-fry to reduce the fat that will ultimately be absorbed by the food.

9. The value of good oils

Incorporate more good oils in your recipes: I like using more extra virgin olive oil, avocado oil and coconut oil. Check which oil to use in different cooking situations and their smoking point. The higher the smoking point the better, since over heating oils takes away beneficial nutrients and produces harmful free radicals.

10. Everything's gone green

Finally, when it comes to dishing out your delicious, healthy meal to break the fast, why not serve it over a bed of leafy greens? What about spinach, chard, collard, lettuce and rocket? These greens not only add colour to your plate but come loaded with vitamins, minerals and fibres.

Ramazan is a time for resolutions and I've made it my goal to have a good one this year. If, like me, you struggle to abstain from the feasting denied during the fasting day, these ideas should help you at least take a step towards your ultimate goal.

For more recipes and ideas from Amira Ibrahim, head over to Amira's Pantry.

The Middle East Eye

J-K Govt Has Adopted 5-Pronged Approach For Effective Transformation Of Tourism: L-G

government has adopted a fivepronged approach for effective transformation of tourism in the union territory and the sector is being developed as per the vision of sustainable development goals, Lieutenant Governor Manoj Sinha said on Tuesday

Virtually addressing a conference on 'tapping tourism potential of Kashmir' here, the L-G said a comprehensive mechanism was being laid down to provide the best facilities to corporate golfers, tourists and food connoisseurs.

Sinha observed that despite

pandemic, the UT administration has taken sufficient steps for the revival of tourism in I&K and for providing employment to individuals associated with the sector.

Tourism sector in Jammu and Kashmir is being developed as per the vision of sustainable development goals, he said. Besides, dedicated focus is be-

ing given to strengthen the hospitality segment and for establishing a robust tourism infrastructure system, he added.

The Lt governor said tourism in Jammu and Kashmir has immense potential. It needs to be explored properly.

There are many tourist places in Kashmir which are favourites of the film industry.

"But apart from that, there are hundreds of more unexplored places, which people are not aware of," Sinha said.

We are working towards developing state-of-the-art resources through public and private investment. The golden era of Kashmir would once again be brought back to the silver screen through the New Film Policy, which will be announced by the J&K administration within a few days, he added.

He further said that a number of policy interventions have been made to provide financial support to various stakeholders from the tourism sector. To facilitate ease of travel, night time operations have also been allowed at the Srinagar airport, he added.

Experts believe that the transport sector and rural and urban economies also benefit greatly through expansive cooperation in tourism. Sinha said.

Lately, similar effects have started emerging in Jammu & Kashmir also, he observed.

CONTD. FROM **FRONT** PAGE

Muslims Mark

reopened and limits on movement have eased as vaccine rollouts continue in Muslimmajority nations. Clerics in such places as Indonesia have issued assurances the vaccine does not break one's daytime fast.

Ramzan is marked by longer prayers, dawnto-dusk fasting and nightly feasts with family and friends, though crowded shoulderto-shoulder gatherings in mosques and large gatherings for meals remain prohibited due to the continued spread of coronavirus globally.

Throughout Ramzan, Muslims abstain from any food or drink - including water - from morning to night. The month-long practice is aimed at heightening remembrance of God, curbing unhealthy habits and deepening gratitude.

In Mecca, home to the Kaaba - Islam's most sacred site - Muslims performed socially distanced taraweeh prayers, marking the start of Ramzan. Observant Muslims around the world pray toward the Kaaba five times a day.

Only limited numbers of worshippers are being allowed inside the Grand Mosque that houses the Kaaba in an effort to prevent the spread of the virus. Saudi authorities are only allowing individuals who've been vaccinated or recently recovered from the virus to perform taraweeh prayers at the Kaaba.

In Lebanon, most Muslims began Ramazan on Tuesday amid soaring inflation. The small country is in the grips of the worst economic and financial crisis in its modern history, with the Lebanese currency losing some 80 per cent of its value against the U.S. dollar in past months.

The crisis - a result of decades of endemic corruption and mismanagement - has been compounded by the coronavirus pandemic. Many people are having to scale back their Ramazan preparations.

We cannot buy anything. We ask how much the lettuce is, the cucumber and the tomato, said Samiyeh al-Turk at a busy open air market in Beirut Monday. "How we are going to get through the month of Ramzan? I don't know, she added.

In Iraq, a curfew will remain in place from 7 p.m. to 5 a.m. throughout Ramzan, with total lockdown on weekends. The Health Ministry warned that non-compliance with these measures could lead to three-day continuous lockdowns. Citing economic concerns for business owners, restaurants and pastry shops will be able to operate but solely through home deliveries.

Meanwhile, a 10-day lockdown due to increased infections went into effect on Tuesday in northeastern areas of Syria controlled by U.S.-backed fighters. The region, which borders Iraq and Turkey, is home to 5 million people.

In Indonesia, COVID-19 cases are also spiking. Mosques are being allowed to open for Ramzan prayers with strict protocols in place.

The government will allow people to hold iftar gatherings during Ramazan in restaurants, malls and cafes, which can open at 50% capacity. Iftar is the sought-after moment when Muslims traditionally break their daylong fast by eating dates and taking a sip of water before feasting with friends and family.

Easing restrictions is like a breath of fresh air for us who are tired by this COVID-19 outbreak, said Anna Mardyastuti, a resident in Indonesia's capital of Jakarta.

Yes, they should act to stop the virus, but not block the door to worship or change our tradition of Ramazan entirely.

In neighboring Muslim-majority Malaysia, Wan Noradriana Balqis, 21, welcomed the return of community prayers in mosques but said she will avoid busy Ramazan bazaars. Coronavirus cases in Malaysia have more than tripled since January.

I don't think it's a good idea to reopen the bazaars. The rules are there but many people don't follow them, the database administrative officer said.

Vaccinations pose a challenge for Muslim nations administering shots throughout Ramzan. Officials are working to ease concerns over the Islamic teaching that Muslims should refrain from anything entering the body between sunrise and sunset.

Indonesia's top clerical council went so far as to say Muslims eligible for vaccinations are required to take the shots during Ramzan.

Governments, meanwhile, are also working

to uphold some restrictions. In India, where infections have peaked in recent days, scholars are appealing to the country's 200 million Muslims to follow anti-virus protocols and refrain from large gatherings. Many Indian cities dealing with virus surges have imposed nighttime curfews, and it remains unclear whether the faithful will be al-

lowed to perform taraweeh prayers in mosques. In Pakistan and Iran, fasting is expected to begin Wednesday.

The government of Prime Minister Imran Khan has refused to close mosques in Pakistan, even as new infections reach levels similar to the start of the pandemic. Mosque leaders are entrusted with ensuring no one over 50 years-old enters and that social distancing is maintained, but rarely do adherents follow these restrictions. (PTI)

Corona Cases

the highest of 423 COVID-19 cases, including

73 travellers, followed by 265 in Udhampur district, including 255 travellers, and 191 in

lammu district. The number of active cases has now reached 8,681 in the union territory, while 1,29,932 patients have recovered so far, the officials said.

The death toll in the union territory due to the pandemic is 2,037 as three fresh deaths were reported in the past 24 hours in the union territory

Srinagar Has

2,833 on Monday, while Jammu recorded a seven-fold increase during the period from 211 to 1,582 cases.

As on Monday, Jammu and Kashmir has recorded a total of 1,39,381 COVID-19 cases 83,679 in Kashmir and 55,702 in Jammu division. As many as 2,034 people -- 1,282 in Kashmir and 752 in Jammu division -- have succumbed to the virus.

A total of 1,29,439 patients have recovered from the infection and the number of active cases in the union territory stood at 7,908 on Monday.

Jammu Chief Medical Officer J P Singh said the prevailing COVID-19 situation in the district was of great concern and the health department is making the best use of its resources to deal with the pandemic.

"If we compare the present phase with last year, it is of great concern. We had a very few cases in March-April last year but this time we have witnessed a jump of five times in the number of cases between February and April," Singh SAID. He said complacent behaviour among people is leading to the surge in cases, and added that the health department is better prepared this time and are taking further necessary steps to augment the infrastructure to deal with the situation.

Ramban district has the lowest 17 active cases, officials said.

Baramulla with 805 active cases is positioned third in the chart, followed by Reasi (386 cases), Udhampur (384), Budgam (376), Kulgam (225), Kupwara (212), Anantnag (211), Pulwama (193), Kathua (161), Bandipora (115), Samba (82), Ganderbal (80), Shopian (70), Rajouri (61), Doda (45), Poonch (39), Kishtwar (31) and Ramban (17), the officials said.

Several districts, including Doda, Kishtwar and Samba, were declared "coronavirus free" early this year after recovery of all infected people.

The spike in the infection forced the administration to announce closure of educational institutions from April 5 to April 18, besides imposition of night curfew from 10 pm to 6 am in the urban areas of eight districts, including lammu and Srinagar, since April 9.

The other districts where curfew has been imposed are Udhampur, Kathua, Baramulla, Budgam, Anantnag and Kupwara, while Reasi district has been put under close observation for any spike in cases.

Srinagar also tops the COVID-19 fatality chart with 480 deaths, followed by Jammu (391), Baramulla (183), Budgam (123), Kupwara and Anantnag (98 each), Pulwama (92), Doda (64), Bandipora (63), Udhampur (58), Kulgam and Rajouri (56 each), Kathua (53), Ganderbal (49), Samba (43), Shopian (40), Poonch (26), Ramban (23), Kishtwar (22) and Reasi (16), the officials said. (PTI)

Scholars Okay

that COVID-19 vaccines can be taken in Ramazan was also issued by prominent Islamic seminary Farangi Mahal in Lucknow.

"The vaccine enters blood vessels and not the stomach. Therefore, taking it does not affect 'roza'. Only because of 'roza', Muslims should not avoid taking the COVID-19 vaccine." the edict issued by Darul Ifta Farangi Mahal said.

The fatwa was in reply to a question from Abdul Rashid Kidwai, a resident of Madhya Pradesh who said that he had taken the first vaccine shot earlier and wanted to know if he can take the second dose which is due in the Ramzan period.

Jammu and Kashmir's Grand Mufti Nasir-Ul-Islam also said that a person who is fasting can have the COVID vaccine shot without worrying

about it invalidating his fast. Having a COVID vaccine shot will not invalidate the fasting, Islam said.

He said the vaccine does not have any nutritional value and is allowed to be administered during fasting.

The vaccine is not considered food or drink. It would not give a person the energy to fight hunger, he said. The J-K's Grand Mufti appealed to people to

get vaccinated in order to prevent the spread of the virus infection.

Another religious scholar Mufti Zia-ul-Haq said the religion allows the administration of injections and vaccines during fasting.

There is a 'fatwa' that injections or vaccines do not invalidate the fasting as Islamic jurists already allowed injections for ill patients. This vaccine is also like an injection and therefore, does not affect the fasting, he said.

He said medicine and supplements, which enter the stomach or give energy to deal with hunger, invalidate the fast.

He, however, said if anyone still has doubt, then the person can have the vaccine after breaking the fast.

But, as medical teams may not be able to do that in the evening, it is advised to get the jab during the fast as the vaccination is needed to defeat the virus, he said.

In the Ramazan last year, Muslim scholars had advised people to adhere to standard operating procedures issued by the government and even asked them to pray at home.

Light Rainfall

Kashmir divisions from April 14 to 17. There are four types colour codes signifying the level of caution: green which means no action, yellow-situation to be watched), amber -government agencies need to be prepared for severe weather and red -action needed by the agencies.

Meanwhile, a meteorological department official said that the minimum temperature settled at 8.6 degree Celsius against 7.8 degree Celsius on the previous night in Srinagar. The temperature in the summer capital was 1.0 degree Celsius above normal for this time of the season, he said.

Qazigund, the gateway town of Kashmir, recorded a low of 5.8 degree Celsius against 7.2 degree Celsius on the previous night, the official said.

Pahalgam, the famous resort in south Kashmir, recorded a minimum of 2.1 degree Celsius against 4.0 degree Celsius on the earlier night, he said.

Kokernag, also in south Kashmir, recorded a low of 5.2 degree Celsius against previous night's 5.8 degree Celsius, the official said.

Kupwara recorded a low of 6.5 degree Celsius against 5.2 degree Celsius on the previous night, the official said.

Gulmarg, the world famous skiing resort in the north Kashmir, record a low of minus 0.5 degree Celsius against 0.2 degree Celsius on the previous night, the official said.

Highway To

Jawahar Tunnel in view of the repair work," a traffic department official said in a communiqué. Mughal Road, connecting Poonch and Shopian districts, and Srinagar-Sonmarg-Gumri road continue to remain closed, the official said.

Wedding Bells

2006 due to frequent ceasefire violations that touched an all-time high in 2020 with over 5,000 incidents of firing and shelling being recorded.

The latest decision brought relief to the border residents who resumed activities like farming and schooling that were the worst-hit by With both countries observing the ceasefire

agreement religiously since February, people have also started celebrating weddings in their own houses instead of moving the events to safer places outside the villages, the officials said. They said brightly illuminated wedding

houses are a common sight on the borders these days in both Poonch and Rajouri districts as are people dancing to drums and accompaniments, a sight which many have forgotten due to the constant fear of shelling and the practice of observing complete darkness to escape being attacked during the hostilities.

"We are happy to witness such celebrations after a very long time," Parvez Ahmad, a groom from village Gagriya along the zero line in Sawian area of Poonch said.

Ahmad was among the lucky youngsters who tied the knot last week. But the shadow of fear from early days seemed to linger as two of his relatives in the wedding party carried white flags when they walked through the village to the bride's house

A local, Mohammad Akbar Mir, said earlier they used to stay indoors for days together due to intense shelling from across the border.

"This time the weddings are taking place with pomp and show...normal activities like trading have resumed, unlike in the past when we used to fear the Pakistani guns atop the hillock overlooking the village," he said.

Newly-wed Tarannum said the shelling and firing had made the situation very dangerous for the people living along the LoC.

"People were getting killed, their houses destroyed...now they are happy as peace has returned following the latest agreement," she said. Students are also happy as the prevailing calm has alleviated their parents' concern about their safety and allowed them free movement.

"My family was very concerned about my safety as I had to go out to attend school and private tuition," Mohammad Farooq, a 12th lass student from Mendhar, said.

He said the peace allowed normal functioning of schools along the borders. Another villager, Mohammad Sabir, said the ceasefire violation had become routine earlier, making the lives of the people along the border miserable.

"There has been no ceasefire violation over the past 46 days, allowing people to carry out their daily chores without worrying about safety," he said, expressing hope that both the countries would uphold the agreement in the larger interests of humanity.

Gol Had No

say something on Kashmir. If that right is

granted, then we would like to say that it was wrong on the part of the government of India to abrogate Article 370 of the Constitution of India unilaterally. That action on the part of the government of India was unconstitutional," Soz said in a statement.

The former Union minister said Article 370 was incorporated in the Constitution of India, when a constitutional relationship was being worked out between the erstwhile state of Jammu and Kashmir and the Union of India.

"The simple fact is that the government of India had no right to abrogate Article 370 unilaterally," he added.

Soz said the people of the Jammu and Kashmir have every right to raise their voice against the abrogation of provisions of Article 370 of the Constitution of India.

"We shall, therefore, continue to raise our voice! Meanwhile, Shri Venkaiah Naidu would weigh in his mind whether he was entitled to say that nobody has any right to say anything on Kashmir," he added.

Construct Crash

parapets at all vulnerable locations to avoid

road mishaps. Terming better road connectivity as a key feature in the socio-economic development of any region, the LG, as per the official spokesperson reviewed progress of PMGSY road projects under execution in Ramban and Banihal divisions and directed for completion of all road projects in the district to strengthen the road network. He also took stock of rates of construction material being used in various projects.

"The LG asked the NHAI to provide employment to local youth in ongoing national projects, besides providing them skill development

training in required trades," he said. As per the official spokesperson the LG also reviewed the preparedness being made by the district administration for Shri Amarnath Ii Yatra and passed necessary directions to the administration for ensuring the provision of adequate facilities to the visiting Yatris.

"He also directed the district administration to construct community sanitary complexes along the national highway and asked them to prepare a comprehensive maintenance and sanitation plan for the same," he said

The official spokesperson further said that the LG directed the Deputy Commissioner and other district officers to adopt an action oriented approach for prompt redressal of public grievances; besides reaching out to people with all the basic amenities.

"He further asked the concerned functionaries to closely monitor the ongoing development works for their implementation in right earnest and to achieve the set targets on developmental front," he said.

The LG, he said, laid specific thrust on important public issues like 100% saturation of social security & beneficiary-oriented schemes and speedy completion of languishing projects.

While reviewing the healthcare sector, the official spokesperson said that Sinha observed that the Ayushman Bharat –SEHAT has been launched with a noble objective of providing universal health coverage in J&K and passed strict directions to CMO to achieve 100% coverage under the scheme.

"He further directed for sensitizing the people about the benefits of the schemes, besides speeding up the process of distribution of Golden cards," he said.

While reviewing the COVID-19 containment efforts of the District Administration, the LG, as per the official spokesperson directed the Deputy Commissioner to take all precautionary measures, especially in view of Shri Amarnath Ji Yatra and to ensure that COVID-19 appropriate behaviour is adopted by the people in he district. He also laid special emphasis on making serious efforts to intensify testing and vaccination.

"The Lt Governor also reviewed the status of staff strength of the Health Department, especially Doctors and stressed on rationalizing the human resources for providing better healthcare services to all," he said.

"While reviewing the functioning of Jal Shakti department, the Lt Governor directed the said department to complete all the projects taken up under languishing and other schemes in stipulated time period," he added.

The official spokesperson further said that the LG observed that under Jal Jeevan Mission, Government is targeting to provide piped water supply (Har Ghar Nal se Jal) to every household and called upon all the stakeholders to complement Government's efforts for its effective implementation on ground.

"During the meeting, threadbare discussion was also held on development and growth of the industrial sector in the district. The Lt Governor directed the Deputy Commissioner to submit a comprehensive plan for the establishment of Industrial estate in Ramban," he said.

"He also passed specific directions to the District Administration to identify suitable land for establishing Solid Waste Management plants," he added.

functionaries of Rural Development Department to take comprehensive measures for the timely completion of Panchayat Ghars, besides starting the work on newly sanctioned infrastructure to facilitate the PRI representatives. "With a view to extending hand-holding to the young Entrepreneurs who are interested

He further said that Sinha also directed the

in starting their own business ventures, the Lt Governor instructed the Lead Bank Manager to ensure loan facility being made available to youth identified during the Back to Village programme," he added. Emphasizing on strengthening the e-Governance ecosystem, Sinha, as per the official spokesperson called for regular updating of all

to acquaint themselves with all online services being made available for the ease of the people. The LG, he said, while reviewing the Power Sector, directed the Executive Engineer JPDCL to ensure metering of every household, besides collecting pending revenue (Electricity bills) from consumers. He also took stock of transformers

Government departments' websites with lat-

est information. He further asked the officers

repairing and maintenance status in the district. As per the official spokesperson the LG also took a detailed review of the progress under Social welfare, ICDS, NRLM, Fisheries, Animal and Sheep Husbandry, Agriculture,

Horticulture & allied sectors, public services, Aadhar seeding with ration cards, besides implementation of developmental projects under Back to Village programmes.

"The Lt Governor also reviewed the security scenario of the district. While presenting a report on security issues, SSP Ramban, PD Nitya apprised the Lt Governor with a security plan besides highlighting the importance of creating new police units in various parts of the district," he said.

Earlier, Mussarat Islam, Deputy Commissioner Ramban gave a detailed overview of the development scenario in the district.

Selection Panel

real estate development, Infrastructure, economics, planning, law, commerce, accountancy, industry, management, social service, public affairs or administration while members shall have 15 years' experience in these fields.

The RERA is being set-up under the Real Estate (Regulation and Development) Act (RERA) and Jammu and Kashmir Real Estate (Regulation and Development) Rules, 2020. Before October 31, 2019, Jammu and Kashmir had its own law to regulate the real estate sector—(Agencies)

Wedding Bells

nations in November 2003 but it virtually lost its relevance after

2 Militants, 3 OGWs

"On the basis of specific information, Police along with 32 RR and 92 battalion CRPF established a naka at Kachloo crossing on Baramulla Handwara Highway. During search/ checking three persons riding a motorcycle were found in suspicious condition who on seeing the search party tried to escape from the spot but were apprehended by the search party," officer

They were identified as Mohammad Yaseen son of Mohammad Akbar, Showkat Ahmad Ganie son of Sonaulla Ganie and Ghulam Nabi Rather son of Wali Mohammad, all residents of Village Kachloo Qaziabad.

"On their personal search arms and ammunitions and letter pad of Al Badr were recov-

ered from their possession," the officer said. During further questioning, he said, it came to surface that the trio are working with militant outfit Al Badr as OGWs and are providing logistic support, food and shelter to the outfit.

"During investigation the arrested persons disclosed that two other persons known to them have recently joined the militant ranks and are operating in Handwara area. Accordingly Police along with 21RR launched a cordon and search operation in the forest area of Baderkali. During search operation two persons along with arms and ammunitions were

arrested. They have been identified as Saleem Yousuf Rather son of Mohammad Yousuf Rather and Iqhlaq Ahmad Sheikh son of Imtiyaz Ahmad, both residents of Watergam.

'The duo had joined militant ranks recently and were planning to attack security forces installations, Panchs, Sarpanchs and other peace loving people to create violence in the area,"

the police officer said. **BSF Nabs Pak**

to stop but he did not pay any attention," officials said, adding that he was subsequently

fired upon due to which he got minor injury. BSF troops subsequently apprehended him and handed him over to police, the officials said, adding that during preliminary questioning, the intruder revealed his identity as

Shabbir, 40 approx, son of Yusuf—(KNO) **Explosive Material**

regard has been started. **Contractor Arrested** by some people, in their protest, demanding the payment of wages, police said, adding

was found adding that investigation in this

Saleem Bhat opened fire from a licensed pistol at the protesters but nobody was hurt. Station House Officer (SHO), Banihal, Nayeem ul Haq said an FIR was registered

against Bhat and further investigation was on. However, the accused alleged that the attack was a conspiracy hatched by the Congress party. He said he had nothing to do with the protesting family that was responsible for bringing

to a halt the work inside a railway tunnel. He said he fired in in air only after some locals attacked his vehicle and started pelting stones at him, officers and workers inside and outside tunnel no 74. Meanwhile, railway construction company ABCI also forwarded a written complaint against the protesting family for attacking officers, workers and contractors and disrupting the construction work.

Slain Cop's Math

scheduled to get married after Eid-ul-Fitr. "He got engaged to a girl a few months ago and we were preparing to get him married," Aaqib said. A day before his killing, Raja was at home to discuss his wedding preparations.

"He was happy, excited. There was a new glow on his face," his brother said. "Everything was going in the right direction but Allah had his own plans.'

For over four days his would-be in-laws along with his fiancé were mourning at his home.

"The girl was speechless during that time," Raja's uncle said. "She was clearly in deep shock." After completing his graduation in Mathematics, Raja was planning to pursue his Masters in the same subject.

"He would teach students in a local school

and he aspired to become a Mathematics teacher. But after our father's demise, he gaveup his dream and joined the police force with the help of the SRO case," Aagib said. But his dream of becoming a teacher and guid-

ing the local students was still in his heart. When he used to be at home, Danish said, Raja would call his students and enquire about their education.

"He would discuss and debate with us," the long-faced student said. Mudasir Nazir, Raja's another student, termed his teacher's "politeness as a heart-

warming gesture". "He may no longer be with us today," Mudasir said, "but he will always remain alive

in our hearts."

Police Allegedly Assault Restauranteur, Waiter In Pattan Matter Will Be Investigated: SSP

Observer News Service

Police on Monday evening altown of north Kashmir's Baramulla district and damaged several items inside the restaurant.

Quoting sources a local news gathering agency reported that a police team headed by SDPO Pattan beat a restaurant waiter in Pattan market on Monday evening at 9 PM injuring the waiter. He was identified as Manzoor Ahmad, a resident of Baramulla.

They said that the injured person was rushed to Sub District Hospital (SDH) Pattan, where from he was referred to SMHS hospital in Srinagar for advanced treatment; however the injured person was discharged from SMHS hospital later.

Shopkeepers have alleged that they have been assaulted PATTAN: Jammu and Kashmir by the said police team on a regular basis during evening hours legedly assaulted a restaurant and the officer in-charge uses owner and a waiter in Pattan unparliamentary language on a routine basis.

Meanwhile, SSP Baramulla Rayees Ahmad refuted the allegations and said that "nobody was assaulted".

He said a Police party was on duty to ensure night curfew and some hotel owners were told to shut the shops as they were flouting the orders. When asked how this person was injured, the SSP said the matter will be investigated.

He said any issue of using "unparliamentary" language will be dealt with and appropriately.

Meanwhile shopkeepers appealed the Lt Governor to transfer the said officer immediately.

GHS Mitrigam Faces Shortage Of Staff, Students Suffer

Observer News Service

High School in Mitrigam village which students aren't getting of South Kashmir's Pulwama district is facing staff shortstudying in the school are facing a lot of problems.

Students of class 10th said that there is only a teacher for biology and other subjects are taught by non-subject teachers due to which they aren't getting lessons properly.

They said that they haven't started mathematics yet because there is no teacher to teach.

A teacher posted at the school on condition of anonymity acknowledged that the school is but higher authorities have orfacing a staff shortage due to which teachers working there are also facing a lot of problems.

He added that they have been informing higher-ups every day

He further added that to teach 11 classes including KG, there PULWAMA: The Government are just seven teachers due to proper attention.

They further added that there is age due to which the students no clerk, no peon and no laboratory besides the library in the school.

Locals said that despite a roll of over 100 students the government is not paying any attention to the school.

They said that they have taken up the issue with concerned authorities several times but to no avail

District Primary Education Officer (DPEO) who is also in charge of Chief Education Officer Pulwama said that providing adequate staff to all schools is our priority dered us to put on hold all transfer and deployment orders.

Despite repeated attempts, the Director of School Education wasn't available to comment on the issue—(KNO)

TEACHER POSTED AT THE SCHOOL ON condition of anonymity acknowledged that the school is facing a staff shortage due to which teachers working there are also facing a lot of problems.

Peoples Conference Expresses Dismay Over 'Dismal State Of Administration' In J&K



Observer News Service

SRINAGAR: Jammu and Kashmir Peoples Conference Tuesday expressed dismay over the present "dismal state of administration" in Jammu and Kashmir, observing that the wedge between the common people and those at the helm is only widening with each passing day.

A meeting of senior leadership of the party led by its chairman Sajad Gani Lone was held at the party head office on Tues- strenuous efforts to ostracise day during which the participants expressed these concerns.

According to a JKPC statement, the leaders in a detailed meeting maintained that the woes of the common masses on passing day and that the administration is only plunging them into the deep and dreadful cycle of perturbation.

Jammu and Kashmir is in severe The meeting further delibergrip of administrative inertia ated upon the party structure and that the bureaucratic hur- and measures needed to be dles and dilatory mode of func- taken to strengthen it further on tioning has become a new normal in the state administration."

that the gulf between the addelivery of services is menac- peccable will.

ingly misplaced to the core. The leaders also urged the LG administration to go beyond the rhetoric and deepen the process of dialogue and make sincere efforts to engage the people for a

lasting solution to the present

The JKPC leaders also highlighted the day to day struggle masses here face in getting their grievances addressed in the power corridors and how the present dispensation is making the entire scenario and give façade of normality by opening up of the local gardens and spon-

soring cultural shows. The leadership made a fervent appeal to the LG administration ground are mounting with each to take remedial measures and prioritise the resolution of the problems people in Kashmir are facing amid the multitude of torments prevalent due to the The leadership observed that political and economic crises. ground. The meet also emphasized upon the democratization The leaders also maintained of the plans and policies of the party so that people could carry ministration and the common it forward in a bid to get Jammu masses must end at an earliest and Kashmir out of the present and that the euphoria about morass of uncertainty and chaos good governance and prompt with invincible courage and im-



KASHMIRI PANDITS celebrating Navratri marking a new year in Hindu calendar, in Srinagar on Tuesday.Ko Photo Abid Bhat

Baisakhi, Navratri **Celebrated Across Kashmir**

Observer News Service

SRINAGAR: The twin festivals of Baisakhi-the festival of harvest and Navratri-the festival celebrated on New Year as per Hindu calendar, were celebrated with traditional enthusiasm and religious fervour on Tuesday by Sikh and Hindu community respectively across the Valley.

The Temples and Gurdwaras were decorated in Srinagar and elsewhere today while religious events like Hawan, Bhajan Kirtans and other related events were also organised.

As the festivals were celebrated amid the ongoing pandemic, the caretakers of the religious places had taken adequate measures to ensure that the COVID-19 Standard Operating Procedure (SOPs) are followed in letter and spirit.

Colorful Baisakhi fairs were organised at several places measures for the smooth celwith people going to shopping, eating and recreational sprees.

For the Sikh community, the biggest function was held at Chatti Pathshahi Kathi Darwaza Rainawari in Old City here while Hawans and Pujas were also organized in many temples here including Sheetal Nath, Ganpatyar and others.

The people from both the the morning and visited Gurd- ed to ensure proper sanitation

Advisor Khan Pays Obeisance At Zeastha Devi Temple, Chatti Padshahi

dvisor to Lieutenant Governor, Farooq Khan Tuesday celebrated the Navratra and Baisakhi festivals at Srinagar ebrated the Naviatia and Balls with Hindu and Sikh brethren.

On the occasion the Advisor visited the shrine of Mata Zeastha Devi Mandir situated at the foothills of picturesque Zabarwan. Speaking on the occasion Advisor Khan extended heartiest congratulations to the entire community of Kashmiri Pandits across the globe on 'Navreh' and wished for their peace, progress and prosperity.

Later the Advisor visited the Gurudwara Chatti Padshahi Rainawari and took part in the celebrations of Baisakhi festival there. He prayed for peace and prosperity of the people of Union Territory and wished that the new year would be free from all the worries and ailments. He prayed for good health, hygiene, happiness and development of all the people of J&K.

waras and Temples. The mem- at the venues. bers from Muslim community were also seen present during these religious events.

Pertinently, the administration had taken elaborated ebrations of the festivals.

The concerned departments as per the officials were asked to ensure all basic arrangements are put in place for the devotees.

They were also directed for ensuring hassle-free traffic and parking arrangements and bulance and paramedic staff at uninterrupted supply of electricity and drinking water. The communities woke up early in departments were also direct-

Authorities had also made

adequate transport facility on the occasion for the devotees traveling to Shital Nath and Shrika Temples.

At Chatti Padshahi Gurudwara, the concerned department was asked to provide required food-grains to the Gurudwara Langar offering free food to devotees on the occasion.

A medical camp was also set up with a dedicated amthe Gurudwara in addition to facility of thermal scanning on Baisakhi festival at the venue-

Situation Conducive For Return Of Pandits To Kashmir: BJP

Observer News Service

KaulTuesday said that Kashmi- ed from today." ri Pandits who had fled Kashmir Valley in the 90's have rity is concerned, those living is involved in encroachment of in religious rituals in Srinagar temples.

from the KPs living in Kashmir, saying today," Koul said. he could see a large number

SRINAGAR: Bharatiya Janata ing Hawans. "I spoke to many croached temple land and at Party (BJP) General Secre- and could gauge that the pro- the other places, blue-eyed (Organisation) Ashok cess of return of KPs has start-

He said that as far the secustarted to return after so many in Kashmir are feeling safe and temples here in Kashmir. The decades as many of them a security situation is perfectly government should work on it could be seen participating conducive for the smooth re- and ensure that the encroachturn of KPs. "There is no se- ment is removed at the earlicurity concern as of now. The est," he said. Koul told reporters at Sheetal situation has improved a lot on Nath temple in Srinagar on the ground. The process of re- to Hindus, Sikhs and Muslims the sidelines of a religious turn of KPs has started, I believe on, saying "Today is very pifunction that he visited a few KPs who are willing to return to ous as three religious events temples in Srinagar and apart Kashmir will agree to what I am are taking place on this day

of Pandits who had migrated and renovation of Srinagar month Ramadan. (CNS)

from the Valley, participating temples, Koul said that at some in the religious rituals includ- places the government has enpeople are also involved.

'The blue-eyed people as well as the government itself,

Koul also extended greetings including Navratri, Baisakhi About the encroachment and the commencing of holy

CUK Holds Workshop On Traffic Management In Kashmir

Observer News Service

GANDERBAL: The Central University of Kashmir (CUK) Vice Chancellor, Prof. Mehraj ud Din Mir Tuesday called for an effective management of traffic in the Srinagar city and peripheries, in order to minimise the road accidents and cut the travelling time of commuters.

"The commuters, both travelling in public and private vehicles, are facing huge difficulties to traverse through the city and peripheral roads due to huge traffic inflow and snarls, which cause inordinate delays in reaching to the respective workplaces, particularly during rush hours," Prof. Mehraj ud Din Mir said while addressing the participants during the traffic in the city and peripha one-day training workshop on eries. He further said the Valley

underscored the need of checking the menace of teenage driv-

ing and stunt biking. Faheem Ahmed Malik, Associate Lecturer in Future Transportation Systems, Faculty of Engineering and Environment, Northumbria University, United Kingdom, in his presentations, portrayed a dismal picture of traffic in Srinagar city. "Despite construction of flyovers, the traffic mess in the City will go from bad to worse in coming years, if adequate effective measures are not taken immediately," Faheem Malik said while quoting a survey conducted by him. He said the traffic and other concerned departments have to work in tandem in order to streamline



"Traffic Management in Kashmir: Problems, Perspectives and Way Forward," organised by the varsity's School of Legal Studies (SLS) at Tulmulla Campus.

SSP Traffic Rural, Manzoor Ahmad, SP Ganderbal, Feroz Yehya, DSP Traffic. Ganderbal. Fahim Ahmad, faculty members and students attended the event.

CUK Vice Chancellor, said that driving on roads has become a nerve-racking exercise. "The drivers get extremely irritated due to frequent traffic snarls on roads, which adversely affect their mental health," he said, system, in order to ease the suf- they are crossing the roads at ferings of the people. He also busy traffic junctions.

also lacks a robust public transportation system, which if put in place, would solve the majority of traffic related issues.

Bhushan Gulabrao Borase, SVP- National Police Academy, Hyderabad, in his keynote address and presentation, highlighted the measures taken by traffic police personnel in Tamil Nadu, Bangalore and Mohali and other states to check the traffic violations. "The traffic police personnel in Tamil Nadu have recommended the cancellation of more than one lakh vehicular licenses of habitual offenders," adding the need of the hour he said. Bhushan Gulabrao Bowas to plan and implement a rase, also underscored the need foolproof traffic management to protect the pedestrians while

Passport Official Arrested In Jammu For Demanding Bribe

Observer News Service

JAMMU: The Central Bureau of Investigation (CBI) on Tuesday said that it arrested a Senior Passport Assistant, Regional Passport Office (RPO) Jammu for demanding and accepting a bribe of Rs 4,000/- from a complainant.

Officials said that a case was Passport Assistant. registered on a complaint alleging that the Senior Passport manded a bribe of Rs.5000/- for Assistant, Regional Passport Office, Jammu demanded a bribe accept Rs.4000/- after negotiafor issuance of passport of the complainant.

mu. "It was further alleged that the statement said. (KNO)

the complainant was informed that an FIR has been registered against him and due to this, issuance of passport was pending, a statement said, adding that the complainant further informed that he has been acquitted in the said FIR. "Thereafter, the complainant visited the Passport Office. Iammu and met the Senior

The accused allegedly deissuing passport and agreed to

"CBI laid a trap and caught the It was alleged that the com- accused red-handed while deplainant had applied for issu- manding & accepting a bribe of Rs ance of Passport in the month of 4,000/-. Searches were conducted Ianuary, 2020 and contacted the at the residential premises of the Regional Passport Office, Jam- accused at Jammu & Lucknow,"

Absconder Arrested In Kulgam

Observer News Service

KULGAM: Jammu and Kashmir Police in Kulgam Tuesday arrested an absconder who was evading arrest for a long time. A police spokesperson said that acting on reliable information

regarding an absconder, a Police party headed by SHO PS Qazigund under the supervision of SDPO Qazigund raided the specified location and subsequently arrested the absconder from Gufbal Qaimoh.

He has been identified as Sayar Ahmad Dar son of Ghulam Mohammad Dar, a resident of Mishipora Redwani Qaimoh. He was wanted by law for his involvement in case FIR number 271/2020 U/S 15, 18 NDPS Act of PS Qazigund. Further investigation is in progress.

NEWS MAKERS

Driver Dies Of Cardiac Arrest On Kashmir Highway

Observer News Service

SRINAGAR: A truck driver from Punjab died of cardiac arrest last night on Kashmir Highway near Digdol area in Ramban district of Jammu province. Officials said that last night, a driver parked his truck on the

side of the road and died due to sudden severe chest pain. The deceased driver was identified as Darshan Singh, a resident of Amritsar, Punjab. (CNS)

20-Year-Old Motorcyclist Killed In Doda Road Accident

Observer News Service

DODA: A 20-year-old motorcyclist was killed after he was hit by a car in Thathri town of Doda district on Tuesday. According to reports, Gupteshwar Singh, son of Dil Chand, was on

his way to Doda from Nagni Kathiara Thathri when he was hit by a car. The motorcyclist died on the spot in the accident. Police has registered a case under FIR No 35 and further inves-

DIPR Kathua Organises Cultural Bonanza

Observer News Service

KATHUA: The Kathua unit of Department of Information & Public Relations (DIPR) organised a Cultural Bonanza at Border Tehsil Hiranagar on Tuesday – the first day of its week long special event series being held as part of Azadi Ka Amrut Mahotsav'.

The programme was organised in association with management of Maa Kali Qila Jasmergarh Temple, Hiranagar- which witnessed huge footfall of devotees in view of ongoing Navtartri festival.

Artists of District Information Center, Kathua presented Hindi, Dogri, Punjabi devotional and patriotic songs, besides sensitising people on do's & don'ts of Covid-19 through special songs on Covid appropriate behaviour.

The popular devotional and



patriotic songs presented by issues, especially the contribuartists received repeated and thunderous applause of the Indian independence. gathering. The devotional Dogri

for sensitising people on varied of Indian freedom struggle.

tion of our freedom fighters in Pertinently, the District In-

bhajans presented by Troupes formation Centre, Kathua is was also liked by the devotees organising Week Long special and other people present there. events to mark the celebrations The management of Maa under 'Azadi Ka Amrut Mahot-Kali Qila Jasmergarh Temple sav' in border tehsil Hiranagar appreciated the efforts of DIPR and pay tribute to the heroes







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