



05 STATE

SIX MINUTE WALK TEST, A RUDIMENTARY EXERCISE TO JUDGE IF ONE NEEDS MEDICAL HELP

Head of Medicine at Government Medical College & Hospital, Dr Vijay Kundal has said, the age old adage 'prevention is...

P7 THINK

WAIT FOR "BETTER" VACCINES?

It's been well documented that there's a significant level of vaccine hesitancy. This appears to be a particular issue among adults over 50 concerning the AstraZeneca vaccine, for which this group is now eligible...



03 CITY

SMC MAYOR SEEK'S REMOVAL OF JOINT COMMISSIONER PLANNING

In a letter to Commissioner Srinagar Municipal Corporation (SMC) on Saturday, Mayor Srinagar city Junaid Azim Matto along with 61 Corporators...



Widom
Quote!

You can do
anything you set
your mind to.

—Benjamin Franklin

NEWS DIGEST

Soldier 'Strangles' Self At IAF Station

SRINAGAR: A soldier allegedly committed suicide by hanging himself at the Indian Air Force (IAF) station in Budgam district of central Kashmir. The soldier identified as Jai Singh from Kotli Kalan area of Haryana was found dead inside his room at the IAF station in the district in the early hours of Saturday, reports said. According to the reports, it is believed [More On P10](#)

KU Extends Admission Date Till May 31

SRINAGAR: The University of Kashmir on Saturday decided to extend the last date for admission to various under-graduate courses till May 31. According to officials, the KU has extended the last date for admission to 1st-2nd Semester Choice Based Credit System Scheme for BA/ B.Sc/ B.SCH/ B.Com/ BCA/ BBA/ B.M.M.M.C/ OCMIL (General/ Honors) programme at Under-Graduate level (in respective colleges) upto and including [More On P10](#)

Teen Dies Of Heart Attack In Tral

SRINAGAR: A teenager died after suffering a massive heart attack in Tral area of south Kashmir's Pulwama district, reports said Saturday. 18-year-old Azhar Manzoor Mir suffered a massive heart attack during the intervening night of May 21-22 at his home in Lariyar village of Tral, reports said. The teenager was shifted by his family to the nearby hospital. However, the doctors there declared him brought dead.

Arms Found During CASO In Poonch

SRINAGAR: The state forces on Saturday recovered arms and ammunitions during a search operation in Qasba area along Line of Control (LoC) in Poonch district in Jammu division. Special operations group (SOG) of police and army launched a joint search operation in Qasba area along the LoC on Saturday afternoon, reports said. During the combing operation, the joint team busted a militant hideout and recovered one AK-56 rifle, one AK 56 Magazine with [More On P10](#)

Electric Shock Kills Man, Injures Another

SRINAGAR: A man was killed and another injured on Saturday in an incident of electrocution in Budgam district of central Kashmir. Farooq Ahmed of Zanigam and Ghulam Mohammad Najaf of Katiruna were critically injured after receiving electric shock at a joinery mill in Sonpah village of the district on Saturday morning, reports said. The injured duo, reports said, were removed by the villagers to the Sub-District Hospital [More On P10](#)

'Corona Curfew' Extended Till May 31 In J&K



People wait for their turn to receive vaccine jabs at Srinagar's SHMS hospital on Saturday. KO Photo, Abid Bhat

Press Trust Of India

JAMMU: The Jammu and Kashmir administration on

Saturday extended till May 31 the curfew imposed across the union territory to curb the spread of coronavirus.

The restrictions were scheduled to end on May 24. "Corona Curfew imposed in all 20 distts [More On P10](#)

48 More Deaths, 3408 New Cases In 24 Hours

Jammu and Kashmir reported on Saturday 48 more deaths due to coronavirus while 3,408 fresh cases of virus were also detected across the Union territory during the last 24 hours, raising the tally to 2, 67,313 since the outbreak of pandemic last year. The officials said that 30 more people succumbed to virus in Jammu division while 18 people also died at the various healthcare facilities in Kashmir Valley, taking the overall fatality count to 3513. Of the fresh cases, 1,251 were reported from the Jammu division and 2,157 from the Kashmir division, they said. Providing district wise details, the officials said that Srinagar reported 509, Baramulla 237, [More On P10](#)

214 Detained On 24th Day Of Lockdown

The police on Saturday detained at least 214 more people for breaching government imposed lockdown to combat the spread of coronavirus across Jammu and Kashmir. According to a police spokesperson, 214 people have been arrested, 102 FIRs registered and a fine of Rs1, 45,360 has been recovered from 941 people for violating the guidelines throughout Kashmir valley. Besides, a vehicle was seized and [More On P10](#)

Corona Under Control In J&K: WHO Officer Says Preventive Measures First Weapon To Stop Covid Spread

As coronavirus cases in Jammu and Kashmir have shown a sign of decline over a few days, a surveillance officer with the World Health Organization (WHO) on Saturday expressed optimism over the recovery rate of positive cases and the less fatality rate in the Union Territory and Kashmir compared to rest of the states. "This is the main [More On P10](#)

Sajjad Haider Quits As KEG President

Observer News Service

SRINAGAR: Sajjad Haider, Editor-in-Chief Kashmir Observer on Saturday announced his decision to resign from the post of President Kashmir Editors Guild (KEG).

Haider, while announcing his decision on his twitter handle said he has forwarded his resignation letter to KEG Secretary General.

Haider was elected President of KEG in September last year taking over from Fayaz Ahmad Kaloo, Editor-in-Chief Greater Kashmir, whose term had ended earlier.

"In the plagued fall of 2020, I was handed [More On P10](#)

'Turn Vaccination Into Mass Movement In Kashmir'

Agenceis

NEW DELHI: Union Minister Jitendra Singh on Saturday appealed to people to turn the COVID-19 vaccination drive into a mass movement in Kashmir and said everybody, rising above political and ideological differences, should come together to fight the pandemic. In an interaction with political leaders and public activists from Kashmir, he said a successful vaccination campaign in the Valley will send a positive message across the country. Elected representatives, social activists, religious heads and senior leaders can play a



vital role in turning the vaccination drive launched by the Modi government against Covid into a mass movement, Singh, who is the minister of state for personnel, said. "Rising above [More On P10](#)

Heart Patients Susceptible To Covid-19: Expert

Observer News Service

SRINAGAR: A senior cardiologist said on Saturday that the patients with heart problems and uncontrolled blood pressure are susceptible to infection and conversely Covid patients also develop heart problems.

"Heart disease is very common among severe Covid patients," said Dr Irfan Ahmad Bhat, Consultant Cardiologist Government Medical College (GMC) Srinagar, while speaking about the impact of coronavirus infection on heart health.

He said patients with heart problems and uncontrolled blood pressure are susceptible

to infection and conversely Covid patients also develop heart problems.

The senior cardiologist also said that Covid patient having history of any heart problem like heart attack, cardiac stent or any other chronic heart problem shall continue to take their prescribed medicine at optimal time.

He also said that no change in medicine shall be made during Covid infection and advised heart patients to remain in touch with their personal and concerned doctors for suggestions in this regard.

He also asked Covid patients having heart issues not to pay heed to rumours [More On P10](#)

2 Cops Suspended After Interrogation Video Goes Viral

Firdaus Ali

SRINAGAR: Two policemen were placed under suspension and a probe was ordered against a station house officer (SHO) in north Kashmir's Baramulla district after a video showing cops interrogating two people went viral on social media.

In a statement issued on Saturday, a police spokesperson said that a video purported to be of a police investigation/interrogation is doing rounds on social media.

"The same has been found

to be pertaining to blind murder case of March 2021 of PS Pattan which was solved last month," he said.

The accused — a man and a woman, he said shown in video had been arrested for the murder of the woman suspect's husband.

"The act of the video is highly unprofessional and unbecoming of a disciplined police, the police spokesman said, adding two officials have been suspended for the same.

"An inquiry has been initiated against the [More On P10](#)

Ex-J&K Bank Chairman Gets Bail Till May 31

Agencies

SRINAGAR: Special Judge Anti-Corruption Srinagar on Saturday granted 10 days bail to former Jammu and Kashmir Bank chairman Parvez Ahmad Nengroo by taking in view the "extra ordinary situation prevailing because of COVID-19 pandemic."

"Having taken in regard all the facts & circumstances and all other facts/circumstances including duration of custody of the petitioner (Nengroo) & the directions of the Supreme



Court and that of Justice Ali Mohammad Magrey, for release of prisoners in J&K in view of the Covid 19 pandemic into consideration, the status of the investigation [More On P10](#)

KISHTWAR CONSPIRACY CASE

NIA Charges 3 Hizb Men

JAMMU: The National Investigation Agency (NIA) on Saturday filed a charge sheet against three Hizbul Mujahideen militants in a 2019 case related to a conspiracy to revive militancy in Kishtwar district of Jammu and Kashmir, an official said.

The charge sheet against Jaffer Hussain of Hunjalla and Taraq Hussain Giri of Pochhal in Kishtwar and Tanveer Ahmad Malik of Tantna in Doda district was filed before a special court in Jammu, a spokesperson of the NIA said. [More On P10](#)

Heroics Tackling Hardships In Kashmir's Third Lockdown Year

Sameer Dar

Rashida Amin's unruffled morning rides are coming as a big relief to destitute class in Kashmir's third straight year of paralytic phase.

The woman in mid-twenties has adopted many households battling poverty in pandemic.

With public-donor support, she's currently saving situations from going south in many Kashmiri deprived families.

Rashida's silent service is coming at a time when Kashmir is facing third consecutive year of lockdown creating a distressing wave of destitution around,

especially for daily-wagers.

In absence of a substantial official relief package—as lately demanded by the battered business body of Kashmir—many welfare managers have come on the scene for the crisis management.

"Beyond what we get to hear on social media, situation is terrible on the ground," Rashid said.

"There's this old mother who lives alone in a shanty in Srinagar. She has no support left. And then there's this family of four sisters living without any earning hand. This third-year of lockdown has hit the poor families like anything."

Kashmir's 3-week lockdown



in 2021 has already incurred economic losses worth Rs 6000 Crore, says Ejaz Ayoub, a budding economist from Kashmir.

"Government bailout is Rs 55 Cr as tabulated," he adds. "This means Jammu and Kashmir is losing Rs 260 Cr every day in lockdown."

This official response, experts fear, will undo the last thirty years of economic resilience of the valley.

"At the end of the day it's more about human lives and livelihood," says Ather Khan, an economic scholar from Srinagar. "It's one thing to live and make uneasy peace with these lockdowns as part of the plagued routine, but entirely other matter to live its long-term consequences."

Seconding Ather, Rashida says that it took Kashmir years to fight and come out of the clamp-down routine of nineties.

"Take, for instance, the case of

orphans," she continues.

"We're yet to address that concern. In the name of management, we evaded our collective responsibility and diverted that crisis to orphanages than to develop a foster system and address that nascent situation in the bud itself."

Back in the day when the destitution reared its ugly head in the valley, Ghulam Mustafa of J&K Yateem Trust became one of the crisis-managers.

The 1972-established orphanage became a strife shelter overnight and gave succor to several families in Kashmir during nineties.

"We have been reliant completely on public donations to run our organization since then," says Ghulam Mustafa, the orphanage administrator.

"And years later, with the help of that community support, we've diversified our destitution plans."

The orphanage runs a program called "Wedding Assistance" in which they help orphans and destitute girls with a wedding kit comprising of ladies suits, footwear and cosmetics products worth Rs. 15,000.

In the times like these, the orphanage counts on its special programs like "Feeding the Needy".

Apart from [More On P10](#)



Dr. Khawar Khan
Achakzai

Registrar Internal Medicine,
GMC and associated hospitals

WHEN TO SUSPECT BLACK FUNGUS:

When you are a diabetic with poor control or have received immunosuppressants (eg. steroids) recently and develop any one of the following:

Unilateral, retro-orbital headache.

Facial pain

Facial numbness

Fever

Hyposmia (decreased smell)

Nasal congestion which progresses to black discharge

Swelling of eye (orbit)

Discolouration of skin of facial area

Double vision

Mucormycosis is one hell of a disease to treat. Even after a costly course (in terms of money and disability) it can lead to loss of vital functions like eye sight.

All this can be prevented by judicious use of corticosteroids and immaculate control of blood sugars, both requiring just a little more effort and patience by the Doctor and the patient.



Dr Aiyaz Akbar
Khawaja

Cardiac Intensivist,
Dammam, Saudi Arabia

It has been often seen healthcare workers wearing masks the wrong way. We should never use a surgical mask under N95. It should be used above N95 to prevent it from getting contaminated.

Actually they dont get any training prior to use of PPE which is the job of infectious control deptt, which perhaps doesn't exist in Kashmir.



Dr. Vandana Goel

New Recommendations of
NEGVAC accepted by Union
Ministry of Health

As per new recommendations of NEGVAC, COVID19 vaccination to be deferred by 3 months after recovery from the illness

If infected with COVID after 1st dose, 2nd dose to be deferred by 3 months after clinical recovery from COVID-19 illness

COVID-19 vaccination recommended for all Lactating Women

No Screening of vaccine recipients by Rapid Antigen Test (RAT) prior to COVID19 vaccination