



P3 CITY

100 JOURNALISTS VACCINATED AT MEDIA COMPLEX IN SRINAGAR

As part of a vaccination drive launched by the Government, the Information Department organized a vaccination camp for media persons at the Directorate of Information and Public Relations...

P6

ONE-STATE SOLUTION, THE WAY FORWARD IN PALESTINE

For more than 50 years, well-intentioned and more cynical, local and external actors involved in the attempts to bring peace and reconciliation to historical Palestine have religiously adhered to....



P5 STATE

'MISC IN CHILDREN CAN PROVE DEADLY IF NOT TREATED ON TIME'

Associate Professor, Department of Pediatrics, Dr Anuj Bhatti has said that it is the foremost duty of the mother and close relatives having young children or a new born...



Foreign-Returned Kashmiri Medical Force Awaiting Frontline Call

Sameer Dar

After handling scores of medical emergency situations, especially during the Gulf War, in the Middle East, Dr. Syed Riyaz Ahmed finally came home in Kashmir amid the ongoing health crisis. His arrival in the viral spring of 2021 coincided with the



THERE'S NO QUESTION OF JOINING the pandemic duty without signing a will. We understand that we may return in body bags, but we are up for it."

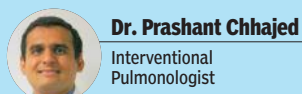
government's emergency recruitment of rookies and retired healthcare workers for the critical combat.

Growing the tribe of Covid warriors was one of the recognizable official responses against the health crisis.

This conscription for frontlines alerted trauma-care specialist Dr. Riyaz in his Srinagar home where he had arrived for the post-retirement sabbatical. As a Jammu and Kashmir Public Service Commission qualified doctor (Regd. 2373), with a job stint in the region's health department, he applied for the community welfare cause. ● More On P6

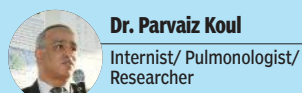
Quote!

The secret of getting ahead is getting started
—Mark Twain



Dr. Prashant Chhajed
Interventional Pulmonologist

There is robust secretion of SARS-CoV-2 sp IgA & IgG antibodies in breast milk post vaccination. They show strong neutralizing effects, suggesting a potential protective effect against infection in the infant.



Dr. Parvaiz Koul
Internist/ Pulmonologist/ Researcher

Adult vaccination has been neglected in developing countries. It is about time to emphasise that vaccines are the best thing to have happened to public health, regardless of antivaxers out there to disillusion you from taking vaccines. They are like pro-tobacco lobbyists.



Dr. Parul M Sharma
Eye Surgeon

This time India please don't say that our immunity is better and we have conquered the virus. Cases will go down as per the natural cycle but keep wearing mask PROPERLY on nose n mouth. The viruses love to mutate and can attack us anytime again. SNUG MASK IS THE BEST VACCINE

Another Suspected Black Fungus Death In J&K, Toll 2



Observer Monitoring Desk

SRINAGAR: Jammu and Kashmir on Wednesday reported another death believed to have been caused

by black fungus even as eight more suspected mucormycosis cases have been reported from the Union Territory, officials said Wednesday. A senior health ● More On P6

53 Detained Rohingyas Test Positive

As many as 53 detained Rohingyas tested positive for COVID-19 during a special three-day testing ● More On P6

Jammu First District To Log Over 1000 Deaths

Worst hit by the second wave of COVID-19, the winter capital Jammu on Wednesday ● More On P6

Govt Launches Schemes For Kin Of Pandemic Victims

'SASCM' For Families Who Lost Their Bread Earners: LG

Observer News Service

JAMMU: As part of its endeavour to ensure necessary support to families in their moment of crisis, the Jammu and Kashmir government on Wednesday launched a Special Scheme for financial assistance to families who have lost their only bread earner due to COVID pandemic.

The scheme was launched by J&K Lieutenant Governor, Manoj Sinha here on Wednesday, an official spokesperson said. Under the scheme, called 'सकषम' or 'Special Assistance Scheme for COVID Mortalities (SASCM)', cash assistance of Rs 1000 per month shall be provided to spouse and the eldest member of the family.



The official spokesperson said that the J&K Government has adopted a comprehensive approach, by creating a Special Cell in Social Welfare Department to identify and track support to these ● More On P6

Pandemic Affects Mental Health Of Children, Elderly: Expert

Observer News Service

SRINAGAR: The coronavirus pandemic has affected mental health of the people due to isolation, restriction on movement, social gathering and idleness which has barred people from having normal social interaction and outdoor activities, a senior psychiatrist said Wednesday. Dr Junaid Nabi, Assistant Professor, Department of Psychiatry, Government Medical College (GMC), Srinagar said that another reason which has affected mental health is fear, stigma and isolation period of Covid positive patients.

"The fear of catching infection and the later repercussions has taken maximum toll on sound minds", said the

Psychiatrist and added that it is essential to overcome the fear psychosis with a positive mind that "the pandemic phase is temporary and this shall pass too," Dr Junaid said.

Besides, he said, the stigma attached to covid-19 infection has also affected the mental health of patients.

While speaking about the behaviour of people towards coronavirus positive patients, the senior psychiatrist said that some people don't come to help infected patients and instead they run away from them.

"This behaviour is absolutely wrong," he said, while calling for a compassionate attitude towards patients to help them out of the disease.

Dr Junaid also ● More On P6

Race For SKIMS Director's Post

26 Senior Docs Write To CS: 'Start Selection Process'

Agencies

SRINAGAR: At least 26 senior faculty members and HoDs of various departments of the premier SK institute of medical sciences (SKIMS) have written a letter to Jammu and Kashmir Chief Secretary inviting applications for the post of Director of the prestigious institutions as the term of the incumbent is ending next month.

As per the letter, the senior faculty members and HoDs have brought to the notice of Chief Secretary that vide government order on 9-October-2019, Prof. A G Ahangar's term as Director SKIMS and ex-Officio Secretary to government completes on June 25 this year.

"We were expecting an advertisement notification for the selection of the post since the completion of the tenure of the incumbent is approaching," ● More On P6

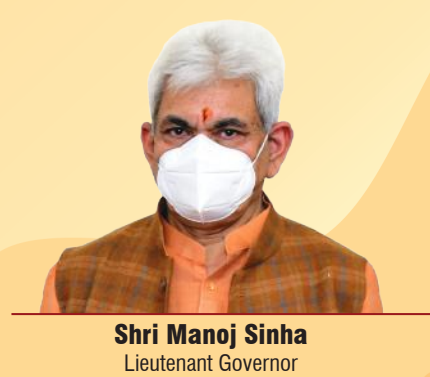
LG Serves 8-Hour Deadline To PDD To Fix Transformers



Observer News Service

JAMMU: Setting a deadline of 8 hours for replacement of damaged transformers in urban areas and 48 hours in rural areas, the Jammu

and Kashmir Lieutenant Governor, Manoj Sinha on Wednesday asked the power development department to ensure uninterrupted power supply with backup to the oxygen plants. ● More On P6



Shri Manoj Sinha
Lieutenant Governor

SPECIAL COVID-19 VACCINATION DRIVE FOR PRIORITY GROUPS (18-44 YEARS)

27.05.2021

Details of Vaccination sites for priority groups (18-44 years) in Srinagar

S. NO	Vaccination Centre Name	Number of Sites	Department/Category	S. NO	Vaccination Centre Name	Number of Sites	Department/Category
Srinagar District				24	Khumani Chowk CHC	1	High Risk Group
1	Health Centre Near jamia Masjid Nishat	1	High Risk Group	25	Kashi Mohalla CHC	1	High Risk Group
2	Sher-I-Kashmir Park	1	High Risk Group	26	Danderkhah CHC	1	High Risk Group
3	Sub Office Ward No. 3 Dal Lake	1	High Risk Group	27	Girls Hr. Sec. Rajbagh	1	High Risk Group
4	SMC Sub Office Opp. Zindshah Masjid	1	High Risk Group	28	Chanpora CHC	1	High Risk Group
5	Bhagwanpora Community Centre	1	High Risk Group	29	SMC Sub Office Ward no. 32	1	High Risk Group
6	Sokhalipora Community Centre	1	High Risk Group	30	Health Center Humhama	1	High Risk Group
7	Rozbal Community Centre	1	High Risk Group	31	SMC Sub Office Ward No. 34	1	High Risk Group
8	Polytechnic College	1	High Risk Group	32	Public Library Office Baghi Mehtab	1	High Risk Group
9	Madinsahib Community Centre	1	High Risk Group	33	TRC Srinagar	1	High Risk Group
10	Sub Office Ward No.11 Lal Bazaar	1	High Risk Group	34	SC Nehru Park	1	High Risk Group
11	Meerakshah Colony Community Centre	1	High Risk Group	35	Nigeen Club	1	High Risk Group
12	Alfa Public School Wanihamad Chowk	1	High Risk Group	36	Hotel Residency Rajbagh	1	High Risk Group
13	PHC Zakura Ward No. 14	1	High Risk Group	37	Indoor Stadium Gogji Bagh	1	High Risk Group
14	Middle School Habak Nagbal Ward No. 5	1	High Risk Group	38	Fruit Mandi Parimpora	1	High Risk Group
15	Malik Saab Community Centre	1	High Risk Group	39	UPHC Harwan	1	High Risk Group
16	Nowshera CHC	1	High Risk Group	40	PHC Khonmoh	1	High Risk Group
17	Nawakadal Women College	1	High Risk Group	41	SC Dara Harwan	1	High Risk Group
18	SMC Sub Office, Ward No. 32	1	High Risk Group	42	Raj Bhawan	1	High Risk Group
19	SMC Sub Office Ward no. 22	1	High Risk Group	43	Water Works Div. Exchange Road	1	High Risk Group
20	Chattabal Boys School	1	High Risk Group	44	Psychiatric Hospital Central Jail	1	High Risk Group
21	Sub Office Ward No. 24	1	High Risk Group	45	Water Supply Master Plan Div. Soura	1	High Risk Group
22	Habbakhaton Complex	1	High Risk Group	46	New Secretariat	1	High Risk Group
23	Private Hall near Baghdadi Restaurant	1	High Risk Group	47	PHE Mech. Div. Near water Tanki Jawahar nagar	1	High Risk Group

- High Risk Group includes Shopkeepers, Hotel Staff, Service Delivery Persons, Drivers, Construction Workers, Lawyers, Journalist, Govt. employee on Covid /Active field duty, College/University going Students.
- Only eligible beneficiaries may come to the venue after vetting by concerned departmental officer
- Similar vaccination drive is also being conducted in Anantnag, Baramulla and Budgam district

For free Ambulance Service please call Toll Free No. 108
For any kind of Covid-19 query log on to www.covidrelief.jk.gov.in



Issued in Public Interest by:
Health and Medical Education Department, J & K

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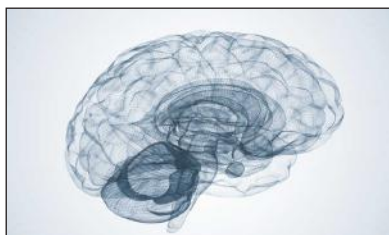
2

Thursday | 27-05-2021

Here's how the brain strengthens memories during sleep

Agencies

Over a long period of time, researchers have been exploring the link between memories and sleep, and in a recent study, they found that the two activities in the brain, slow oscillations and sleep spindles, help keep the memories strong. While we sleep, the brain produces particular activation patterns. When two of these patterns gear into each other, previous experiences are reactivated. The stronger the reactivation, the clearer will be our recall of past events, a new study reveals. Scientists have long known that slow oscillations (SOs) and sleep spindles - sudden half-second to two-second



bursts of oscillatory brain activity - play an important role in the formation and retention of new memories. But experts in the UK and Germany have discovered that the precise combination of SOs and sleep spindles is vital for opening windows during which memories are reactivated; helping to form and cement memories in the human brain.

Researchers at the University of Birmingham and Ludwig-Maximilians-University Munich today published their findings in Nature Communications.

Co-author Dr Bernhard Staresina, from the University of Birmingham's School of Psychology, commented, "Our main means of strengthening memories while we sleep is the reactivation of previously learnt information, which allows us to solidify memories in neocortical long-term stores."

"We have discovered an intricate interplay of brain activity - slow oscillations and sleep spindles - which create windows of opportunity enabling this reactivation," added Dr Staresina.

Co-author Dr Thomas Schreiner, from Ludwig-Maximilians-University, Munich, commented, "Memory reactivation is specifically bound to the presence of SO-spindle complexes. These results shed new light on the memory function of sleep in humans and emphasise the importance of orchestrated sleep rhythms in strengthening our powers of recall and orchestrating the creation of memories."

Before this study, evidence of the brain's capacity to reactivate memories during sleep was scarce, but the team devised novel tests where participants were shown information before taking a nap and closely monitored brain activity during non-rapid eye movement (NREM) sleep using EEG recording. Those taking part were then tested on their memory recall after waking up, allowing the researchers to link the extent of memory reactivation during sleep to memory performance. The results revealed reactivation of learning material during SO-spindle complexes, with the precision of SO-spindle coupling predicting how strongly the memory would be reactivated by the brain. This in turn predicted the level of memory consolidation across participants and the subsequent clarity of recall.

Storytelling reduces pain, stress in hospitalised children: Study

Agencies

A new research has shown for the first time that storytelling is capable of providing physiological and emotional benefits to children in Intensive Care Units (ICUs). The study was published in the Proceedings of the National Academy of Sciences, the official scientific journal of the National Academy of Sciences of the US.

It was carried out by the D'Or Institute for Research and Education (IDOR) and the Federal University of ABC (UFABC). The study was led by Guilherme Brockington, PhD, from UFABC, and Jorge Moll, MD, PhD, from IDOR.

"During storytelling, something happens that we call 'narrative transportation'. The child, through fantasy, can experience sensations and thoughts that transport him or her to another world, a place that is different from the hospital room and is, therefore, far from the aversive conditions of hospitalization," affirmed Guilherme Brockington, PhD, and lead author of the study. Storytelling is an immemorial practice of humanity. Legends, religions, and social values have spanned millennia through orality and writing. The most current best-selling cinematographic scripts and novels captivate the audiences through the same mechanism: listening to a good story is moving from one reality to another.

This movement, driven by imagination, can create empathy for events and characters that fluctuate according to the interpretation of each individual.

"Until now, the positive evidence for storytelling was based on 'common sense' and taken at face value, in which interacting with the child may distract, entertain and alleviate psychological suffering. But there was a lack of a solid scientific basis, especially with regard to underlying physiological mechanisms," explained Dr Moll.

Considering the psychological and biological processes that occur during, and after listening to a story, the study investigators came up with the idea of seeking scientific evidence for the effects of storytelling on critically hospitalized children.

In total, 81 children were selected, aged between 2 and 7 years and with similar clinical conditions, such as respiratory problems caused by asthma, bronchitis, or pneumonia. The children were admitted to the ICU at Rede D'Or Sao Luiz Jabaquara Hospital, in Sao Paulo, Brazil, and were randomly divided into two groups: 41 of them participated in a group in which storytellers read children's stories for 25 to 30 minutes, while in a control group, 40 children were told riddles offered by the same professionals and during the same length of time. To compare the effects of the two interventions, saliva samples were collected from each participant before and after each session to analyze the oscillations of cortisol and oxytocin - hormones related to stress and empathy, respectively.

In addition, the children took a subjective test to evaluate the level of pain they were feeling before and after participating in the activities. They also performed a free word association task by relating their im-



pressions about 7 cards illustrated with elements from the hospital context (Nurse, Doctor, Hospital, Medicine, Patient, Pain, and Book). The outcomes were positive for all groups, as both interventions reduced the level of cortisol and increased the production of oxytocin in all the children analyzed, while the sensation of pain and discomfort was also mitigated, according to the evaluation of the children themselves.

However, a significant difference was that the positive results of the children in the storytelling group were twice as good as those in the riddles group. These findings led the researchers to conclude that the narrative activity was substantially more effective.

"Another highlight of this study is that it was not performed in an artificial environment, but rather within the routine of the pediatric ICU. The storytelling was done individually; the child chose which story

would be told. Among the books offered, we chose titles available in ordinary bookstores and without a pre-defined emotional bias, so that the story would not influence the child's reaction so much after the activity," highlighted Dr Brockington. Even though storytelling was already being adopted in many children's hospitals, this is the first time we are presented with robust evidence of its physiological and psychological impacts. This contributes to seeing the activity as an effective and low-cost therapeutic method, which can make a great difference in the quality of life for children in intensive care units.

"I consider this study to be one of the most important I have participated in, due to its simplicity, rigor, and potential direct impact on practices in the hospital environment, aiming at the relief of human suffering. As it is a low-cost and highly safe inter-

vention, it can potentially be implemented in the entire public system, once larger-scale studies verify its reproducibility and effectiveness. We intend to extend and replicate it in other settings and patient groups and to support volunteering dedicated to the noble activity of storytelling, now with more solid scientific evidence," pointed out Dr Moll.

The emotional impacts of storytelling were also revealed in the results of the free word association test, done at the end of each intervention. Children in the storytelling group reported more positive emotions than in the control group, when exposed to the Hospital, Nurse, and Doctor words.

For example, the children in the control group responded to the card with the drawing of a Hospital saying, "This is the place that people go when they are sick". Children in the storytelling group reported for the same card as: "this is the place that people go to get better."

For the illustrations of a nurse and a doctor, the same pattern was observed. Children in the control group remarked "This is the bad woman who comes to give me an injection", while those who were told the stories said phrases such as: "This is the woman who comes to heal me."

Although the research had the support of trained volunteer storytellers from the Brazilian non-profit association "Viva e Deixe Viver", the authors state that storytelling is an activity that can be equally practiced by parents and educators, thus providing space for children to participate in the choice of the book and to interact with the story.

آہ! محمد یوسف میر نہ رہے



إِنَّا لِلّٰہِ وَإِنَّا اِلَیْہِ رَاجِعُونَ

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ کوادی تحصیل کے ایک نامور خطاط، تنظیم الکتاب کے مدیر کن اور مکتب امامیہ، رکھشالہ نیکان کے مدرس اور توجیداً بچہ پیشکش نشینیوت رکھشالہ کے استاذ محمد یوسف میر ابن ولی محمد میر رضا علی سے دارالافتائی سے دارالافتائی کی طرف کوچ فرما گئیں ہیں۔

خدا انہیں جوارا معصومین (عظیم السلام) میں جگہ نصیب فرمائے اور ان کے اہل خانہ کو ہر جمل عطا فرمائے۔ مرحوم کی فاتحہ خوانی عید المبارک 28 مئی کو پڑھائی جائے گی اور پھر کوادی ناظر رکھتے ہوئے انجام دی جائے گی۔

— لولہ حقین، دوست و احباب

ko

SRINAGAR MUNICIPAL CORPORATION

SEALING ORDER

Subject:- Sealing of structure under clause 2.1.2 (b) and 2.2.6 of Srinagar Municipal Corporation Building Bye-Laws 2011 at Kursu Rajbagh near Ahlihaadees Masjid Srinagar.

Whereas, the Ward Officer Ward No. 30 SMC vide his No. SMC/W-30/1424-27, dated:- 01-02-2021 has submitted a report wherein reported that Farooq Ahmad Dar S/o Late Ghulam Qadir Dar & Ors have constructed three storeyed commercial structure in residential area.

Whereas, as reported by the Ward Officer that the structure in question has been raised without permission.

Whereas, the Ward Officer in the said report has stated that the offenders are carrying inner construction in violation of the court order and has recommended to seal the said structure.

Whereas, a showcause notice for sealing under section 2.1.2 (b) of J&K Municipal Corporation Building Byelaws 2011 has been served upon the offenders vide No. SMC/Enf/20870-76, dated:- 09-02-2021 asking him to showcause as to why the structure/ building in question is not sealed in accordance with ambit of law.

Whereas, the offenders have submitted reply to the showcause notice which has been examined and considered and has been rejected devoid of merit as such.

Whereas, the offenders have violated the Laws in force & court order which entails an action of sealing of the said building/ structure under section 2.1.2 (b) of J&K Municipal Corporation Building Bye-Laws Regulations 2011

Now, therefore, in view of the above, the structure in question is hereby sealed under Clause 2.1.2 (b) and 2.2.6 of Srinagar Municipal Corporation Building Bye-Laws, 2011 "in terms of unauthorized use of any building or a part of building, without a Building use permit or in a manner that does not conform with it, sanctioned use or after a building use permit has been revoked, shall be deemed to be unauthorised use of building" and put under the Superdariat with the Station House Officer Police Station Rajbagh and Ward Officer, Ward No. 30, SMC.

DIPK-NB-914/21

No. SMC/Enf/2650-59 Dated:- 17-05-2021

Commissioner,
Srinagar Municipal Corporation.

DEMISE



Genuine Axis

With profound grief and sorrow, we inform the sad demise of my beloved son, **Khurshid Iqbal Hafiz, R/o: Azad Basti Natipora, Srinagar**. He breathed his last at SKIMS Soura on **25th of May 2021**, where he was undergoing treatment for Covid-19.

Bereaved

Master Abdul Gani Hafiz. Azad Basti, Natipora

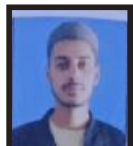
The Jammu And Kashmir State Board Of School Education, BRANCH OFFICE MAGAM

The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate under Below mentioned particulars

Name Saqlain Mushtaq S/O Mushtaq Ahmad Rather R/o Hardushoor

Details of marks Certificate lost
Secondary School Examination Class 10th
Roll No 2414443 Session Year Annual 2015

Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the same before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is teated as cancelled.



Sd/ Assistant Secretary
Sub Office Magam

Department Of I.S.M Ayush District Anantnag Organised A Free Immuno Boosting Medicines Distributed At Village Mahdifal Shangus From Govt. I.s.m Dispy. Uttersoo Anantnag



On the Directions of Director Indian Systems of Medicine (AYUSH) J & K & ADMO ISM Anantnag .Free IMMUNO BOOSTING MEDICINES DISTRIBUTED AT VILLAGE MAHDIFAL SHANGUS FROM GOVT. I.S.M DISPY. UTTERSOO ANANTNAG, importance of COVID SoPs and vaccination was explained in detail.

mja



ISLAMIC UNIVERSITY OF SCIENCE & TECHNOLOGY AWANTIPORA, KASHMIR.

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NOTICE INVITING E-TENDER

E-NIT No:- IUST/EW/21/TEND/CR1/07A Dated:- 25-05-2021

For and on behalf of Vice Chancellor, Islamic University of Science and Technology, Awantipora, J&K State, E-Tenders (in two cover system) are invited on item rate basis, from approved and eligible contractors registered with J&K State Govt. / CPWD / Railways or other State / Central Govt Departments for the following work.

Name of Work: Macdamization of Ring Road and Internal Roads at IUST Campus I	
Estimated Cost of Construction	Rs.1,30,94,000/-
Cost of document	(Non-refundable) Rs. 1000/- (Rupees -Two Thousand only) in shape of Demand Draft Only.
Bid Security Form	As per Annexure "A" attached at Pg.no 66.
Class of Contract	"A" Class Registered HMPO
Time Allowed for Completion of Work	02 Calendar Months
Document Download Start Date	25-05-2021
Last Date for Online Submission	14-06-2021
Last Date for DD Submission	15-06-2021
Time, Date & Address of opening of tender	Bids shall be opened at Islamic University of Science and Technology, Awantipora on 16-06-2021 at 2:00 pm
Availability of Tender document	Tender document can be downloaded from website (https://jktenders.gov.in.)
The site for the work	Available
Bid Validity	120 Days
Position of AAA	Accorded
Position of funds	Available

Note: Before submitting the bids bidders are requested to go through the tender document.

Sd/
Executive Engineer, IUST

100 Journalists Vaccinated At Media Complex In Srinagar

Observer News Service

SRINAGAR: As part of a vaccination drive launched by the Government, the Information Department organized a vaccination camp for media persons at the Directorate of Information and Public Relations (DIPR), Srinagar.

As many as 100 media persons coming in the 18-44 age group were vaccinated today at the Media Complex of DIPR. The vaccination drive is being conducted on the directions of Director Information & PR Rahul Pandey. The journalists working in all districts of J&K are also being vaccinated at District headquarters.

The media persons working for international, national and vernacular press organizations got first dose of the vaccine during the drive. Those



THE MEDIA PERSONS WORKING FOR international, national and vernacular press organisations got first dose of the vaccine during the drive.

inoculated with anti covid-19 vaccine included reporters,

photojournalists, sub- editors, editors and many journalists working with both print and electronic media outlets.

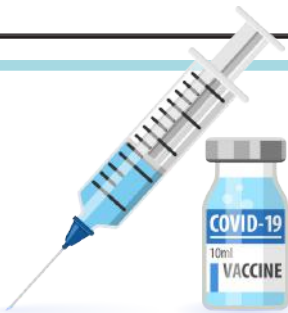
Speaking on the importance of holding vaccination for journalists, Haris Ahmad Handoo Joint Director Information said that media persons have been categorised as a priority group for vaccination by the Government and nature of their duties is such that they come in public contact during reporting, that is why this high-risk group is being vaccinated on priority.",

He said that the Information department in coordination with the Department of Family Welfare, MCH & Immunization and Health department shall ensure all media persons get vaccinated. The vaccination teams are being deployed by the Deputy Commissioner Srinagar in this regard.

Information department has urged all journalists working with print, electronic media to come forward for vaccination as it is important for their safety and their families as they have to perform their professional duties everywhere and require protection from the risk of contracting infection.

Later, JD Information thanked District Administration, Health & Family Welfare departments for deploying a dedicated team of doctors and paramedics for the vaccination drive.

Earlier vaccination drives have also been conducted for working journalists and staff associated with Media Organizations on 27th March and 22nd May at Press Club and another vaccination camp for Media was organized by District Administration Srinagar at Press Enclave on 25th May.



DIAL-EMMA

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

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS



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

HIGHWAY STATUS

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

This Day in History

- 927 - Battle of the Bosnian Highlands: Simeon I of Bulgaria is defeated by King Tomislav of Croatia
- 1660 - Denmark & Sweden sign The Treaty Of Copenhagen, ends Second Northern War
- 1679 - Habeas Corpus Act (strengthening person's right to challenge unlawful arrest & imprisonment) passes in England
- 1703 - Saint Petersburg (Leningrad) founded by Russian Tsar Peter the Great
- 1738 - Turkish troops occupy Orsova and Ochakov in eastern Europe
- 1798 - The Battle of Oulart Hill takes place in Wexford, Ireland, large rebel force kills local militia
- 1883 - Tsar Alexander III crowned in Moscow
- 1895 - British inventor Blirt Acres patents film camera/projector
- 1905 - Japanese fleet destroys the Russian East Sea fleet in the Battle of Tsushima, the only decisive clash between modern steel battleships in history
- 1916 - President Woodrow Wilson addresses the League to Enforce Peace, founded in 1915, and gives public support to the idea of a league of nations
- 1918 - Third Battle of Aisne: German offensive overcomes British forces (WWI)
- 1919 - 1st transatlantic flight ends; US Navy flying boat takes 11 days
- 1920 - Tatar ASSR forms in Russian SFSR
- 1921- After 84 years of British control, Afghanistan achieves sovereignty
- 1927 - Japanese military intervention in Chinese civil war
- 1927 - Tomáš Masaryk re-elected President of Czechoslovakia for a second time
- 1931 - 1st full scale wind tunnel for testing airplane at Langley Field, Virginia
- 1931 - Swiss Auguste Piccard and Paul Kipfer make 1st flight into stratosphere, by balloon from Augsburg, Germany
- 1933 - Austrian communist party banned
- 1938- Bradman scores his 1000th cricket run of English season, earliest to do so
- 1940- World War II: In the Le Paradis massacre, 97 soldiers from a Royal Norfolk Regiment unit are shot after surrendering to German troops.
- 1941- Allied troops begin evacuating Crete
- 1941- FDR declares state of emergency due to Germany's #39;s; sinking of Robin Moor
- 1942- Hitler orders 10,000 Czechs murdered
- 1944- Allies land on Biak, Indonesia (operation Horlicks)
- 1944- Japanese advance in Hangzhou China
- 1951- Chinese Communists force Dalai Lama to surrender his army to Beijing
- 1958- Maiden flight of the F-4 Phantom II
- 1977- 2 Boeing 747s by Pan Am & KLM collide in Canary Islands, killing 582.
- 1980 - South Korean police ends people's uprising; 2,000 killed
- 1980 - The Gwangju Massacre: South Korean airborne and army troops retake city of Gwangju from civil militias, killing at least 207 possibly many more Assassination Attempt
- 1981 - USSR performs nuclear test at Eastern Kazakh/Semipalatinsk USSR
- 1985 - Britain agrees to return Hong Kong to China in 1997
- 1988 - Senate ratified a treaty eliminating medium-range nuclear missiles
- 1991 - Austrian Boeing 767-300 explodes at Bangkok, 223 die
- 1999- The International Criminal Tribunal for the former Yugoslavia indicts Slobodan Milošević and four others for war crimes and crimes against humanity committed in Kosovo



HIJRI
CALENDAR

15

SHAWWAL
-UL-
MUKARRAM

1442

PRAYERS

FAJR
3: 43

ZUHR
12: 28

ASR
5:24

MAGRIB
7:36

ISHA
9:13



SUMMER SHIFT: More and more nomads are arriving in Kashmir along with their livestock as part of their centuries-old customary six-month-long migration in valley mountains.

KO Photo by Abid Bhat.

JLNM Hospital Gets 1000 LPM Oxygen Plant: DHSK

Observer News Service

SRINAGAR: Director Health Services Kashmir, Dr Mushtaq Ahmad Rather on Wednesday visited JLNM Hospital Srinagar where a trial run of a newly installed 1000 LPM oxygen plant was held. He also reviewed the Covid management and facilities available at the hospital.

A spokesperson of Directorate of Health Services Kashmir said the trial run for the 1000 LPM oxygen facility was held in presence of the director.

The director at the hospital said that with the new facility, the oxygen generation capacity of the hospital has crossed 2000 LPMs as the hospital already has a 1000 LPM oxygen plant.

"We are on the ground and we are doing whatever resources we have. The new facility will go a long way for the patient management," Dr Mushtaq said.

He also announced that they would soon add 50 oxygen beds to JLNM hospital which will increase the overall bed capacity of the hospital.

The spokesman said the director took a round of the hospital and visited its various sections to review the preparedness for Covid. He also reviewed the patient management care and patient management services being offered at the Covid hospital.



“WE ARE ON THE GROUND AND WE ARE doing whatever resources we have. The new facility will go a long way for the patient management.”

Director also inspected the hospital's new building where as per the spokesman a 100 low flow oxygen beds are being created at the JLNM hospital for patient care.

During the visit, the director interacted with staff on duty and appreciated their dedication towards their work in the tough times of the Covid pandemic.

The director also reviewed the preparedness for the divisional level training which would be started from 27 May across the Kashmir division.

The spokesman said the director has created a module of training for medical officers, nodal officers of Covid, paramedical staff, basic health workers, ASHA workers and Anganwadi workers where they will be trained for basic and ad-

vanced management of Covid-19. The unique training module has been started in order to increase the skills and quality of healthcare workers dealing with Covid management in hospitals across Kashmir.

The director also visited various vaccination sites in Srinagar including Zainda Shah Masjid vaccination, Nowpora vaccination centre and indoor stadium vaccination centre to take stock of the vaccinations and related arrangements.

He also appreciated the vaccination staff at the vaccination sites and appealed to the general public to go for vaccination saying the vaccine is safe and is an important tool to fight against Covid-19 infection.

Identifying Priority Groups For Vaccination: Athar

Observer News Service

SRINAGAR: Srinagar Municipal Commissioner Athar Amir on Wednesday said vaccination centres have been set up for priority groups.

In a conversation with reporters, he said, "At the moment we have set up vaccination centre's in the city to identify the priority groups of people, which, include, fruit, vegetable vendors, bakers, butchers, construction workers

and transporters," Amir said.

He also said that SMC is identifying, widows, orphans, people with Comorbidities who are eligible for vaccination. Our target is to reach the maximum number of people falling in the mentioned category, he said.

Teams have been designated to identify people for vaccination.

In case anyone is missing registration, our officers are identifying them, getting them to vaccination centre's for on spot vaccination, he added.

MMU Condolences Demise Of Mufti Yaqoob's Father

Observer News Service

SRINAGAR: Muthahida Majlis-e-Ulema (MMU) Jammu & Kashmir has expressed deep grief over the demise of Haji Muhammad Hussain Baba, the father of one of its founding members and head Mufti of Jamiat Ahle Hadeeth Jammu Kashmir, Mufti Muhammad Yaqoob Baba of Raze Kadal (Rajouri Kadal) Srinagar.

MMU while paying tribute to the deceased for his religious and milli services said Haji Muhammad Hussain Baba was a pious, noble, sincere, gentle and hard-working person who spent his life strictly according

to the tenets of Islam and set an example for others to follow.

MMU on behalf of its members especially its incarcerated chairman Mirwaiz Umar Farooq who continues to be under house arrest since August 5, 2019, expresses condolence and solidarity with the bereaved Baba family especially Mufti Muhammad Yaqoob Baba and Jamiat Ahle Hadeeth leadership. It also prayed for Jannat-ul-Firdous to the departed soul.

A delegation of MMU visited the residence of Mufti Muhammad Yaqoob Baba and expressed condolence and prayed Fateha for the departed soul.

Dr Farooq, Omar Greet People On Budh Purnima

Observer News Service

SRINAGAR: Jammu and Kashmir National Conference President Dr. Farooq Abdullah and vice President Omar Abdullah on Wednesday extended warm greetings to the people on Budh Purnima.

The duo in their message said, "May we be enlightened on this day on the path of love, compassion, peace and truth. On this day we pray for abundance, fortune and prosperity to the people of state. The message of Buddha to the



world was that of compassion and love."

Among others party general secretary Ali Muhammad Sagar, Provincial President Nasir Aslam Wani, Hanifa Jan, P. Angchuk have also greeted the people on the auspicious eve of Budh Purima.

“MAY WE BE ENLIGHTENED ON THIS DAY on the path of love, compassion, peace and truth. On this day we pray for abundance, fortune and prosperity to the people of state.”

Haj House Staffers Condole With Dr Salam On His Mother's Demise

Observer News Service

Haj Officer and the officials of J&K Haj House, Bemina Srinagar have expressed grief and sympathy with the bereaved family especially Dr. Abdul Salam Mir over the demise of his mother. She passed away after a brief spell of illness. They pray the Almighty may grant her Jannat-ul-Firdous

Cancer Patient Allegedly Commits Suicide At SKIMS Sarai

Observer News Service

A patient who was diagnosed with cancer and was undergoing treatment at SKIMS Soura allegedly committed suicide by hanging himself at his room in Sarai on Wednesday. Official sources said that the patient, a resident of Baramulla hanged himself at Sarai's room No 9. Police reached the spot and were investigating the matter till the filing of this report. (KNO)

KU's CCPC Hands Over Job Letters To Nine Varsity Students

Observer News Service

SRINAGAR: Kashmir University's Centre for Career Planning and Counseling (CCPC) Wednesday offered job letters to nine more varsity students hired by a leading healthcare firm.

The students from varsity's Pharmaceutical Sciences Department have been hired by 'Fortune 500' firm for their global life sciences projects and will have to perform their tasks in the work-from-home model for now.

Speaking during an online event, Director CCPC Prof. Mohamamd Shafi highlighted the activities the Centre has initiated in the domains of coaching and placements, a varsity communique said.

"Due to the ongoing pandemic situation, both our domains (coaching and placements) have been shifted to digital platforms where our work is going on satisfactorily," he said.

He said until now, 59 students from the varsity have been placed in three phases: 24 in first phase, 26 in second phase and 09 in third phase.

"Our students have been placed with IQVIA, a reputed healthcare MNC. We look forward to more campus placements which is an ongoing process," he said.

Prof Shafi urged students to work with dedication and commitment to become brand ambassadors of not only the University of Kashmir but of the entire Union Territory.

"Working with MNCs is an opportunity for great learning and experience," he said, thanking Vice-Chancellor Prof. Talat Ahmad for his continued support to endeavours of the CCPC.

Head, Department of Pharmaceutical Sciences at KU Prof. Mubashir Masoodi was also present on the occasion.

Congratulating the CCPC team for its efforts to facilitate campus recruitments, Prof. Masoodi urged students to face all challenges with seriousness and dedication. Later, Prof. Shafi and Prof. Masoodi distributed e-job offer letters among the selectees.

Consultants at CCPC Dr. Bilal Ahmad Pandow and Hina Kazmi were also present on the occasion.

From KO Archives

NC To Discuss Mirwaiz's Unity Offer

Observer News Service

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

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

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

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

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

(Kashmir Observer, 27 May, 2005)

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K O V I E W

Stalled back-channel?

It has been some time since there has been no talk of the back-channel dialogue between India and Pakistan. The reasons are obvious. Over the last two months India has been grappling with the worst crisis since independence in 1947. Thousands of people have died since the catastrophic second Covid-19 swept over the country. The daily caseload at one time rose over 4 lakh. This threw the country's healthcare facilities into a disarray. There were no beds and medical oxygen to accommodate the growing number of patients. The situation has hardly improved, even though there has been a conspicuous drop in the number of cases. The daily cases have shrunk to around two lakh now and there is hope that going forward there will be a further drop in the number.

This terrible situation consequently seems to have paused India's foreign policy engagements, or at least their public expression. As a result, the nascent re-engagement between India and Pakistan also has moved into the background. Though there has been some occasional noise about the secret contact between the two neighbours in Pakistan, New Delhi has been tight-lipped about it.

But with the Covid-19 situation seeming to be easing in India, one could expect the leadership in India to be more forthcoming about the ties with Pakistan. As and when that happens, the two countries are expected to announce more Confidence Building Measures to improve their relationship and may be take steps to institute a formal dialogue.

But as is apparent there are some reservations on both sides as for as conducting an open dialogue. The reasons for it are both historical and the recent. The relations between the two countries have plunged to their lowest low since New Delhi withdrew Article 370 on August 5, 2019. Until before dramatic re-affirmation of the ceasefire agreement in February, it appeared unthinkable that the two countries could come anywhere near to resumption of dialogue. But they have done it, even moving a few baby steps further towards a formal dialogue.

Now, both countries are putting onus on each other to take the first step towards resuming engagement. And what that step would be is still unknown. Islamabad had earlier made any re-engagement with India conditional to New Delhi reversing the August 5 move. But Pakistan seems to have given that up, so has New Delhi its insistence on end to cross-border terrorism before talks begin.

Anyways if the last year's figures for infiltration and the killings of foreign militants in Kashmir are anything to go by, Islamabad has held back from supporting the local militancy. New Delhi, it seems, is unlikely to reverse the revocation of J&K autonomy. It remains to be seen whether it restores statehood anytime soon. A sustained, meaningful dialogue between the two countries has the potential to lead to a positive outcome. So, the neighbours should restore it sooner than later.

O T H E R O P I N O N

Baba in a Pandemic

In the battle against the novel coronavirus, governments must not only facilitate the adoption of scientific protocols but must also be seen to be following science unequivocally. Unfortunately, this cardinal principle of public health has not received its due from the Centre and some state governments. They have not always acted decisively against those spreading misinformation. Worse still, their failure to distance themselves from science deniers has sent out wrong signals to those waging a grim battle against a notoriously unpredictable contagion. Baba Ramdev, for instance, has sought to exploit mass anxiety by making inaccurate claims about products manufactured by his Ayurvedic pharmacy, Patanjali Ayurved. On most occasions, he has got away with a mildly worded censure. Union Health Minister Harsh Vardhan did come out strongly against the yoga guru last week after he disparaged the allopathic system as a "farce" and alleged that people had died because of allopathic medicines rather than oxygen shortage but Ramdev's own response to the public outrage against the statement on doctors was more a disclaimer than an apology.

In his propagation of yoga and indigenous cures, Ramdev may have much in common with the world view of the Sangh Parivar. But this association acquires ominous portents when key aspects of the government's response to the public health crisis bear its imprint. In February, Union ministers Harsh Vardhan and Nitin Gadkari shared the stage with Ramdev at the launch of Patanjali Ayurved's controversial Coronil care kit. And, less than a week after the yoga guru's outburst against allopathy, Haryana's BJP-led government made the Coronil kit a part of Covid care in the state — about a lakh such kits will be distributed amongst patients. Doctors and other healthcare professionals tirelessly battling the virus at the frontlines could do without such ill-judged policy. It's disturbing that a therapy with a nearly year-long history of dubious claims — from being touted as a cure for Covid to being held up as an immunity booster — has a state government's backing.

The Indian Express

One-state solution, the way forward in Palestine

The whole premise of the two-state solution is wrong, providing Israel the immunity to continue its ethnic cleansing

For more than 50 years, well-intentioned and more cynical, local and external actors involved in the attempts to bring peace and reconciliation to historical Palestine have religiously adhered to the two-state solution as the only way forward.

The idea of partitioning Palestine between the settler movement of Zionism, and later the state of Israel and the indigenous population of Palestine is not new. It was first offered by the British in 1937 and rejected by the Palestinians already then. The Zionist movement was hardly 50 years old and was already offered by the new British occupiers of Palestine, a chunk of the Palestinian homeland as a future state. This in the 1930s and 1940s would have been akin to an offer to decolonise India by partitioning it between a British India and local India or to propose the decolonisation of Algeria by dividing it between a French Algeria and a local Algeria. Neither the Indian anti-colonial movement nor the Algerian one would have ever consented to such a post-colonial arrangement; nor did the British and French dare to offer it when they reconciled with the fact that they will have to leave their colonial empires and go back to Europe.

Catastrophic Event

But even when decolonisation was achieved in India in 1947, not only the British but also the so-called civilised world through the United Nations insisted that the Palestinians should give half of their homeland to the settler movement of Zionism. The Palestinians attempted to convince the international community that the problem was not only about dispensing with half of their homeland but that the settler movement of Zionism would not be content with just half of the country and intended to take as much of it as possible and leave in it as few Palestinians as possible. This ominous prediction turned out to be chillingly accurate and true in less than a year after the UN insisted that partition was the only solution for Palestine. Under the guise of UN support, the new Jewish state took over nearly 80% of historical Palestine and ethnically cleansed almost a million Palestinians (more than half of Palestine's population), and in the way demolished half of Palestine's villages and most of its towns in nine months in 1948; an event known by the Palestinians as the Nakba, the catastrophe.

Incremental Cleansing

In 1967, Israel occupied the rest of historical Palestine, and in the process expelled another 300,000 Palestinians. Like all settler colonial projects, it had to navigate between a wish to take over indigenous territory while downsizing the number of native people living on it. It was impossible after 1948 to repeat a massive ethnic cleansing, so it was substituted by incremental ethnic cleansing (the last stage in this process was one of the root causes that ignited the cycle of violence last week — the proposed eviction of Palestinians from Shaykh [Sheikh] Jarrah, an East Jerusalem neighbourhood, as part of an overall attempt to Judaise East Jerusalem).

Incremental ethnic cleansing is not the only way of achieving the old Zionist goal to turning historical Palestine into a Jewish state.

Imposing military rule in the West Bank and the Gaza Strip after they were occupied was another means which enclaved the people there without basic human and civil rights. Imposing a version of an Apartheid regime on the Palestinian minority in Israel is another method and the constant refusal to allow the 1948 refugees to return completes the matrix of power that allows Israel to retain the land and disregard a demographic reality by which the Jews are not the majority in historical Palestine.

It is Israel that Decides

The two-state solution, offered for the first time by liberal Zionists and the United States in the 1980s, is seen by some Palestinians as the best way of ending of the occupation of the West Bank and at least the partial fulfilment of the Palestinian right for self-determination and independence. This is why the Palestine Liberation Organization was willing to give it a go in 1993, by signing the Oslo Accords. But the Palestinian position has no impact in the current balance of power. What mattered is how Israel interprets the idea and the fact that there is no one in the world that could challenge its interpretation.

The Israeli interpretation, until the rise of Benjamin Netanyahu to power in 2009, was that the two-state solution is another means of having the territories, the West Bank and the Gaza Strip, without incorporating most of the people living there. In order to ensure it, Israel partitioned the West Bank (which is 20% of historical Palestine) into a Jewish and an Arab part. This was in the second phase of the Oslo Accords, known as the Oslo II agreement of 1995. The Palestinians were forced to accept it under American and Egyptian pressure. One area, called area C, which consists of 60% of the West Bank) was directly ruled from 1995 until today by Israel. Under Mr. Netanyahu, Israel is in the process of officially annexing this area while at the same time ethnically cleansing the Palestinians living in it. The remaining 40% of the West Bank, areas A and B under Oslo II, were put under the Palestinian Authority, which optimistically calls itself the state of Palestine, but in essence has no power whatsoever, unless the one given to it, and withdrawn from it, by Israel.

A Bantustanisation

The Gaza Strip was divided too. But the Jewish part was small and could not be defended from the local national movement's wrath. So, the settlers were taken out in 2005 and Israel hoped that another Bantustan, like the one in areas A and B, would be established there under the Palestinian Authority's rule and under the same conditions. But the people of Gaza opted to support a new player, Hamas, and its ally, the Islamic Jihad, which resisted this offer. They supported them not only because there was a return to religion in the face of the ongoing predicaments but also because there was big disappointment from the compliance of the PLO with the Oslo arrangements. Israel responded by imposing a callous siege and blockade on the Gaza Strip that, according to the UN, made it unliveable.

To complete its strategy that included the partition of the West Bank, its Bantustanisation, and the siege of Gaza, Israel passed in 2018

a citizenship law, known as the nationality law, which made sure that the Palestinian citizens who live in Israel proper (which is Israel prior to the 1967 occupation of the West Bank and the Gaza Strip) and who are supposedly equal citizens of the Jewish state, will in essence become the "Africans" of a new Israeli Jewish apartheid state: living in a permanent regime that discriminates against them in all aspects of life on the basis of their nationality.

The endless negotiation on the two-state solution was based on the formula that once the two states become a reality, Israel will stop these severe violations of the Palestinian civil and human rights, wherever they are. But while the wait continued, more Palestinians were expelled and the Jewish settler community in the West Bank doubled and tripled and took over the fertile land, leaving no space for Palestinian expansion. The presence of more than 600,000 Jewish settlers, with a very high rate of natural growth, means that Israel will never consider moving them out; and without that, even a soft version of a two-state solution is impossible.

Decolonise, build a new state

The whole premise of the two-state solution is wrong and that is why it did not materialise. It is based on the assumption of parity and of framing the conflict as one fought between two national movements. But this is not a "conflict" as such. This is a settler colonial reality which began in the late 19th century and continues until today. The late scholar, Patrick Wolfe, described settler colonial movements as motivated by a logic he called "the elimination of the native". Sometimes it led to genocide, as it happened in North America, sometimes it translated to an ongoing ethnic cleansing operation, which is what has unfolded in Palestine. The two-state solution is not going to stop the ethnic cleansing; instead, talking about it provides Israel international immunity to continue it.

The Arab World and the elusive two-state solution

The only alternative is to decolonise historical Palestine. Which means that we should aspire to a state for all its citizens all over the country, based on the dismantlement of colonialist institutions, fair redistribution of the country's natural resources, compensation of the victims of the ethnic cleansing and allowing their repatriation. All this will be so that settlers and natives should together build a new state that is democratic, part of the Arab world and not against it, and an inspiration for the rest of the region which desperately needs such models to push it forward towards a better future.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by The Hindu

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Save Economy by Vaccines

The covid-19 pandemic has brought a number of issues besides threat to life. The greatest challenge that it has posed in third world countries is the threat to livelihood. In developed countries, it was quite achievable to impose a lockdown and still not have a catastrophe unfold for a majority.

However, in India, besides death, the pandemic has unleashed the

tribulations of hunger and poverty as well. With the second wave taking lives mercilessly, many of those from lower and middle class backgrounds are losing their sole breadwinners.

Lockdown seems to be the only option in a situation which seems too hard to control. However, what when this wave subsides? Who will ensure that another wave doesn't come and replay all the distress?

Therefore, it is extremely important for the government to scale up vaccination at war footing. We cannot lose this time and opportunity. The future, in every sense of the word, depends on getting vaccinated. It is our only option at hand.

Through vaccination, another deadly third wave can be averted which would in turn allow for the economy to recuperate freely with-

out the threat of further hindrance. Therefore, the central government should ensure that vaccines reach state governments and union territories without any delay.

We had to fly in oxygen at the last moment. Why can't we have vaccines while we still have some time?

*Tania Saeed
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Apathy, the Greater Affliction

Riyaz Kazmi

Everyone is going through different trails and tests. By our arrogant and apathetic attitude, we actually afflict more hardships and hound our targets. When we indulge in the claptrap of ignorance and indifferences, we make it very hard for them to live a peaceful life

On that day, in a dicey weather, dark gloom descended over the horizon. It was a sad and startling news to hear that a promising youngster had died by suicide. It had sent shivers down our spine. There was confusion and cacophony. Most people were perpetuating narratives of vilification. We can rarely find the people who have impeccable character. Everyone has a dark side.

In this grievous and gruesome incident, it came to the fore that the deceased person was mulish to marry a divorced woman which was not approved by his defiant family as they thought it was just a passing whim! Adil (name changed) didn't toe his line. The rumours couldn't be scotched. Meanwhile, gadflies also nosed around and spewed their venom. It was mendacious and hurtful.

Alas, he could no longer grin and bear it. He was depressed and left everyone as well as the interminable pain.

It was a heart piercing tragedy which will always haunt us as a dreadful memory. The discussions divulged many bitter realities which clearly show how we as society have become enablers of such tragedies. It is as though we derive sadistic pleasure from pushing the vulnerable and meek people against the wall. Slowly and sadly, desperation and indignity becomes too much for them to bear.

In Kashmir, there is an alarming increase in mental illnesses which has its roots in the onset of insurgency in 1989. A large number of people suffer from depression, mood swings, mental revulsions and other severe ailments. The fallout of these problems have given rise to drug abuse, alcohol addiction, chain-smoking, rash driving, gang fights and impetuous behavior among the youngsters.

It is high time for us to look deeper into the pitfalls which have entrapped us in this vexing situation. We have to parse the severity of the situation keenly and consciously to intend and act now before we are left with only shame and shock. We have become so apathetic about the pain of others that we dilly dally in gossiping, gas lighting, back stabbing, bad mouthing about others. We have lost that human touch a long time ago. We leave no chance to slate and stultify others. We are hardly moved by emotions anymore. When someone is falling apart we ensure that we pull them down further.

In Kashmir, when more than 1.6 million adults are suffering through depression as per 2015 survey figures, it's high time for us to look at the grave situation and introspect. Instead of hurling invectives and addressing them by demeaning nicknames, we should be kind enough towards our fellow human beings who are going through traumatic experiences. We should do our bit to get them out of this mental distress and "disgrace" (as we have labelled it).



Credits: "Era of Gossips" by Mick Wiggins / WSJ

We connive without a scruple of shame to vaunt our superiority. We are complacent and always keen on catching others on a wrong foot. It might seem innocuous to take a dig at others or look trivial but our fatuous remarks leave a long lasting negative impact over those who we target. We piddle around and are fond of pestering others and have become vicious and venomous to the extent that we turn a blind eye to our own faults.

Everyone is going through different trials and tests. By our arrogant and apathetic attitude, we actually afflict more hardships and hound our targets. When we indulge in the claptrap of ignorance and indifference, we make it very hard for them to live a peaceful life. It is unsettling and enervating for them. They get caught in the precarious life crises.

We have already lost too much to the ongoing conflict. Connect the dots and do your bit before it is too late.

Life is not always hunky dory. Everyone has their share of struggles and sufferings. Every-

one navigates through challenges and criticism. Some have succeeded while others are stumbling. We should not stultify those who have fallen. What we are going to get by exacerbating and trashing people? In reality, doesn't that speak volumes about us?

We can either choose to be supportive or sarcastic, bitter or better. We have seen enough of vice and violence. In the disguise of humans, let's not be the spawn of the devil. We can notch up the victory over the mental crises by feeling the pain of our fellow beings. Live and let others also live peaceful. Be loving and caring to others - it's not just the medicines but also our beautiful manners and memories which have power and positive impact upon those who are going through mental anguish and anxieties. Let's do our part by helping and healing others - by our acts of kindness, love and laughter.

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The Pursuit of Happiness

Katherine Gibson | Jenny Cameron |
Stephen Healy

Understandings of happiness are shifting. More and more research is finding that we cannot spend our way to happiness. Increasing incomes do not necessarily lead to increasing happiness. Even in a country such as China, average incomes have increased fourfold since the 1990s while life satisfaction has decreased over the same period.

Research is also finding that happiness is less an individual matter and more a collective endeavour. The quality of our relationships with others is pivotal. These others include those closest to us (our immediate family and friends) as well as those unknown to us but with whom we comprise a society.

In a climate-changing world, this relational understanding of happiness also has to extend to our relationship with the planet on which our survival depends.

Do you value independent, non-profit news?

The shift in understanding happiness could not be better summed up than in the words of the first elected prime minister of Bhutan in 2008:

We know that true abiding happiness cannot exist while others suffer, and comes only from serving others, living in harmony with nature, and realising our innate wisdom and the true and brilliant nature of our own minds.

In our research on economies for people and the environment, we have focused on our relationships with others. Thus, instead of happiness, we talk of "surviving well together". The idea of survival might seem too linked to material sufficiency, but for us it reframes our human-centred view of the world and locates humans as part of the web of life on Earth.

Surviving well together means taking into account not just our individual happiness and well-being but the happiness and well-being of others and the planet on which we live.

Surviving well together means considering how we live our lives on multiple fronts.

The five elements of well-being

One starting point is our own well-being. Consistent with the research on happiness, well-being is not about mate-



rial wealth. In a comprehensive study of people in more than 150 countries, Tom Rath and Jim Harter found that there are five essential elements to well-being:

Well-being is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements interact.

This definition can help us think about what we do with our time. Are we using our time to cultivate all the elements of our well-being? Are we overworking to the detriment of our relationships, physical health and community contributions?

Downshifters are one group of people who take these questions seriously. They downsize their paid work to have more time for other kinds of "work" - for nurturing their relationships, communities, environments. Some sea changers or tree changers are likewise experimenting with ways of surviving

Surviving well is also a matter of surviving well together by ensuring that there are social supports for all - such as decent and affordable health care, education, public transport and housing - safe working conditions and reasonable working hours; and jobs that are fairly paid

well by moving to areas with cheaper housing and shorter commutes.

Not all of us have these options for surviving well (or what are sometimes disparagingly call "lifestyle choices"). Surviving well is also a matter of surviving well together by ensuring that there are social supports for all - such as decent and affordable health care, education, public transport and housing - safe working conditions and reasonable working hours; and jobs that are fairly paid.

With these conditions in place we can start to create societies in which all have an opportunity to achieve the five elements of well-being.

At the same time it is important that we do not forget what the late environmental philosopher Val Plumwood described as:

... the many unrecognised, shadow places that provide our material and ecological support.

As the climate crises deepens, the importance of attending to our ecological supports becomes all the more evident and pressing. Sadly, it all too often takes

tragic events such as the Rana Plaza factory collapse in Bangladesh to remind us of those people whose work in shadow places provides our material support.

We can take individual steps to care for our own well-being while insisting our governments provide social supports for all. So too, in an interconnected world, we can take individual steps to change our relationship with shadow places by considering what and how much we consume, while also pressuring governments and corporations and supporting the work of labour and environmental rights organisations.

Moving to an alternative sensibility

With the shift in understandings of happiness, various indicators and indices have been developed to more accurately reflect the well-being of nations. These include the Gross National Happiness measure devised and used by the Bhutanese government; the Genuine Progress Indicator adopted in the US by the states of Maryland in 2010 and Vermont in 2012; and the World Happiness Report, developed by the Sustainable Development Solutions Network for the United Nations.

In various ways these measures delink money from happiness and recognise that happiness is a collective rather than individual pursuit. Their downside is that they reduce the state of a nation to a single measure and lead to the inevitable ranking of nations. They have limited capacity to generate what the sociologist John Law calls "an alternative sensibility" that recognises the complexity of any given context.

We have been interested in the potential of what we call "relational metrics". These are tools such as a 24-hour clock, which people can use to track their use of time and evaluate whether it is being spent in ways that support or undermine their ability to survive well. Or the ecological footprint calculators, which people can use to assess the impact of their lives on the well-being of the planet. Or the Ethical Interconnection Checklist, which people can use to consider the shadow places that are part and parcel of how we survive well.

It is practical tools such as these that might help us shift from the pursuit of happiness to the pursuit of surviving well together.

By arrangement with
The Conversation

Sarpanch, Charging Families For Release Of Kin, Arrested

Press Trust Of India

SRINAGAR: A sarpanch was arrested on Wednesday for allegedly cheating two families and taking over Rs 1 lakh from them for securing the release of their kin who were taken for questioning by police in connection with a militancy case in Anantnag district of Jammu and Kashmir, officials said.

A police official said two suspects from Kokernag area of the south Kashmir district were called for questioning regarding a militancy crime. While they were being questioned to establish their involvement or otherwise, their families approached one Nisar Ahamd Khan of Kadipora to secure their release, he said.

In the meanwhile, the official said, the two individuals were not found involved or having any knowledge of circumstances that resulted in the commission of the crime. Accordingly, they were released.

But it was known that their families had paid money to

Khan who is a sarpanch of Gopalpora village, the official said. Khan had taken Rs 1,10,000 from the families promising the release of their kin, he added.

Khan had approached police and also sought appointment with a police officer for the same, but he was not allowed to meet the officer and instead conveyed on phone that the suspects will be sent home if not found involved, the official said.

Police have registered a case under section 420 of IPC against Khan and money paid to him has been recovered, he said, adding the sarpanch was arrested.

The money recovered will be handed over to families with due process and further investigation is going on, the official said.

He advised people to refrain from paying money to touts and unscrupulous elements and instead meet senior police officers in their respective areas for the redressal of their grievances.

Subodh Kumar Jaiswal Takes Over As 31st CBI Director

Press Trust of India

New Delhi: Senior IPS officer Subodh Kumar Jaiswal on Wednesday took over as the 31st director of the Central Bureau of Investigation (CBI), a post that was lying vacant since February, officials said.

The 58-year-old Maharashtra cadre Indian Police Service (IPS) officer joined duties in the 11th floor office of CBI headquarters in a low-key affair owing to the Covid pandemic, a day after the order for his appointment was issued by the Personnel Ministry.

He will have a two-year fixed tenure as the CBI chief.

A former DGP of Maharashtra, Jaiswal, had reportedly sought a central deputation last year after differences cropped up with the ruling Maharashtra Vikas Agadi government in the state over the transfers and postings of police officers.

He had joined the Central Industrial Security Force (CISF) as director general in January.

As the CBI chief, one of the cases before him will be of his former boss and the then Maharashtra home minister

Anil Deshmukh who is under probe for allegedly seeking illicit collections from bar and restaurant owners of Mumbai using police officers and favouring officers in postings and transfers.

Jaiswal who was on central deputation as additional secretary, Cabinet Secretariat, in the Research and Analysis Wing (RAW) was cherry picked to head the Mumbai Police force in 2018 during the Devendra Fadnavis government.

He was reluctantly relieved as RAW did not want to let go of an able officer like him who had spent 10 years from 2008 in the external snooping agency supervising sensitive operations.

Besides his long stint at the RAW, the 'spy' has also served in the Special Protection Group, which guards the prime minister, for six years as AIG and DIG.

Starting as a rookie 23-year old IPS officer in the post of additional superintendent of police, Amravati, Maharashtra, he went on to conduct many anti-naxal operations in Gadchiroli as superintendent of police.

In Maharashtra, he was in-charge the Special Investigation

Team (SIT); additional commissioner of police (ACP), Anti Terror Squad (ATS), Mumbai; ACP, Central Range, Mumbai; IGP Amravati Range and Commissioner of Police, Brihan Mumbai.

In his 35-year-long policing career, Jaiswal was in the thick of important cases in both overt and clandestine roles.

Jaiswal was at the helm of the probe in the Abdul Karim Telgi stamp paper scam as head of Maharashtra State Reserve Police Force in a court directed investigation, a case which was later taken over by the CBI.

He was also a part of the Mumbai ATS team that probed the 2006 Malegaon Bomb blasts case and later as DGP supervised probe into the Elgar Parishad and Bhima Koregaon cases in which several well known Left Wing intellectuals were arrested.

His experience in handling Left Wing Extremism prompted him as DGP to moot the idea of compulsory postings of IPS officers in naxal hot beds which reportedly did not find encouraging response from the Maharashtra government.

Maruti Suzuki to Install 2 Oxygen Plants in J&K



Observer News Service

JAMMU:- Maruti Suzuki India Ltd (MSIL), the largest automobile manufacturer of the country has agreed to install two Oxygen PSA Generator Plants of 500 litres per minute capacity each in Jammu and Kashmir under Corporate Social Responsibility (CSR).

Responding to the appeal of the Lt. Governor, J&K, Manoj Sinha to the corporates to come forward to help to set up Oxygen Generator Plants in the Union Territory, MSIL has offered to install one plant each in Jammu and Srinagar Medical Colleges to strengthen the health infrastructure of

the two premier health institutions of the UT.

Devender Singh Rana, former legislator and Chairman Vehicleless Group of Companies conveyed the decision of Maruti Suzuki India Ltd to the Lt. Governor here this evening.

The Lt. Governor thanked MSIL and its top management Chairman R.C. Bhargava and Managing Director Kenichi Ayukawa, for having come forward to support the people of J&K in this pandemic.

Rana had earlier requested Maruti Suzuki India Limited (MSIL) to kindly support healthcare efforts during the COVID pandemic in J&K as a goodwill gesture.

CONTD. FROM FRONT PAGE

Foreign-Returned Kashmiri

But the medic, who recently retired from the Ministry of Health Services in UAE, was not considered for the crisis-management role by the Directorate of Health Services Kashmir.

The denial prompted him to send a dispatch, with Grievance No 999002081796 generated from LG Portal, to Raj Bhavan.

"I don't have any grievance but a suggestion," Dr. Riyaz wrote in his letter to Lieutenant Governor, Manoj Sinha.

"In response to a call by the government seeking services of retired healthcare professionals interested in joining the efforts of the government to assist during this crisis time, I applied with the Director Health Services Kashmir Div. with the same intention," wrote the dialectologist, with MBBS from GMC, Srinagar and MSc Diabetes Medicine from the UK.

"But my services were not accepted and the reason given was that I have not retired from state health services. Being academically, professionally, physically, mentally and emotionally quite capable I wondered about the criteria of accepting services of a retired health care professional, albeit country of retirement."

Dr. Riyaz isn't alone volunteering for the frontline duty during the current health emergency. His colleagues who served in different parts of the world are equally enthusiastic about the service.

As one of the earliest trained medics at SKIMS Soura, Dr. Fayaz Khan from Bagaat Srinagar is equally looking forward to the Covid duty.

Apart from the community concern, his cause is fuelled by the loss of his family friend.

"In this pandemic, I lost someone very close to me," the affable medic says.

The poor man had struggled a lot in his life to educate his children and when he was supposed to get some relief, he became a victim of this deadly disease. He was the same guy who had shot an emotional appeal for his life on social media. If only given a chance to head a three-bedded centre, I would've saved the life of the poor soul."

Much of this confidence comes from the old schooling that Dr. Fayaz's tribe received from the veterans of the field.

"Since most of us are groomed by the likes of Dr AA Guru and other veterans, we're trained in tough medical procedures and can tackle any big health emergency," the retired surgeon told Kashmir Observer.

"But while my contemporaries understand that we're up against the invisible enemy, we can play generals for our young soldiers holding the fort right now. As someone who handled the healthcare institutions for difficult-to-handle Saudis, my tribe has an experience to deal with any health crisis."

But at the age group these doctors want to enroll themselves for the warlike situation demands a will of sorts.

"There's no question to join the pandemic duty without signing a will," Dr Fayaz says. "We understand that we may return in body bags, but we are up for it."

Mostly cooling their heels for the emergency duty right now, these medical volunteers with overseas experience exist in dozens in Kashmir valley. They say their professional insights can help restore some confidence in the region grappling with the Covid wave.

"Being a senior physician who has worked with multi-nationalities abroad, I can use my experience to deal with this Covid, which is a multi-organ affecting disease," says Dr. Mufti Azad from Srinagar.

Without boasting of miracles, the curt-sounding medic says that if given a chance his tribe will be acting as per the book.

"But yes, at a time when young and inexperienced people are being tasked to handle this extraordinary situation, the experience of some of us can come in handy," he says.

Raising the same points in his letter to LG Sinha, Dr Riyaz wrote that many of these healthcare professionals are specialists in different fields of Medicine with tremendous experience at their back.

"I am sure it would be a prudent decision to seek their participation in a noble cause," the doctor wrote in his letter.

"I am sure reconsideration of recruitment criteria will definitely widen its scope and

expedite the efforts of Govt for more effective and efficient preparedness to tackle the current and forthcoming crisis."

Another Suspected

official said that there are eight "strong suspected" cases of black fungus popularly known as Mucormycosis admitted in J&K hospital, however, final confirmation is yet to come.

"The suspected cases include three from Kuthua, two from Jammu and one each from Reasi and Udhmapur in Jammu division and one from Srinagar in Kashmir division," the official said.

He said that a person who was a suspected case of black fungus died on Wednesday. The victim is said to be a resident of Kathua.

On Friday last, a 40-year-old man succumbed to mucormycosis at the GMC here, marking the union territory's first death due to the fungal infection.

The Jammu and Kashmir administration on Monday declared mucormycosis an epidemic, making it mandatory for all government and private health facilities and medical colleges to report suspected and confirmed cases to the health department through district-level officers and Integrated Disease Surveillance Program (IDSP). (With agency inputs)

40 More Corona

19 others succumbed to the virus at various hospitals and healthcare facilities in the winter capital. With these deaths, the toll in J&K since the outbreak of pandemic last year reached 3702.

Regarding the fresh 3037 detected cases, the officials said that Jammu division reported 1089 while 1948 new cases were confirmed positive from Kashmir Valley thus taking the total number of cases to 278859.

Giving district wise details, the officials said that Srinagar reported 493, Baramulla 260, Budgam 197, Pulwama 145, Kupwara 153, Anantnag 212, Bandipora 89, Ganderbal 219, Kulgam 117, Shopian 63, Jammu 445, Udhampur 83, Rajouri 126, Doda 91, Kathua 82, Samba 46, Kishtwar 35, Poonch 66, Ramban 99 and Reasi 16 new cases of Covid-19.

Also, officials said, 4023 more patients have recovered—1770 from Jammu Division and 2253 from Kashmir. There are 43892 active positive case—17724 in Jammu and 26168 in Kashmir.

LG Serves 8-Hour

Chairing a high level meeting to review the preparedness of Power Department for Jammu Division in view of the ongoing summer season, the LG stressed on speeding up the process of replacement of damaged transformers to avoid inconvenience to the people, an official spokesperson said. The LG, he said, fixed an 8 hour deadline for replacement of damaged transformers in urban areas, while rural areas will get transformers replaced within 48 hours.

"Adopt a futuristic approach, make procurements in advance and fix responsibilities for delays, besides taking corrective measures to provide consumers with the requisite facilities," Sinha said, as per an official spokesperson.

He said that the LG further emphasized on urgent re-examining of short-term and medium-term measures to minimize disruption in supply, network resilience, besides developing better synergy between officials at all levels.

During the meeting, which was attended by senior officers of Jammu Power Distribution Corporation Limited (JPDCL), and J&K Power Transmission Corporation Limited at Raj Bhavan, the LG passed various important directions to streamline the power transmission and distribution system in the UT.

The official spokesperson further said that in order to make the repair and replacement working more effective, the meeting decided that the transformers would get a Unique Identification number with details of installations and repairs. One month's timeline was fixed for preparing an online system for inventory management, executing a meter reading application for streamlining the process of power consumption, billing & collection.

He further said that the LG asked the concerned officers to rationalize the buffer stock of inventory in all districts in order to reduce the replacement time.

"Speed up the process of replacement of non-functional power infrastructure. Prioritize areas with more power consumption; put power curtailment schedules in public domain and address the issues of power outage in villages", he quoted the LG as saying.

He further said that directions were also passed to senior officials for monitoring of up-gradation work of grid stations, strengthening of distribution mechanism, transmission lines, while concentrating on immediate needs of power supply, focusing on maintenance of transmission and distribution networks.

"The Lt Governor also directed the officers to take all necessary measures to reduce the transformers' damage rate, besides upgrading the infrastructure to reduce instances of disruption causing power outages," he added.

While taking the status of power supply to oxygen generation plants, Sinha, as per the official spokesperson directed the concerned officials to ensure uninterrupted power supply with backup to the oxygen plants.

"The Lt Governor further directed for making the response mechanism for power restoration prompt and more effective to ensure optimum power supply to every household in the summers," he said.

The official spokesperson further said that the LG took a detailed overview of the total Installed Transformation Capacities and peak demand met in Jammu Division during Summers 2020 and anticipated for Summer 2021.

"He further assessed the present status of category-wise power consumers, district-wise power demand & supply position in Jammu, buffer stock of distribution transformers, augmentation of receiving stations, procurement of spares & inventory, status of branch cutting/trimming of trees," he said.

During the meeting, he said, the LG also took stock of the implementation of directions passed earlier pertaining to strengthening of the Power sector in J&K.

Principal Secretary PDD, Rohit Kansal briefed the LG about preparedness of the department for the summer season, besides status of various projects for augmentation of power infrastructure in Jammu Division, including commissioning of 220 KV LLO-I Interconnection with PGCIL Jatwal , construction of 160 MVA 220/66 KV GSS Ghatti, Kathua along with its associated 220 Kv D/C Thein- Hiranagar Transmission line, construction of 160 MVA 220/66 KV GSS, Samba along with its associated 220 Kv D/C Jatwal-Samba Transmission line, capacity addition works at GSS Barn , capacity addition works at GSS Canal, capacity addition works at GSS Gladni.

BVR Subrahmanyam, Chief Secretary; Arun Kumar Mehta, Financial Commissioner, Finance Department; Rohit Kansal, Principal Secretary, Power Development Department & Information Department; Nitishwar Kumar, Principal Secretary to Lt Governor; Jagmohan Sharma, Chairman JPDCL; Gurmeet Singh, MD JPDCL; Chief Engineers and other concerned officers attended the meeting.

53 Detained Rohingya

drive at a holding centre in Kathua district of Jammu and Kashmir, officials said on Wednesday.

The drive was started on Monday and the internees were screened in batches but all those who returned positive are asymptomatic and were isolated within the holding centre as per the guidelines, the officials said.

A total of 53 Rohingyas were found positive during screening since Monday and all of them are asymptomatic. We are keeping a watch on their condition, Chief Medical Officer, Kathua, Ashok Chaudhary told PTI.

At least 220 Rohingyas, including women and children, are presently lodged in the holding centre after they were found living illegally in Jammu city during a verification drive in March.

The Jammu and Kashmir administration has already started the process of their deportation. Fifty-eight eligible Rohingyas have already been inoculated in a vaccination drive on April 6, the officials said.

The Rohingyas are a Bengali-dialect speaking Muslim minority in Myanmar. Following persecution in their country, many of them

entered India illegally through Bangladesh and took shelter in Jammu and other parts of the country.

According to government data, over 13,700 foreigners, including Rohingya Muslims and Bangladeshi nationals, are settled in Jammu and Samba districts of Jammu and Kashmir, where their population has increased by over 6,000 between 2008 and 2016.

Jammu First

became the first district in Jammu and Kashmir to register over 1,000 deaths linked to the pandemic since its outbreak last year.

Jammu and Kashmir on Wednesday recorded 3,037 fresh COVID-19 cases that took its tally to 2,78,859 while 40 more fatalities pushed the death toll to 3,702, according to an official bulletin.

Jammu replaced Srinagar at the top of the Covid fatality chart among the 20 districts early this month, prompting the central government to rush a team of doctors to look into the alarming trend of high mortality among the positive patients in the province.

Jammu district is also heading the chart with 6,929 active cases in the union territory against 5,895 in summer capital Srinagar till Wednesday evening. There are a total of 43,892 positive cases in Jammu and Kashmir -- 26,168 in Kashmir division and 17,724 in Jammu division.

Among the new fatalities during the past 24 hours, Jammu district accounted for nine deaths, taking the district's tally to 1,003 followed by Srinagar at 751. So far, Jammu district had recorded 49,011 COVID-19 cases and Srinagar 63,448.

Chief Secretary B V R Subrahmanyam said the daily number of COVID-19 cases has reduced from an all-time high of 5,500 to 2,200 in the past two weeks. The same period also witnessed a reduction in the case positivity rate from 13 percent to 6.2 percent.

He, however, said more cases are now being reported from rural than urban areas and such cases are as high as 55 percent and 60 percent in Jammu and Kashmir divisions, respectively.

On May 1, Srinagar was leading the Covid fatality chart at 546, followed by 496 deaths in Jammu.

Jammu and Kashmir this month recorded 1,372 Covid-related deaths -- 865 in Jammu region and 507 in Kashmir valley. The valley is, however, ahead of the overall Covid fatality chart with 1,918 deaths compared to 1,784 deaths in Jammu province.

In the COVID-19 mortality chart in Kashmir, Srinagar is followed by Baramulla district at 248, Budgam (169), Pulwama (161), Anantnag (156), Kupwara (138), Kulgam (90), Bandipora (84), Ganderbal (67) and Shopian (54). In Jammu province, Jammu district is followed by Rajouri district at 163, Kathua (123), Udhampur (116), Samba (103), Doda (86), Poonch (76), Ramban (48), Reasi (35) and Kishtwar (31).

On May 17, the three-member central team of doctors deputed by the Union Health Ministry called for conducting genome study in Jammu, while observing that the high mortality here may be because of the double mutant Indian strain.

The team -- Deputy Director, National Centre for Disease Control (NCDC) Mahesh Waghmare; Joint Director, NCDC, Pranay Verma; and Professor, Internal Medicine, PGI Chandigarh, Navneet Sharma -- visited several Covid care facilities in Jammu and Samba districts.

Two days earlier, the Principal Government Medical College (GMC), Jammu, Shashi Sudhan Sharma said the B.1.617 variant was responsible for the surge in COVID-19 cases in the Jammu division.

In April, the percentage of UK variant dropped to 47 percent from 60 percent a month earlier and B.1.617 increased from 5.8 percent to 38 percent during the same period, Sharma said.

These two variants found circulating in the Union Territory of Jammu and Kashmir have UK and Western Coastal States as the sites where original virus mutated and their observed changed in frequency in UT is through epidemiological investigation, she had said.

Govt Launches

families over time, in spirit of leaving no one behind.

"We have taken prompt and decisive action to support elderly, women and children. Our decision is about personal protection and mitigating vulnerability of families, which have lost their bread-earner by extending long-term assistance. The government's aim is to take care of their day-to-day lives and ensure financial security," the LG said, as per an official spokesperson.

"Our commitment to support vulnerable families is long-term. Therefore we are creating a special cell to track welfare of affected families. The pension and scholarship is only part of our assistance. Other part shall be extending all possible assistance through existing schemes and support for self employment. It is a comprehensive approach, aimed at overall support to empower these families," he added.

Apart from this, the scheme provides for scholarship of Rs 20,000 per annum for school going students and Rs 40,000 per annum for college going students. A family in distress shall be eligible for scholarship for two children, if they are not getting any other scholarship. The assistance is not limited to above. The Special Cell in the Social Welfare Department shall also explore further assistance under other existing schemes of the government for which the family may be eligible. An important element of support shall be financial assistance for self employment for any of the surviving members who wishes to start any business for livelihood support.

"The scheme announced today is in furtherance of the announcement of Lieutenant Governor regarding special assistance scheme for families which are in a state of distress due to COVID related death of their bread earner," the official spokesperson said.

He said that the LG had taken the decision during a high level meeting on 11th of May. The assistance under the scheme shall commence next month.

"The launching of the scheme is an indication of commitment of the Government of J&K towards welfare of vulnerable segments of society in line with 'Sabka Saath Sabka Vikas,'" he added.

Pandemic Affects

said that children and old aged people constitute two susceptible age groups, who have been silently affected by the pandemic and it has also impacted their mental health.

"As children haven't been to school for one and half year now due to pandemic lockdown, they were not able to interact, play and express themselves with friends and classmates," he said, adding "Due to this isolation children tend to develop stress and anxiety/ which parents need to take care of so that children don't feel lonely."

He also advised parents to engage their wards in various hobbies and creativity.

"Working parents should capitalize this period to spend most of their time with children by involving them in physical and mental activities that would be beneficial for both parents and children," he said.

Regarding old aged people, the senior psychiatrist said that the elderly are vulnerable as well as easy targets of virus and have been distressed with the pandemic.

"This age group also needs to be taken care of very well. It is the responsibility of younger members in a family to share valuable time with them and interact more and more with them to keep them in high spirits," he said.

The GMC Professor also urged people to follow SOPs properly and in a standard way and stressed on the idea that following SOPs doesn't mean to make your life miserable.

26 Senior Docs

they said, adding, "In case no selection process is held well in time, many of us will get deprived of an opportunity to participate in the process and elevation to the post which will adversely affect smooth functioning of our departments and patient care in particular."

They urged the Chief Secretary to take "cognizance" and issue instructions for the appointment of next SKIMS Director and the Ex-Officio Secretary to Government.

J&K Gets NABL Accreditation Of Food Testing Laboratories

Observer News Service

SRINAGAR: In a significant development, Food Testing Laboratories of Jammu and Srinagar have joined elite list of prestigious institutions of the country engaged in analytical work of food & food products by achieving NABL accreditation as mandated under Section 43 of Food Safety & Standards Act 2006.

National Accreditation Board for Testing and Calibration Laboratories (NABL) a constituent board of Quality Council of India (QCI) under the Ministry of Commerce and Industry has granted accreditation in accordance with ISO/IEC 17025:2017 to Food testing laboratories of Jammu and Srinagar under chemical testing for quality assurance.

In this regard, Food Safety and Standard Authority of India (FSSAI) in the year 2016 had advised all the States and UTs to

COMMISSIONER Food & Drug Administration in a statement released to the media said that the Department without the assistance of any Consultant since 2019 mobilized all the resources & manpower to get NABL accreditation of Food Testing laboratories Jammu and Srinagar.

initiate the process of NABL Accreditation. The Apex Authority on 18.12.2020, after reviewing the progress of the States and UTs in this regard had de-notified a number of Food Laboratories of various States and UTs including the Food Testing Laboratory Srinagar for the want of NABL Accreditation, though the basic documentation of both the laboratories had been done. Consequently, the food samples lifted by the Food Safety Officers in Kashmir valley during market inspections since January 2021 had to be referred to Food Testing Laboratory Jammu for analysis.

Commissioner Food & Drug Administration in a statement released to the media said that the Department without the assistance of any Consultant since 2019 mobilized all the resources & manpower to get NABL accreditation of Food Testing laboratories Jammu and

Srinagar. A team of in-house experts, both from Food and Drug Wings of the Department was constituted by Commissioner Food & Drug Administration in consultation with Financial Commissioner, Health and Medical Education Department. The progress on this account was reviewed on weekly basis by Commissioner FDA and monthly by FC Health and Medical Education," it added.

Giving further details it was revealed that the Food Laboratory Jammu was granted NABL accreditation in the month of March 2021 while the Food Laboratory Srinagar has been accorded NABL accreditation recently on 22nd May, 2021. "The NABL certification has been achieved in a record time in the prevailing pandemic situation, as food testing is an essential part of the Food Safety ecosystem to assure that the food conforms to the prescribed legal standards and is safe to consume.

This accreditation certification will enable the food regulatory mechanism in Jammu & Kashmir to deliver quality service in the interest of consumer safety & public health to achieve the goal of adulteration free and disease free society. This will also improve the sampling and inspection system at the grass roots level to meet quality aspects & necessary standards of Food Safety in the interest of public health," Shakeel ur Rehman, Commissioner Food & Drug Administration said.

The Commissioner Food & Drug Administration appreciated the efforts of the expert committee and other officers of the department associated with the exercise. He specifically lauded the guidance provided by Financial Commissioner, Health & Medical Education, Atal Dulloo and said that sufficient financial & logistic support was provided by FC Health for up gradation of the existing Food Testing Laboratories in terms of infrastructure, equipment and manpower to match the testing standards & requirements as mandated under the provisions of Food Safety & Standards Act 2006, to bring it at par with the leading testing and research institutions of the Country.



RURAL ROUTINE: Two young Kashmiri girls heading home carrying fodder for cattle on their heads.

...DOCTOR SPEAKS

‘MISC In Children Can Prove Deadly If Not Treated On Time’

Observer News Service

JAMMU: Associate Professor, Department of Pediatrics, Dr Anuj Bhatti has said that it is the foremost duty of the mother and close relatives having young children or a new born baby around to take extra precautions and adopt Covid appropriate behaviour.

Guiding further, Dr Bhatti said a Covid infected child can develop Multisystem Inflammatory Syndrome (MIS-C), a condition which triggers inflammation in different body parts of child, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs can develop.

It is thus advised that if a child is suffering from high grade fever for more than three days, is not eating well, starts vomiting, not breathing naturally, has bluish discoloration of body parts, has sunken eyes or dry lips, and his/her oxygen saturation level dips below 94, has conjunctivitis or pain in neck, stomach ache, one must immediately consult a doctor telephonically, or through eS-



anjeevani telemedicine facility. 'If a child displays symptoms of Covid, get the child tested for Covid and treated accordingly', advised Dr Bhatti. "Transmission in young children can happen in two ways- Vertical transmission or Horizontal transmission. While there is not enough evidence to support the theory of vertical transmission, in which an unborn could catch Covid while in womb; the horizontal transmission, transmission post birth, is usually observed" he added.

Since a baby can't be separated from its mother, the mother has to keep respiratory hygiene at all times, he said.

A healthy, asymptomatic Co-

vid positive mother can breast-feed her child while wearing a mask. In case a mother is symptomatic and not well, it is preferred that she collect her milk in a vessel and later some other healthy caregiver feed the same to the baby. If this is not possible, the mother must take extra precautions, like wearing a double mask and sensitizing herself before feeding the baby", he informed.

Elaborating on the child and mother care facility made available amid Covid pandemic, he said routine deliveries of Covid negative mothers are being done at SMGS Hospital while Covid positive mothers are admitted at Maternal & Childcare Hospital, Gandhi Nagar. He said that according to recent guidelines, lactating mothers can also get vaccinated.

It is pertinent to mention that all Covid-related queries and doubts can be cleared on helpline number 0191 2571616. Public can also call the Divisional Control Room at 0191-2520982, 2549676, 2674444, 2674115, 2674908.

A COVID INFECTED CHILD CAN DEVELOP MULTISYSTEM Inflammatory Syndrome (MIS-C), a condition which triggers inflammation in different body parts of child, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs can develop.

3300 KMs Of J&K's Rural Roads Completed In 2020-21: Govt J&K Targets 4,200 Km PMGSY Roads In 2021-22

Observer News Service

JAMMU: The Chief Secretary, B V R Subrahmanyam Wednesday held a meeting with the Principal Secretary, Public Works Department (R&B), to review the progress made under the flagship programme, 'Pradhan Mantri Gram Sadak Yojana' (PMGSY) in the previous financial year and fixed a target of completing 4,200 km of road this fiscal.

Appreciating the progress made in the previous financial year, the Chief Secretary observed that the Department has registered an unprecedented achievement by completing 3,300 km of rural roads under various schemes, thereby providing safe and secure all-weather connectivity to the eligible habitations.



The Chief Secretary maintained that the Department must utilise the acquired expertise in fast-tracked project execution to achieve a road length of 4,200 km this fiscal. The projected target includes 800 km and 3400 km rural road in Kashmir and Jammu province, respectively.

He asked the Principal Secretary to periodically review district-wise progress for timely resolution of bottlenecks and associated challenges. He advised the Department to prioritize works that are free from encumbrances while simultaneously resolving such issues/grievances in the projects facing delays.

The Department was also asked to maintain quality standards of new constructions and ensure creation of high-quality infrastructure, besides undertaking routine inspections of the works with focussed attention on maintenance works.

The Chief Secretary also reviewed issues related to un-awarded works, forest clearances, land acquisition, quality standards, and utility shifting.

Positivity Rate, Bed Occupancy On Decline In Kulgam: DC

Observer News Service

KULGAM: Bed occupancy in COVID hospitals has declined in District and presently only 27 patients are admitted in Covid dedicated hospital in Kulgam said the Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din-Bhat during a press brief here at Kulgam.

He said that 77 patients were admitted at COVID-hospital before few days ago and now we have only 27 patients admitted here at this hospital.

The District has a recovery rate of more than 77 percent and positivity rate is on decline across the district indicating a significant improvement in the situation of the district, Dr. Bilal added.

This all happened possibly only due to the multi pronged strategy and cooperation of people of the district, the DC added. "Situation seems to be in our favour but we can't lower the guard against this virus and everyone needs to follow the mantra of social distancing, use of masks, hand washing and have to stick to Covid appropriate behaviour."

The Deputy Commissioner also informed that 65% of the population of the district above the age of 45 stands vaccinated and appealed to the rest of the population to get vaccinated at an earliest at vaccination sites established across the district.

Vaccination of people from age group 18-45 will be initiated in the district soon and modalities in this regard stands reviewed.

He also appealed to people not to pay heed to rumours and fake news about vaccine and to get vaccinated which is safe and a game changer to combat this pandemic.

With regard to availability of Oxygen in the district, DC said that 1000 LPM Oxygen generation plant at District hospital is functioning properly and adequate bulk cylinders, concentrators are available in the district



THE DC SAID 65% of the population in the district, above the age of 45, stands vaccinated and appealed to the rest of the population to get vaccinated at an earliest at vaccination sites established across the district.

and we never fall short-of oxygen in the district.

He added that presently there are 2014 positive cases under home isolation in the district and proper follow up of positive patients is ensured besides medical kits are being provided to patients at home isolation containing essential medicines.

It was informed that approximately two thousands tests are carried out every day in the district containing RT-PCR and RAT tests.

He reiterated that the Administration has enhanced infrastructure with better healthcare facilities in the District to save the lives of people.

He added that in order to strengthen Covid care in rural areas covid care centers with capacity of 5 beds have been established at majority of panchayats in district equipped with Oxygen concentrators and other requisite equipments besides primary COVID related drugs are available at these centers.

He advised people to strictly follow the SOP's and guidelines issued by the administration and health experts so that spread of this disease is curtailed.

Kathua Records 87 Percent Recovery Rate: DC



Observer News Service

BANI: Deputy Commissioner, Rahul Yadav Wednesday said that the Covid situation in Kathua has shown encouraging improvement with 87% recovery rate and decline in bed occupancy to 50%.

The DC was briefing media persons regarding Covid-19 situation in the district and measures undertaken at various levels to control its spread.

The Deputy Commissioner said that against 1114 new cases 1374 patients recovered in last 7 days, showing 87% recovery which is around 5% high against the last week.

Appreciating the efforts of all the stakeholders, the DC credited citizens for their cooperation in implementing the Corona Curfew restrictions and showing enthusiastic participation in Covid Vaccination drives.

Rahul Yadav said that Kathua district has witnessed 17 deaths in last seven days, which also

depicts a considerable decline in Covid death rate.

The bed occupancy rate in all Covid dedicated Institutions has also witnessed a lowering trend as only 50% of beds are presently occupied, he informed.

He informed that the process of establishing Rural- Covid Care Centres in all 257 Panchayats of the district is going on in full swing. He said the facility has already been created in 213 Panchayats with beds and other patient care amenities. He disclosed that district administration has placed an order to JKMLC to equip all Rural- CCC's with Oxygenated Beds without any delay.

The DC also said the Covid Management Kits are being provided to all the Covid patients who are in Home Isolation. He said a total of 1849 Covid Management Kits have been distributed among the patients through dedicated teams of Health and Medical Education department.

Regarding Covid Vaccination Drive, the Deputy Commissioner said the district administration has launched a special drive to cover Vulnerable Groups including Lawyers, Journalists, Shopkeepers, Street Vendors, Dhaba owners and their staff, besides employees of PHE, PDD directly associated with Covid mitigation and control efforts.

He said the vaccination drive will be scaled up in coming days to ensure 100% vaccination of targeted age groups.

Two Non-Local Labourers Go Missing In North Kashmir's Handwara



HANDWARA: A non-local duo working as plasterers has gone missing from Mawar in north-Kashmir's Handwara district since Monday last.

The Chief-contractor identifying himself as one Mohammad Shahadat said that the two workers Sunil Manjhi (25) son of Rajan Manjhi of Sitammari District in Bihar and Mohammad Mumtaz (30) of Muzzafarpur District Bihar went missing while on work at Mirpora Qalamabad in Mawar area - some ten kilometers from main-town Handwara, news agency GNS reported.

"I was not there at that time and had gone to do some transaction at a local bank", Shahadat said adding that "It was

only once I returned to find out the duo were missing from the workplace."

"On enquiring from the locals I was told that the duo was last seen purchasing some tobacco from a nearby shop," Shahadat said.

"However as it has been, they haven't turned yet for almost three days now", he said adding even after looking for them at all possible places, no clue about their whereabouts were known to him so far.

On being asked whether he tried to contact them, Shahadat replied that "Ironically none of the missing persons' has even cellular phone, with no considerable amount (money) with them even."

"I have lodged a missing report with the Police Station Qalamabad, that assured me all possible help in this regard", Shahadat said.

"I urge the locals in the area to kindly report if they have any knowledge about the two missing persons", Shahadat added.

Maruti Suzuki To Install 2 Oxygen Plants In J&K

Observer News Service

JAMMU: Maruti Suzuki India Ltd (MSIL), the largest automobile manufacturer of the country has agreed to install two Oxygen PSA Generator Plants of 500 litres per minute capacity each in Jammu and Kashmir under Corporate Social Responsibility (CSR).

Responding to the appeal of the Lt. Governor, J&K, Manoj Sinha to the corporates to come forward to help to set up Oxygen Generator Plants in the Union Territory, MSIL has offered to install one plant each in Jammu and Srinagar Medical Colleges to strengthen the health infrastructure of the

two premier health institutions of the UT.

Devender Singh Rana, former legislator and Chairman Vehicleleades Group of Companies conveyed the decision of Maruti Suzuki India Ltd to the Lt. Governor here this evening.

The Lt. Governor thanked MSIL and its top management Chairman R.C Bhargava and Managing Director Kenichi Ayukawa, for having come forward to support the people of J&K in this pandemic.

Rana had earlier requested Maruti Suzuki India Limited (MSIL) to kindly support healthcare efforts during the COVID pandemic in J&K as a goodwill gesture.

DC Ganderbal Urges People To Avoid Self-Medication

Observer News Service

GANDERBAL: Deputy Commissioner Ganderbal, Kritika Jyotsna Wednesday held a press briefing on Covid mitigation efforts put in place during which she urged upon the Covid positive patients to avoid self-medication and take medicines only after doctor's consultation.

While sharing the Home Isolation data, the DC said that currently 1078 patients are in Home Isolation. District administration has established a 24*7 Covid control room at CMO Office, which takes daily feedback from patients in home isolation.

She urged the public to share the information as asked so that proper health advice is given to them as per their health conditions adding

SHE URGED THE public to share the information as asked so that proper health advice is given to them as per their health conditions adding that health authorities are always available for their help.

The DC also briefed on tele consultation facility in the district and said that a team of sixteen doctors is constituted with different speciality who can be contacted at any time for any type of advice related to health whose contact details are already available on official twitter handle and Facebook page of the district administration besides,

in District Hospital, PHCs and Sub Centers of the district.

Elaborating on 5 bedded Isolation Facility as directed by the Government, the DC said that process of procuring necessary equipments is already initiated adding that Isolation Facility would be established in all 126 panchayats with one oxygen support bed and other adequate facilities will be made available there.

Jyotsna once again appealed PRLs, Media Persons, Health workers, locals and other frontline workers to support the district administration in the same way as they supported earlier in combatting the spread of infection adding that district administration is always available for the timely redressal of grievances of the people.

Two Days Covid Vaccination Camp Held At HC Jammu

Observer News Service

JAMMU: Health and Medical Education (H&ME) and Law Departments in collaboration with High Court of J&K organised two days Covid-19 vaccination camp for the Advocates of J&K Bar Association Jammu for the age group of 18 to 45 years at Jammu wing of High Court.

Registrar Judicial, SR Gandhi, Joint Registrar Protocol/Judicial Dinesh Gupta, Director Litigation, Villy Koul and other staff members were also present on the occasion. Vaccination team was

headed by Dr Ambika Bali accompanied by Nodal Officer Dr Nahida Kousar, Dr Archana, Dr Yamini and Dr Puja along with other paramedical staff.

On the first day of vaccination camp held on 25th of May 2021, covid vaccine was administered to 720 persons while as on 26th of May 2021, 830 persons were vaccinated.

In all 1550 persons including staff of High Court & District Court Jammu were vaccinated. All SOPs of Covid-19 were followed during the vaccination camp.

ICC WTC FINAL

NZ's Henry Nicholls Wary Of Threat Posed By India Spinners Ashwin, Jadeja



Press Trust of India

NEW DELHI: India's pace attack is on par with New Zealand's world class swing operators but the Black Caps batsman Henry Nicholls is more wary of the threat spinners Ravichandran Ashwin and Ravindra Jadeja may pose during the upcoming World Test Championship final.

India and New Zealand will fight it out for the inaugural title at Southampton's Ageas Bowl, one of those rare English tracks known to aid the slow bowlers for a considerable period in Test matches.

"India have a very good seam attack and also have the experienced spinners like Ashwin and Jadeja. They have been consistent in all parts of the world (of late) and bring quality (to attack)," Nicholls, who has been in good form of late in Test cricket, told PTI in an interview.

If there are no injury concerns, the Indian pace troika that is expected to be in the playing XI for the clash starting June 18 would be Jasprit Bumrah, Ishant Sharma and Mohammed Shami.

"Mohammed Shami along with Jasprit Bumrah and Ishant Sharma have proven their quality over the years which is similar to our seamers (Tren Boult, Tim Southee and Neil Wagner) on whom we really pride ourselves on.

"So if you are facing that kind of a line-up, it's an exciting challenge and as a group we are expecting

it to be tough but also looking forward to the challenge," the 29-year-old southpaw, who enjoys a 43 plus average over 37 Test matches," he said.

His teammate Devon Conway's strategy of pouring dry kitty litter on the track in order to create rough was backed by Nicholls as they are playing at a "neutral venue" which is known to assist the spinners.

"That was something that we experimented in the camp before we came over to UK. You managed to get some more turn and get some practice. So playing at a neutral venue, we need to check what the wickets will be like there. Also the guile of Ashwin and Ravi Jadeja is something that we need to be prepared for," Nicholls said.

Nicholls was a part of the New Zealand team that thrashed India inside three days in two home Tests in early 2020, something that will give them confidence going into the final.

"It's an exciting challenge as finally we will be playing a Test match at a neutral venue. So that for both sides kind of levels the playing field.

"We beat them 2-0 a season back (2019-20). But we know and accept that it's a different challenge but as a group we take a lot of confidence from that series win against India. Obviously, Number one and two playing the final is a challenge too," he said.

Umar Akmal Pays 4.5 Million Rupee Fine, To Join Anti-Corruption's Rehab Program



Press Trust of India

KARACHI: Controversial Pakistan batsman Umar Akmal has paid a hefty fine of 4.5 million rupees to PCB, which now entitles him to join Anti-Corruption rehabilitation program of the board.

A source in the PCB confirmed that Akmal had deposited the fine imposed on him by the Court of Arbitration for Sports (CAS) in February while disposing off cases filed by the batsman and the PCB.

"Umar has deposited the full amount of 4.5 million rupees with the board which means he is now eligible to start the rehab program of the Anti-Corruption code of the board," the source said.

"But practically it will take some time before Akmal can resume his cricket career as his rehab program will take some time since the anti-corruption unit of the PCB is presently busy with the Pakistan Super League matches to be held in Abu Dhabi next month," the source said.

Earlier the board had rejected Akmal's request that he be allowed to pay a 4.5 million rupees fine in instalments to pave the way for him to return to cricket after serving a ban since February 2020 for breaching clauses of the Anti-Corruption Code.

ruption Code.

Akmal had pleaded with the board in an application that due to the imposed ban, he was not in a financially strong position and be allowed to pay the fine instalments.

But the PCB rejected Umar's request and directed him to pay the full fine or he would not be able to start his rehabilitation program as per the Anti-Corruption code.

Akmal, who will turn 31 this month, has not played for Pakistan since November, 2019 when he last appeared in a T20 series at Lahore against Sri Lanka while his last Test appearance for his country was way back in late 2011 while his last ODI series was in March-April 2019 against Australia.

Even elder brother Kamran had offered to pay the fine to the PCB.

Earlier CAS had reduced an 18-month ban on Akmal to 12 months for breaching the PCB's Anti-Corruption code but hit him with the fine.

The Lausanne-based body had disposed of the appeals of both PCB and Akmal in February.

Since Umar had already served the 12-month ban as he was suspended from February 2020 he was eligible to return to cricket after paying the fine.

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Kohli & Sharma Stay Static, Bumrah 5th Among Bowlers In ICC ODI Rankings

Press Trust of India

DUBAI: India skipper Virat Kohli and his deputy Rohit Sharma held on to their second and third positions respectively in the batting chart, while pacer Jasprit Bumrah remained static at number five in the bowling list of the latest ICC ODI player rankings issued on Wednesday.

Kohli and Sharma were sitting pretty with 857 and 825 points respectively in the batting list headed by Pakistan's Babar Azam with 865 points.

In bowling, Bumrah was at the 5th position with 690 points, while New Zealand's Trent Boult was atop with 737 points, followed by Bangladesh's Mehidy Hasan (725), Afghanistan's Mujeeb Ur Rahman (708) and Kiwi pacer Matt Henry (691).

Bangladesh off-spinner Hasan became only the third bowler from his country to be ranked among the top two after a fine showing in the first two matches of their ongoing World Cup Super League series against Sri Lanka.

Hasan has advanced three places to reach the second position after returning figures of four for 30 and three for 28 bowling with the new ball.

All-rounder Shakib Al Hasan had grabbed the number one position in 2009 for the first time, while left-arm spinner Abdur Razzak is the other Bangladesh bowler to have been in the top two, reaching the second position in 2010.

Left-arm fast bowler Mustafizur Rehman is another one from Bangladesh to move up the list, his hauls of three for 34 and three for 16 lifting him eight places to ninth position.



Mushfiquur Rahim, player of the match in both ODIs, has moved up four places to a career-best 14th position after scoring 84 and 125. His best position has been fifth, which he had attained in December 2018.

Mahmudullah has advanced two places to 38th position after his scores of 54 and 41.

For Sri Lanka, fast bowler Dushmantha Chameera's haul of three for 44 in the second match has lifted him 11 places to joint-61st along with compatriot PWH de Silva, who too has advanced eight places.

Dhananjaya de Silva (up nine places to 83rd) and Lakshan Sandakan (up nine places to 94th) are

among the other bowlers to gain in the latest weekly update that also includes performances in the two-match series between the Netherlands and Scotland.

Scotland batsman Richard Berrington's knock of 41 in the first match of the series played in Rotterdam has lifted him two places to joint-72nd while the Netherlands' opener Max O'Dowd's 102-ball 82 in the same match sees him progress 11 places to 150th.

Scotland's new-ball bowler Alasdair Evans has moved up 10 places to 89th after his five-wicket haul in the second match helped his team draw the series 1-1.

IOA Seeks Details Of Vaccinated Athletes From National Federations

Press Trust of India

NEW DELHI: The Indian Olympic Association (IOA) has sought details from the national federations about the vaccinated athletes and officials, who are set to travel to Tokyo for the Summer Games, beginning July 23.

IOA President Narinder Batra and Secretary General Rajeev Mehta said they need to submit the details to the International Olympic Committee (IOC) by Thursday.

More than 90 Indian athletes across sports have so far qualified for the postponed Tokyo Olympics.

The IOA has asked the National Sports Federations to respond to a questionnaire which has eight queries. The queries include the number of athletes and officials who have been vaccinated, the date of their first jab and the date of the next dose along with name of vaccination used.

The NSF's also have to inform, "from which place/country your



athletes and officials will go to Tokyo and how much time they would have spent in that country before going to Tokyo."

The national Olympic body has also asked if NSF's have made their athletes fully aware of the COVID protocols before departure and in

Tokyo and if they are taking "extra and special precautions" for their athletes and officials.

The federations also need to inform the likely strength of their contingent and if any pre-Games training camps have been planned in Japan.

The vaccination details of the officials going to the Games as judges, umpires, referees, technical officials has also been sought.

The IOA had recently said that 148 athletes, including the Olympic-bound, have already received their first dose of the COVID-19 vaccination.

Out of the 148 vaccinated athletes, 17 have got both the doses and 131 have received their first shot.

As per the details, 87 officials have got single dose of COVID-19 vaccine while 23 are fully vaccinated.

Besides this, 13 Tokyo Paralympic-bound athletes have got their first vaccine shot while two have received both doses. The Tokyo Paralympics are set to open on August 24.

Michael Holding Feels 'Its Impossible To Wipe Off Racism From The World'

Press Trust of India

LONDON: It is impossible to completely wipe off racism from the world, feels fast bowling great Michael Holding, who would "bruise his knee" to the grave if he was still an active player but doesn't want anyone to take the gesture as "a tick-in-the-box exercise".

Holding was speaking on Sky Sports' 'The Cricket Show' on the first death anniversary of African-American George Floyd, who died at the hands of a white police officer in the Minnesota last year.

"You will always have racism, always have racists. Getting rid of racism totally is like saying you are going to get rid of crime totally. It is impossible," Holding said during a panel discussion that also had former England captain Nasser Hussain and woman international Ebony Rainford-Brent.

"The less crime you have in your society, the less racism you have in your society, the better off the world is as we go ahead," he added.

Holding feels that the gesture of "taking a knee" should be organic rather a "tick the box" exercise but he doesn't believe in telling people what their choices should be.

"I am not going to tell people they must take a knee - I am not here to tell people what they need to do. I don't want people to take it as a tick-in-the-box exercise.

"You must want to support the cause, you must be willing to understand and see that something is wrong and this is the worldwide accepted way of showing support for the cause," he said.

The West Indian great, who now lives in the United Kingdom, said not everyone can understand the challenges that black people endure through their lives.

"People don't understand what it is like to come under that sort of pressure throughout your entire life. Some people say things and don't even realise what they are

saying or the effect it might have on a black person.

"It's something they get accustomed to saying," the 67-year-old, one of the most respected cricketing voices across the globe, said.

Holding didn't hide the raging anger he has felt at times while interacting with people who resort to casual racism which can be equally hurtful.

"As a black person, when you hear certain people say certain things it burns inside. I have had many occasions when people have said something or treated me a particular way when I think to myself 'are they just rude or are they racist?'

"Is it because I am black that they are treating me this way or is it because they don't know any better because they are rude?," he said.

Holding agreed that there could be times that the intent of a comment is not racist but for a black person, who has suffered, that's the first thing that comes to mind during interactions.

"I have no idea - but as a black person the first thing that comes to your mind, because of the constant battle with racism, is racism. Sometimes you are wrong, sometimes the person is not racist, but it builds up inside of you and the first thought is racism."

Holding believes that UK hasn't done enough to weed out racism.

"But, right now, I don't think we have made enough ground, especially in the UK. I am going to be blunt now. I don't see enough action in the UK.

"I see a lot of action in the US. Big corporations in the US putting up millions and millions of dollars toward programmes to levelling the playing field," he said.

"Apart from Sky, who are we seeing in the UK doing anything? There is a little bit of lip service every now and again but what really positive signs of action have we seen?" he asked.

England Wicketkeeper Ben Foakes Out Of New Zealand Tests After Freak Injury

Press Trust of India

LONDON: England's wicketkeeper-batsman Ben Foakes was on Wednesday ruled out of the upcoming two-match Test series against New Zealand after a freak dressing-room accident resulted in a torn hamstring.

The 28-year-old sustained the injury after slipping in his socks while walking in the dressing room following Surrey's County Championship match against Middlesex at the Oval, 'ESPNcricinfo' reported.

Haseeb Hameed and the uncapped Sam Billings have been added to England's Test squad for the

matches against New Zealand. Foakes was to play his first Test at home next month at Lord's after fellow wicketkeepers Jos Buttler and Jonny Bairstow - along with Moeen Ali, Sam Curran and Chris Woakes - were rested for the series following their stints in the Indian Premier League.

Foakes could be out of action for as long as three months, leaving him uncertain for the upcoming series against India and the Ashes tour at the end of the year if his substitute James Bracey impresses behind the stumps in the coming weeks.

Foakes will be assessed by the Surrey medical team, which will also work on his rehabilitation.

India Assured Of Four More Medals At Asian Boxing Championships



Press Trust of India

DUBAI: Four Indian boxers, including three women, advanced to the semifinals with impressive victories as India's assured medal tally swelled to 12 in the Asian Championships here.

Sanjeet (91kg), Sakshi (54kg), Jaismine (57kg) and the Olympic-bound Simranjit Kaur (60kg) joined Shiva Thapa (64kg) in the last four stage following late night wins in their quarterfinal bouts on Tuesday.

They added to the seven medals, including that of six-time world champion M C Mary Kom (51kg), that were assured on the day of draws. India Open gold-winner Sanjeet defeated Jasur Qurbonov of

Tajikistan 5-0 to enter the semifinals in the men's draw along with Thapa. His next opponent is last edition's silver-medallist Sanjar Turunov of Uzbekistan who has been seeded third this year.

In the women's competition, Sakshi (54kg) got the better of Tajikistan's Ruhafzo Haqazarova 5-0 to set up a clash against top seed Dina Zholaman of Kazakhstan.

Jaismine edged past Oyuntsetseg Yesugen of Mongolia 4-1 and will now square off against Vladislava Kukhta of Kazakhstan.

Simranjit, who recently recovered from COVID-19, defeated Raykhona Kodirova of Uzbekistan 4-1. Her next opponent is also a Kazakh in Rimma Volosensko.

On Wednesday, India's Olympic-bound men pugilists Amit Panghal (52kg), Vikas Krishan (69kg) and Ashish Kumar (75kg) will kick-start their campaign.

World Championships silver-medallist and defending champion Panghal will face Mongolia's Kharkhuu Enkhmandakh.

The two fought at the 2020 Asian Olympic Qualifiers in Amman, Jordan where the Indian had triumphed in a gruelling contest.

Asian Games champion Vikas Krishan will square off against Iran's Moslem Malamir, while last edition's silver-winner Ashish will face World Championships and Asian Games silver-medallist Abilkhan Amankul of Kazakhstan.