



P3 CITY

DRAMA AMID DIN: MAYOR AND CO. KEEP COMMISSIONER OUT OF SMC

The Mayor Srinagar Municipal Corporation (SMC) Junaid Azim Matto and over a dozen corporators Friday created ruckus in the Corporation lawns and stopped the Commissioner SMC Amir Athar...

P4 THINK

THE POLITICS OF DECEPTION

Politics is the game of deceptions and the inhabitants of District Budgam have become the victims of it yet again. This time, the issue is the U-turn that the administration took in shifting the proposed DRDO 500 bed hospital from...



P7 STATE

GANDERBAL ACHIEVES 100% VACCINATION TARGET OF ALL ABOVE 45 AGE GROUP

The district Ganderbal has become the second district in Kashmir division to achieve the hundred percent vaccination target of all above 45 age group with at...

**AVOID COVID TALK, AVOID STRESS: Kashmir's Top Psychiatrist**

Aauqib Javeed

As more and more people are reporting mental health issues in the second viral wave, Kashmir's noted mental health specialist, Dr. Arshad Hussain, says people should watch less news regarding Covid-19 "since the important and necessary information that one needs to fight Covid-19 is already there".

The only information that has been added to Covid-19 is regarding the vaccination, while rest is the same, the prominent psychiatrist says.

**LET'S HAVE NEW HABITS, proper sleep and an optimistic outlook to avoid stress."**

"So we need to avoid watching news of death and destruction on a daily basis because it will affect your mental health," he warns.

Plus, he says, people should use social media as much as

possible for virtual-meetings, grief-sharing, gossip and humour.

"Let's not talk about Covid-19," Dr. Arshad Hussain reiterates. "We should've a normal talk. It really releases the stress."

In an exclusive conversation with Kashmir Observer, the distinguished psychiatrist and professor at the Institute of Mental Health & Neurosciences (IMHANS), Government Medical College, Srinagar, advises new habits, proper sleep and optimistic outlook as some measures to avoid stress.

How's Kashmir's third straight year of lockdown affecting people mentally?

Undoubtedly lockdowns are bad but they're necessary evils for survival, for saving lives and at the end what only matters is life everything else can get

compensated. Even the European countries with great health infrastructure had to implement it.

If there's any relaxation at this moment it'll invite devastation. But yes, lockdowns will have economic costs and that has its own negative effects on mental health.

How has coronavirus cast its shadow on Valley's mindscape?

As per many reports and studies, the pandemic has hit the mental health of the people but let me tell you honestly, it had very little impact here in Kashmir last year.

Although our hospital, Institute of Mental Health and Neurosciences Kashmir, saw over 77,000 patients in 2020, they were mostly non-Covid mental health issues.

But somehow, **More On P6**

Quote!

Change takes courage

—Alexandria Ocasio-Cortez

NEWS DIGEST**City Admin Seals Mahatta Cafe**

SRINAGAR: Mahatta Diner Cafe in Srinagar has been sealed by the J&K administration amid a property dispute, and for allegedly violating Covid-19 norms. The cafe is owned by the Mehta family which had earlier been running a famous photo studio on the Bund Srinagar. The owners have accused former J&K Finance Minister, Haseeb Drabu, of a land grab attempt, IANS reported Friday. **More On P6**

Hizb Militant Nabbed In Kulgam: Police

SRINAGAR: Police on Friday claimed to have arrested a Hizbul Mujahideen militant in Kulgam district of south Kashmir. Zakir Bhat of HM was arrested after police and army launched a joint cordon and search operation in the Frisal area of the district following information about the presence of militants in the area, a police spokesman said. He said that the investigations have revealed that **More On P6**

HC Quashes 3 PSA Detention Orders

SRINAGAR: Jammu and Kashmir High Court has quashed three detention orders under Public Safety Act and asked the authorities to release them "if not required in any other case." A bench of Justice Vinod Chatterji Koul quashed orders against Sajad Ahmad Bhat son of Ghulam Hassan Bhat of Nagam Chadoora, Budgam, Aijaz Ahmad Dar son of Habibullah Dar of Nasrullahpora, Budgam and Manzoor Ahmad Ganaile son of Ghulam Qadir **More On P6**

5 Gamblers Held In Twin Raids: Police

SRINAGAR: Police on Friday claimed to have arrested five gamblers in twin raids in Budgam and Ganderbal districts of the Valley. Abdul Sattar Sheikh, Ghulam Mohammad Sheikh and Mohammad Yasin Sofi, all residents of Peth Sharen Khag in Budgam district were arrested by a police team after receiving an input about gambling activity in nearby village Hardu Suresh, a police spokesperson said Friday. An amount of Rs 5500 besides **More On P6**

Pesticide Factory Gutted In Fire

UDHAMPUR: A pesticide factory was gutted in a fire in the industrial area of Jammu and Kashmir's Udhampur district, officials said on Friday, adding no casualties were reported in the incident. It broke out in Dhanuka chemical factory at Batal-Ballian industrial estate around midnight on Thursday, they said, adding eight fire tenders were pressed into service along with the army and the air force. The fire engulfed the whole pesticide factory, which was one **More On P6**



Relatives of a corona victim fold their hands while performing last rites at a cremation ground in Srinagar on Friday. KO Photo, Abid Bhat

Decision On Kashmir Unlock Shortly: Div Com

Aauqib Javeed

SRINAGAR: As the business fraternity in Kashmir upped the ante over the phased reopening of shops and commercial establishments citing heavy losses, the Jammu and Kashmir administration said on Friday that the decision to ease lockdown will be taken shortly.

"The government is working to unlock Kashmir and the decision regarding the same will be taken shortly," Divisional Commissioner Kashmir, P K Pole told Kashmir Observer on Friday.

He said that the competent authority will assess the situation and take a call on phased unlocking, including days of relaxation and the activities to be allowed.

He further said that the admin is already giving relaxation in those areas where less COVID-19 cases are detected.

Pole's comments come a day after a trader's body in Kashmir appealed to the **More On P6**

Saving Lives, Protecting Livelihoods Is Our Priority: LG

Observer News Service

Asserting that the strict enforcement of test-track-treat protocol is the only long term solution to stop the spread of coronavirus, Jammu and Kashmir Lieutenant Governor, Manoj Sinha said

on Friday that saving lives and protecting livelihoods of the people was his priority.

Chairing a series of meetings with Covid Task Force, Deputy Commissioners and SPs of the UT, here at Civil Secretariat on Friday, Sinha said called upon the officers to ensure no compromise on **More On P6**

Two Month Old Militant Killed In Shopian Encounter: Police**Another Gunfight Rages In Sopore, Two Militants Believed To Be Trapped**

Zaid Bin Shabir

SRINAGAR: A Lashkar-e-Taiba (LeT) militant on Friday was killed in an encounter with government forces in south Kashmir's Shopian district, while another gunfight has raged in Sopore town of Baramulla district where two local militants are believed to be trapped, officials said Friday. Around 3:00 pm Friday, they

said, police, army's 44 RR and the personnel of CRPF 14 battalion launched a cordon and search operation in Ganapora area of Shopian district after receiving specific input regarding the presence of militants in the orchards of the village. The officials said that the militants opened fire upon the search team when they were given an opportunity to surrender.

"The joint search party retaliated to the fire leading to an encounter. In the ensuing encounter, one militant was killed and his body was retrieved from the site of encounter," a police spokesperson said. **More On P6**

China Blames Britain For Kashmir Quagmire

Press Trust Of India

BEIJING: Chinese Foreign Ministry spokesman Zhao Lijian created a flutter on Friday by tweeting an official media commentary blaming the British colonialists for injecting the "poison of hatred" into Kashmir's body politic under its "notorious" 'divide and rule' policy.

Interestingly, the article 'Kashmir: A Crack in the Jewel in the Crown of the British Empire' by state-run Xinhua news agency was published amidst growing tensions between Beijing and London over

a number of issues, including Hong Kong and human rights.

If British India was the jewel in the crown of the British Empire, then Kashmir has been the biggest crack in it when the crown finally fell over on that land, Zhao said in a series of tweets, quoting from a recent Xinhua commentary.

The British Empire fell, but the poison of hatred has been injected into the body politic of two peoples for decades to come, Zhao, who previously worked as China's Deputy Ambassador to Pakistan before taking over as a spokesman of the foreign ministry, tweeted. **More On P6**

Govt Launches 'Taskeen' For Covid Affected Children

Tele- Counselling Service To Address Fear, Anxiety; Other Mental Health Issues: Div Com

Observer News Service

SRINAGAR: In an effort to address the growing concerns among parents, the Jammu and Kashmir administration on Friday launched 'Taskeen', a tele-counselling service for psychological support of Covid-19 affected children

during the pandemic.

The service was launched by the Divisional Commissioner Kashmir, Pandurang K Pole on Saturday, an official spokesperson said. He said a team of Psychologists and resources persons on alternate days shall provide counselling to address fear, anxiety and other mental stress related issues among the Covid-19 affected children by providing them psychological **More On P6**

Govt Hikes Salary Of NHM Employees

Observer News Service

SRINAGAR: The Jammu and Kashmir government on Friday approved a substantial hike in salary of employees who are working under the centrally sponsored National Health Mission (NHM) scheme in the Union Territory.

The decision, in this regard, has been conveyed to the Union Territory in the approval received for Programme Implementation Plan for the financial year 2021-22 projected by the government, an official spokesperson said Friday.

As per the approval accorded by Union Ministry of Health and Family **More On P6**



Dr. Iqbal Saleem

Professor of Surgery, GMC

If you value your life, stop smoking.

If you love your elders double your effort to stop them from smoking.

Covid related adverse effects are more common in smokers. SO RIGHT TIME TO GIVE YOUR LUNGS SOME RESPIRE.



Dr. Salim Khan

Professor and HOD Community Medicine, GMC

If you want no third wave of COVID-19 comes in J&K, everyone has to follow COVID Appropriate Behaviour for times to come. Lowering guards in coming weeks would invariably invite third wave. Ensure behavioural change by following social distancing, wearing masks & hand hygiene



Dr. Faheem Younus

VP/ CQO/ Chief of Infectious Diseases University of MD UCH

COVID treatment protocols do not vary based on variants. Don't let someone give you a drug claiming "it only works for x variant."



Dr. Shafi Kuchay

Endocrinologist

Mild covid is a great opportunity to make money, who wants to exploit it.

90 out of 100, who get covid, get ok without any medicine. But u don't know the 10 who worsen over time.

So out of fear, u give medicine to all 100, majority of whom don't actually need it. #COVID19

Mehta Officially Appointed J&K CS

Observer Monitoring Desk

SRINAGAR: Government on Friday appointed Arun Kumar Mehta (IAS, AGMUT) as the Chief Secretary of Jammu and Kashmir. "Consequent upon the appointment of B.V.R. Subrahmanyam, IAS (CG:1987), Chief Secretary, J&K, as Officer on Special Duty in the **More On P6**