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Quote

A Penny Saved is a Penny Earned

—Benjamin Franklin

NEWS DIGEST

Udhampur Belt

Quake Shakes Katra-

JAMMU: An earthquake of magni-

tude 3.6 hit Jammu and Kashmir's

Udhampur-Katra belt in the early

The temblor occurred 54 km south-

east of Katra at 5.08 am, the Nation-

al Centre for Seismology (NCS) said.

was five km below the surface of the

earth at latitude 32.70 degrees north

and longitude 75.40 degrees east,

Saudi's Free Blasphemy

BENGALURU: A man who was

lodged in a Saudi Arabia prison

on charges of blasphemy and for

posting derogatory messages about

Harish Bangera, who was arrested

the Bengaluru airport where he was

and later proceeded to Kundapur in

Udupi. Bangera had been working in

Saudi Arabia almost for 6 years and had visited his home in 2019 last.

The resident of Goyadibettu in Bee-

BUDGAM: A 27-year-old man ended

his life in Yarikhah village in central

Kashmir's Budgam district on Thurs-

An official said that a 27 year old man

allegedly ended his life by hanging

He has been identified as Faroog Ah-

mad Mir son of Ghulam Mohi-ud-Din,

a resident of Mir Mohalla Budgam.

Meanwhile, police reached the spot

Man Ends Life

In Budgam

day, officials said.

himself at his home.

on December 20, 2019 arrived at

welcomed by family and friends

Mecca on Facebook returned to India

Accused Indian

after 20 months.

the NCS said.

The epicentre of the earthquake

hours of Thursday, officials said.

77

P4 THINK

UGLY SIDE OF FACTORY FARMING

The advancement in science and technology post World War 2 has simplified our lives in various ways but the convenience brought about by it also raises a lot of inconvenient ethical, environmental, and health concerns. One such issue that..

Apni Party Leader Shot

Weeks In South Kashmir

Dead in Kulgam

4th Political Killing In Last Two

OBSESSIVE COMPULSIVE DISORDER: UNDERSTANDING AND INTERVENTIONS

Just imagine what would happen if your mind were hooked on a certain thought or image and no matter what you did, this thought or image was replayed in your



P8 STATE

TEST CRICKET MEANS EVERYTHING TO KOHLI, SAYS KEVIN PIETERSEN



Virat Kohli's enthusiasm and intensity on the field shows Test matches mean everything to him, according to former English cricketer Kevin Pietersen, who feels the



Traditional Ashura Procession In Srinagar Disallowed Again • Biggest Procession Allowed In Zadibal Interiors • Members From Suni Community Offer Refreshments To Shia Mourners



Observer News Service

SRINAGAR: Yaum-e-Ashura, the 10th day of the month of Muharram was observed across Kashmir on Thursday with

Ashura procession in central

Security was high on

Thursday as Muslims marked

Ashura, the 10th day of the

holy month of Muharram.

Pakistan, officials said.

majalis and processions commemorating the supreme sacrtifice of Syedna Imam Hussain family of Prophet Muhammad

the plains of Karbala. Mourners carried out processions in Srinagar, Budgam and other districts that culminated peacefully. However.
More On P6

J&K Has Always Been Great **Centre Of Sanskrit: LG**

Observer News Service

KATHUA: Lieutenant Manoj Governor, Thursday said that J&K has always been a great centre of Sanskrit adding, "it is our collective responsibility to revive its glory".

LG was talking on the sidelines of the foundation stone laying ceremony of a new building of Chudamani Sanskrit

law and order on the 10th of Muharram, the officials said. Police had used force and detained scores of mourners after thousands defied restrictions and made

of Muharram.

repeated attempts to take out Alam Sharif procession on 8th of Muharram on Tuesday on its traditional Gurubazar-Dalgate route. The 8th Muharram procession was traditionally led by the Ittehadul Muslimeen party. However unlike 8th Muharram less number of mourners were expected to make an attempt on Ashura in civil lines as the organisers, Shia Association and Anjuman-e-Sharie, two Shia parties take out a parallel procession in the interiors of Zadibal every year. The traditional Ashura
More On P6

Procession Disallowed

uthorities on Thursday imposed

restrictions in the Abi Guzar area

of the city to prevent members of

the Shia community from taking out any

procession to mark Ashura, the 10th day

Restrictions were imposed in the Abi

Guzar area falling under police station

Kothibagh while forces personnel had

been deployed in strength to maintain

of South Kashmir on Thursday, reports reaching here said.

Observer News Service

KULGAM: Unknown gunmen,

suspected to be militants, shot

dead an Apni Party (JKAP) local

leader at Devsar in Kulgam district

Reports said that JKAP Zonal President Devsar, Ghulam Hussain Lone was shot outside his residence in Devsar. He received several bullets and fell on the ground, reports quoting

"Anguished to hear about the terror attack on political LG Says leader Shri Ghulam Hassan Lone at Devsar.Kulgam.I Anguished strongly condemn this cowardly attack," Sinha said in

THESE REPREHENSIBLE ACTS OF VIOLENCE are going to yield nothing but they only add to the sufferings of the people. Nothing can justify the cold blooded innocent killing of a political worker who was just trying to resolve

At Killing a tweet. "Perpetrators of this heinous
More On P6

the pressing issues of the people of his area."

Traditional



Sinha

Sansthan, Basohli in Jammu. Lt Governor
 More On P6

Agenceis ISLAMABAD: At least three Shia mourners were killed and 50 others wounded after a bomb ripped through a

the Kulgam hospital, Dr Muzafar Zargar said that the man was declared dead on arrival. Lone was previously affiliated with the People's Democratic Party and had switched to Apni Party a few months ago. A police official

residents said. "He was shifted

to district hospital Kulgam for

treatment, where he was de-

clared dead on arrival," hospi-

Medical Superintendent of

tal sources said.

said that the area has been cordoned off to nab the attackers. Lone's killing is the fourth in the past two weeks in South Kashmir. A BJP sarpanch

P5

THINK

and his wife were killed in Anantnag last week and two days back another BJP leader was killed in Brazloo Jageer area of Kulgam.

Lone''s killing evoked widespread condemnation from mainstream political parties including
More On P6

Ashura Targeted in Pakistan, 3 Killed

three dead and 50 injured from the blast at the procession site," said a senior government official in the city of Bahawalnagar, in Punjab province.

India's Security Challenges

Social videos media showed bleeding victims lying on a road being helped by members of the public. "The nature of the explosion is not yet

More On P6

Afghanistan this month, seiz-

ing control of Afghanistan

following the collapse of the

"Today, the security sce-

nario in the whole world is

changing very fast. Because of

this, the challenges to our na-

tional security are increasing

US-backed government.

"We have confirmation of

and took the body for legal formal ties. A police official said that the police has registered a case under the relevant sections of law and further investigations are on.

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Irshad Ahmad: 7006276927

Militant, Soldier Killed In Rajouri Encounter JAMMU: An unidentified militant and an army soldier were killed in an encounter that broke out between the secu-

rity forces and militants in the Thanamandi area of Rajouri district on Thursday. A police official said that one un-

identified militant has been killed while a Junior Commissioned Officer (JCO) of the army also lost his life in the gunfight.

Defence spokesman Lieutenant Colonel Devender Anand said that acting on specific inputs a search operation was launched by security forces in the Thanamandi area.

"During the search operations in the forest area of village Danna, Thanamandi, the search party led by Junior Commission Officer Subedar Ram Singh was fired upon by • More On P6

2 Cops, Civilian Injured In Saraf Kadal Blast

wo policemen and a civilian were injured in a grenade blast at Saraf Kadal here on Thursday evening, officials said. They said that the unidentified militants hurled the grenade at a joint team of police and CRPF at Saraf Kadal which exploded with a bang. Two policemen identified as Javid Ahmad Bhat and Abdul Maieed Bhat besides a civilian Favaz Ahmad Matoo (40) of Khawaia Bazar were injured. Officials said that the condition of both cops,
 More On P6

Becoming Complex: Rajnath Singh Singh's Comments Come Amid Growing Concerns In India Over The Taliban Sweeping

Across Afghanistan **Press Trust of India**

NEW DELHI: Noting that India's national security challenges are increasing and becoming "complex" in view of the changing geopolitical situation globally, Defence Minister Rajnath Singh on Thursday strongly pitched for a strong, capable and com-pletely 'self-reliant' defence industry in the country.

Singh's comments came amid growing concerns in India and elsewhere over

and becoming complex. There are constant changes in the global geopolitical situation," Singh said, without making specific references.

He was speaking after launching the Defence India Startup Challenge 5.0', an initiative under the Innovations for Defence Excellence (iDEX) that acts as an umbrella organisation to promote technology development for the defence sector. the Taliban sweeping across

Singh said considering the fast-changing security challenges, India must focus on having strong, capable, and 'self-reliant' defence industry to cater to the needs of the armed forces.

"It is necessary that we not only create strong, modern and well-equipped forces, but also develop
More On P6

J&K Reports 110 New Covid-19 Cases

Agenceis

SRINAGAR: Jammu & Kashmir reported 110 new coronavirus cases while no person succumbed to the virus in the last 24 hours, officials said on Thursday.

They said 33 of the cases were reported from Jammu Division and 77 from Kashmir Valley, tak-

ing the overall case tally to 323792.

They said no death was reported today. So far 4400–2160 in Jammu and 2240 in Kashmir-have succumbed to the virus. Providing the district-

wise details, they said, Srinagar reported 17 cases, Baramulla 6, Budgam 6, Pulwama 0, Kupwara 9, Anantnag 7, Bandipora 5, Ganderbal 7, • More On P6

Taliban Announce Islamic Emirate, to Rule Through Council



AGENCEIS

fghanistan may be governed by a ruling coun-cil now that the Taliban have taken over, while the movement's supreme leader, Haibatullah Akhundzada, would likely remain in overall charge, a senior member of the

group told Reuters.

Meanwhile, Taliban spokesperson Zabiullah Mujahid on Thursday announced the creation of the Islamic Emirate of Afghanistan in a tweet.

"[This is the] declaration of the Islamic Emirate of Afghanistan on the occasion of the 102nd
More On Pe

Visiting MP's Review Dev Scenario At Srinagar Meet

Observer News Service

SRINAGAR: On the second day of its four-day visit to Srinagar the Parliamentary Standing Committee on Home Affairs Thursday held a meeting with top civil administration to discuss developmental scenarios and people's welfare measures in J&K. At the outset, Chief Secretary

of J&K, Dr Arun Kumar Mehta gave a detailed presentation highlighting the achievements and the functioning of all the departments of the UT.

The Committee comprising 28 Members of Parliament

from Lok Sabha as well as Rajya Sabha is headed by senior Congress leader and Member of the Parliament, Anand Sharma.

First MP's he Parliamentary committee on subordinate legislation headed by its Chairman, Pratap Singh **Panel Winds** Bajwa completed its 4-day visit to Kashmir valley after meeting the electricity stakeholders of the country here. Those who were present includes Joint Secretary, Power, Gol; Principal Secretary JK-Up 4-day PDD; Secretary Central Electricity Regulatory Commission; representatives of the PSUs namely National Valley Visit Thermal Power Corporation (NTPC), Power Finance Corporation (PFC), Power Grid
 More On P6



Detailing about the steps taken in the past few years for democratic decentralization, the
More On Pe

No Trace Of 19 Victims DAY 23 of Kishtwar Cloudburst

JAMMU: There was still no trace of 19 persons who went missing following a cloudburst at Honzar Dachan in Kishtwar district after more than three weeks.

Eight women among 19 persons went missing following the cloudburst and subsequent flash floods in the remote village on intervening night of July 27 and 28.

Director General of Police Dilbag Singh earlier this month had an aerial survey of the village. He also chaired a high-level meeting during which, among others, he stressed the need for intensifying the rescue operation to trace the missing persons. Authorities had pressed



several teams of the State Disaster Response Force (SDRF) and National Disaster Response Force (NDRF) with "sophisticated equipment"

More On P6





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Food rich in vitamin K lowers risk of heart diseases: Study

Agencies

new study has found that eating a diet rich in vitamin K can lower the risk of atherosclerosisrelated cardiovascular disease (conditions affecting the heart or blood vessels).

The findings of the study were published in the 'Journal of the American Heart Association'.

Researchers examined data from more than 50,000 people taking part in the Dan-ish Diet, Cancer, and Health study over a 23-year period.

They investigated whether people who ate more foods containing vitamin K had a lower risk of cardiovascular disease-related to atherosclerosis (plaque build-up in the arteries).

There are two types of vitamin K found in foods we eat: vitamin K1 comes primarily from green leafy vegetables and vegetable oils while vitamin K2 is found in meat. eggs and fermented foods such as cheese. The study found that people with the highest intakes of vitamin K1 were 21 per cent less likely to be hospitalised with cardiovascular disease related to atherosclerosis.For vitamin K2, the risk of being hospitalised was 14 per cent lower.

This lower risk was seen for all types of heart disease related to atherosclerosis, particularly for peripheral artery disease at 34 per cent.

ECU researcher and senior author on the study Dr Nicola Bondonno said the findings suggested that consuming more vitamin K may be important for protection against atherosclerosis and subsequent cardiovascular disease.

"Current dietary guidelines for the consumption of vitamin K are generally only based on the amount of vitamin K1 a person should consume to ensure that their blood can coagulate," Dr Bondonno said. "However, there is growing evidence that



intakes of vitamin K above the current guidelines can afford further protection against the development of other diseases, such as atherosclerosis," Dr Bondonno added.

"Although more research is needed to fully understand the process, we believe that vitamin K works by protecting against the calcium build-up in the major arteries of the body leading to vascular calcification," Dr Bondonno explained.

University of Western Australia researcher Dr Jamie Bellinge, the first author on the study, said the role of vitamin K in cardiovascular health and particularly in vascular calcification is an area of research offering promising hope for the future.

"Cardiovascular disease remains a lead-

ing cause of death in Australia and there's still a limited understanding of the importance of different vitamins found in food and their effect on heart attacks, strokes and peripheral artery disease," Dr Bellinge said.

'These findings shed light on the potentially important effect that vitamin K has on the killer disease and reinforces the importance of a healthy diet in preventing it," Dr Bellinge concluded.

Next steps in the research

Dr Bondonno said that while databases on the vitamin K1 content of foods are very comprehensive, there is currently much less data on the vitamin K2 content of foods.Furthermore, there are 10 forms of vitamin K2 found in our diet and each of these may be absorbed and act differently within our bodies.

'The next phase of the research will involve developing and improving databases on the vitamin K2 content of foods. More research into the different dietary sources and effects of different types of vitamin K2 is a priority," Dr Bondonno said.

Additionally, there is a need for an Australian database on the vitamin K content of Australian foods (e.g. vegemite and kangaroo).

To address this need, Dr Marc Sim, a collaborator on the study, has just finished developing an Australian database on the vitamin K content of foods which will be published soon.

The research is part of ECU's Institute of Nutrition Research. It was a collaboration with researchers from the University of Western Australia, Royal Perth Hospital, Herlev and Gentofte University Hospital in Denmark and the Danish Cancer Society Research Centre.

The Institute for Nutrition Research was established as an ECU Strategic Research Institute in 2020.

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THE JAMMU AND KASHMIR **BOARD OF SCHOOL EDUCATION BRANCH OFFICE DOORU**

PUBLIC NOTICE

The candidate whose photograph is published in the daily news paper is claiming to have lost his original marks card of class 10th issued by board of school education with the following particulars.

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tion may file the same before the office of the undersigned within seven days (07) from the date of publication of this notice. Besides, the original marks card of the candidates is treated as cancelled. Sd/=

Officer Incharge Branch Office Doru



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Authorities on Thursday imposed restrictions to thwart major Muharram processions in Srinagar city. KO Photo Abid Bhat

projects which would improve

the overall quality of life of the

Board took an update of all the

ongoing and projected works of

the SSCL comprehensively and

issued directions to expedite

During the meeting, various

projects which were given ap-

proval by the Board of Srinagar

Smart City Limited include the

River front development along

river Jhelum to the tune of Rs 75

the completion of works.

Srinagar Smart City **Board Approves Various Development Projects**

Observer News Service

SRINAGAR: Divisional Com- citizens of Srinagar City. The missioner Kashmir, Pandurang K Pole Thursday appreciated Srinagar Smart City mission for the work executed so far.

He chaired a 9th Board of Directors meeting of Srinagar Smart City Limited in Srinagar. Among others, the meet-

ing was attended by Deputy Commissioner Srinagar, Commissioner Srinagar Municipal



Srinagar Data networl

Srinagar Home To 52 Percent **Of J&K Slum Population**

KO News Desk

Srinagar: Of the total slum popu- 2035 public policy document. lation in Jammu and Kashmir, more than 52 percent live in informal housing clusters spread Srinagar district only, revealed a over the city and its suburbs esroadmap of a new master plan. The Master Plan-2035 public

policy document states that around the service population." 18,000 slum households have been cording to the Detailed Project Report (DPR) prepared for Srinagar city under Rajiv Awaz Yojna (RAY), the Jammu and Kashmir. around 18,000 households spreading across 77 slum pockets have been identified in Srinagar city only.

"Srinagar city alone has 77 un-notified and as per the sta- map of a new master plan. tistics, more than 52 percent of

state is living in Srinagar district Slums released by the office of only," reads the master plan-

It reveals, "A large number of pecially along highways which are predominantly inhabited by

The official document also identified in Srinagar city only. Ac- reads that the slum population accounts for more than five percent of the total population of

"Unlike other states, 65 percent slum households live in good housing conditions while another 30 percent need up gradation of slums pockets with all of them housing units," reveals the road-The draft further reads that

the total slum population of the the Primary Census Abstract for are devoid of basic facilities.

the registrar general and census commissioner India in September 2013 states that there are three types of slums classified as 'Notified, Recognized and Identified'.

Jammu and Kashmir, 40 towns are reported as slum towns in the abstract," it reads.

The master plan further reads, "Slums constitute less than 10% of the total population of the local area. In the DPR, around 18,000 households spreading across 77 slum pockets have been identified in Srinagar city only."

As per the last Census data of 2011, just 4 percent households in slum areas are actually houseless; however, slums in general

Covid SOP Monitoring Teams Constituted

Observer News Service SRINAGAR: Divisional Covid 19

constituted Covid Standard Op-

eration Procedures (SOPs) mon-

itoring teams which comprised

of various levels of officers of

line departments viz Naib Teh-

sildars. Medical Officers from

health department, Police personals, staff from Assistant drug

controller Srinagar and volun-

teers from NDRF for monitoring

and implementation of preven-

tive health measures in the fight

against this dreadful disease in

An official spokesperson of

these monitoring teams are car-

the capital city.

ing homes along with various the districts of Kashmir division, government/semi government which could lead to the resurge

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 HIJRI BIJBHERA: 01932-228243 PAMPORE: 01933-294132 • PATTAN: 01954-293507 QAZIGUND: 01951-296153 MUHARRAM **HIGHWAY STATUS** Sgrr-Jammu highway - (Open) 1443 Mughal Road - (Open) Srinagar-Leh-(Closed) **This Day in History** PRAYERS 636 - Battle at Yarmuk: Muslims beat Byzantines **FAJR** 1641 - England & Scotland sign Treaty of Pacification 4:24 1828 - Hindi reform movement Brahmo Samaj founded by Ram Mohan Roy and Dwarkanath **ZUHR** Tagore in Calcutta 12:35 1864 - 8th/last day of battle at Deep Bottom Run Va (about 3,900 casualties) ASR 1900 - Great Britain beats France by 158 runs in Paris; cricket's only appearance at an Olympic 5:20 Games 1905- Sun Yat-sen, Chinese revolutionary, forms the MAGRIB first chapter of T'ung Meng Hui, a union of all secret societies determined to bringing down the Manchus 7:18 1914 - Battle at Gumbinnen, East-Prussia: Russians beat Germans **ISHA** 1914 - Battle at Morhange: German troops chase 8:44
- French, killing thousands 1914 - Bavarian troops kill 50 inhabitants of
- Nomeny, France , Ed Klepfer & \$31,500; Jackson involved in 'Black
- Sox Scandal' 1919 1918 - WWI: Britain opens offensive on Western
- front invasion in Mongolia 1940 - 1st Polish squadrons fight along allies in
- the Battle of Britain 1944 - Soviet offensive at Jassy & Kisjinev
- 1944 US & British forces destroy German 7th
- Army at Falaise-Argentan Gap 1953 - General Fazlollah Zahedi arrests Iranian
- Prime Minister Mohammad Mosaddegh in a CIA supported coup d'état
- 1960 USSR recovers 2 dogs, 1st living organisms to return from space
- 1961- East Germany begins erecting 5' high wall along the border with the west to replace the barbed wire put up Aug 13
- 1968 During the night 250,000 Soviet and Warsaw Pact troops invade Czechoslovakia in response to the Prague Spring
- 1974 Fakhruddin Ali Ahmed is elected fifth President of India
- 1975 Il-62 crashes south of Damascus, Syria, killing 126
- 1975 Viking 1 launched to orbit around Mars, soft landing USA
- 1977 NASA launches Voyager 2 towards Jupiter, Saturn, Uranus & Neptune
- 1980 UN Security Council condemns (14-0, US abstains) Israeli declaration that all of Jerusalem
- is its capital 1985 - Israel ships 96 TOWs to Iran on behalf of US
- 1985 Libya throws out 1000s Tunisian/Egyptian

and private offices in Srinagar of fresh cases of covid 19 infec

"Among 86 statutory towns in

Smart City Limited, VC-Sri- Net) to the tune of 20 Cr, Develnagar Development Authority, opment and refurbishment of Additional CEO Srinagar Smart Chhunthkul as a walk and cycle City Limited, Dy. Director Ar-chives, DySP Headquarters parking management system at Srinagar, Senior Urban Planner multi level car parking coming and Designer, SSCL and other up at Sheikh Bagh Srinagar and officers of SSCL. Naveen Kumar at Regal Chowk Srinagar to the Agarwal - Director SBM, Nomi- tune of 2.14 Crore. nee director from GOI also attended the meeting through VIDEO conferencing.

pressed upon Srinagar Smart Road and Jehangir Chowk up-City Limited to take up new gradation projects.

Approval was also accorded to Batamaloo Roads, PoloView Road. Amira Kadal Pedestrian The Board of Directors im- bridge, Residency Road, MA

Habba Kadal Residents **Demand Bus Service**

service in the area.

absence of local traffic in the more chaos in the area." area creating inconvenience to daily commuters.

and the general public who been affected due to the have to travel throughout the continuous absence of bus day. Such people are left at the service. We have already apmercy of expensive cabs. Everyone is not rich enough to own ficials regarding this issue, a vehicle and cannot afford to but nothing has been done pay exorbitant fare of cabs," said so far," said Aijaz Ahmad, vice Shakeel Ahmed, a local resident. president Bazar committee.

Mohammad Maqbool, Presi-

Srinagar: Scores of residents Downtown areas of the Srinagar of Habba Kadal area of old city were meant for local traffic but Thursday demanded public bus the same has either been occupied by the vendors or convert-The residents complained the ed into parking areas creating

"Habba kadal is a known

hub for business activities "There are students, patients but now our business has proached the concerned of-

The locals have again apdent Mohalla committee said, pealed concerned officials to "These Habba Kadal bridges that take immediate action to reconnect civil lines areas to the solve their long pending issue.

IGP Interacts With Mourners In Zadibal



Srinagar: Inspector General of Police Vijay Kumar and other officers on Thursday visited down town Srinagar and interacted with Muhram processionists. Officials said that police also set up a water and refreshment point at Zadibal for people participating in Muharram processions.

Control Room Kashmir (DCCRK)



DCCRK in a statement said that city. He said these teams were tion in the division.

framed after it was brought to This, he said, has a serious rying out comprehensive market the notice of Divisional Admin- potential in causing a 3rd wave visits, parks and gardens, road- istration that General public are of covid 19 pandemic if timely preventive measured were not side vehicles, colleges/universi- showing signs of complacency in ties, government /private nurs- covid appropriate behavior in all followed.

KU To Hold Special Convocation On Aug 25

1st Position in Postgraduate and

Observer News Service

plex, Main Campus.

Srinagar: The University of aesthesiology/Ophthalmology Kashmir is holding its Special and Gynaecology will be pre-Convocation on 25 August sented degrees at the Convoca-

dents who have been declared Medals and Cash Prizes, he said.



"Full dress rehearsal for Special Convocation will be held on 22nd August 2021 at 2 pm in the Convocation Complex. All the registered/eligible candidates whose details are provided in the list available on the University website shall be required to participate in the full dress rehearsal after collecting their Special Identity Cards and robes from the dedicated desks established for the purpose in the lawns of Convocation complex which will be open from 10:00 am onwards on the said date," Dr Zarri said.

Students are advised to check their names in the list well ahead of the said date and contact the Director IT&SS at convocation2021@uok.edu.in in the event of any clarification.

Other specific details regarding transportation, seating arrangement etc. shall be notified 2021 (Wednesday) at 11:00 tion. Besides, all the meritorious by the Conveners of different committees separately. "Stu-dents are advised to be in conam in the Convocation Com- candidates who have secured Joint Registrar Dr Ashfaq A Undergraduate programmes will stant touch with University web-Zarri said all the registered stu- also be presented Gold, Silver site www.kashmiruniversity.net for such updates," he said.

as workers

- 1986 Phils Don Carmen perfect game bid is broken in 9th
- 1988 6.5 earthquake strikes India/Nepal, 1,000s killed
- 1990 Irag moves Western hostages to military installations (human shields)
- 1991 Estonia formally declares its independence from the USSR
- 1991 The United Democratic Front, one of the most prominent anti-apartheid movements, comprising of over 400 workers', church, civic and student organisations, dissolves
- 1992 England get 7-363 in 55 overs vs Pakistan. then world ODI record
- 1993 Oslo Peace Accords signed, after secret negotiations in Norway, followed by a public ceremony in Washington, D.C. the following month 1996 - India defeat Pakistan in Under-15 World
- Challenge Final at Lord's 1998 - U.S. embassy bombings: US military
- launches cruise missile attacks against alleged al-Qaida camps in Afghanistan and a suspected chemical plant in Sudan in retaliation for August 7 bombings of American embassies in Kenya and Tanzania
- 2002 A group of Iragis opposed to the regime of Saddam Hussein take over the Iraqi Embassy in Berlin for five hours before releasing their hostages and surrendering.
- 2012 South Africa become the top-ranked test cricket nation after defeating England

From KO Archives

Public to pay for Hizb decision: RR

SRINAGAR: Fear has gripped several Sopore localities after a Rashtriya Rifles (RR) officer warned locals that common people would have to pay dearly for the cease-fire withdrawal by the Hizb-ul-Mujahideen, news agency, KPS reported from Sopore today.

The threat came this morning when residents of Seelu found themselves under a security forces cordon following a night during which they kept up a fearful barrage of gunfire, reports from Sopore said.

Inhabitants were ordered to assemble in the open and village elders told to use the public address systems in mosques to announce that people would now be penalised for the Hizb decision to revoke the cease-fire, the report said. An officer of the 22nd Rashtriya Rifles told the assembled villagers to co-operate with the security forces and keep them informed about militants'; movements, threatening that the entire locality would be razed to the ground if the security forces came under a militant attack.

(Kashmir Observer, August 20, 2000)

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KO VIEW A changed Taliban?

ince the Taliban's takeover of Afghanistan on August 15, the Islamic group has tried to send across the right signals to the world. The group was quick to make promises about women's rights and security. It also granted amnesty to enemies and promised that the people would be allowed to leave Afghanistan safely if they wanted to. The government staff has been asked to return to work. What is more, the Taliban even held a press conference. The spokesman Zabihullah Mujahid said the group won't allow Afghan soil to be used against any other country.

Initially, Taliban control of Afghanistan made tens of thousands of people try to flee Afghanistan to escape the Taliban rule expected. Many of these people who supported the US and the previous regime in Kabul feared retribution from the Taliban.

However, the situation is still unfolding in the war-scarred country and it is too early to predict what will happen in the days and weeks to come. Taliban is yet to give a formal shape to its government. And then it remains to be seen which country or countries will be the first to recognize it. Meanwhile China has said it was ready for "friendly relations" with the Taliban, while Russia and Iran have also made diplomatic overtures.

Pakistan, which is regarded as the benefactor of Taliban, is also approaching the issue with some caution. Pakistan's interior minister Sheikh Rashid has said that Pakistan's cabinet will take a decision on recognition of the Taliban. On the other hand, the governments in the west, including the United States, are likely to take more time. The US has already frozen about \$9.5 billion of the Afghan government's reserves in US banks on Sunday after the Taliban seized Kabul. The Biden administration is allegedly contemplating other actions as well to pressure the Taliban. Washington has also stopped shipments of cash to Kabul as part of an effort to prevent a Taliban-led government from accessing money. The US wants the Taliban to behave responsibly and follow through on its promise not to allow Al Qaeda to operate from Afghanistan before it gives recognition to a Taliban-led government. may, the situation will certainly ood if the Taliban translate their Inbox promises on running an inclusive government into reality. And if it convinces the world that it has changed. But until that happens, the geopolitical shift that the Taliban victory has occasioned is likely to change the regional situation in unpredictable ways.

Ugly Side of Factory Farming

Dania Sheikh

he advancement in science and technology post World War 2 has simplified our lives in various ways but the convenience brought about by it also raises a lot of inconvenient ethical, environmental, and health concerns. One such issue that many are conveniently ignoring is our meat consumption habits. We are constantly looking the other way even as we know that the cheap and easy availability of meat, poultry, and dairy products has become possible only because of the new and detrimental ways of animal rearing.

I was keen to know how this industry operates in J&K. My visit to the Joint Directorate of Poultry Animal Husbandry Department located in Hariparbat and my interactions with the local butchers in the Kothdhar area gave me some insight about it.

The mutton sold by most butchers in the valley comes from outside J&K. mainly from Kasipura Mandi in Delhi. They are brought in trucks, about 100-150 sheep are kept in one truck and the transportation time is about 1-2 days. There are some sheep husbandries in the state as well but the enormous demand necessitates its import from outside the state.

As far as chicken is concerned, the dearth of poultry farms in the state makes the locally grown chicken quite expensive which is why it is mainly imported from outside the state. The chicks which are brought from outside that state are transported when they are barely 1-2 days old and then there bred here in farms. There are various broiler projects in the valley for the production of broiler chicks. The chicken in the poultry farms are commercially designed (cross bred) to maximise egg and chicken production.

The introduction of new breeds like KCL (Kashmir Layer Chicken) and Ravery (Rhode Island Red) have greatly enhanced the production of both eggs and broiler chicken. The mode of the operation of the poultry farms in the state is the same as it is elsewhere. The process involves Incubation of the eggs, candling on the 18th day to assess the growth of the embryo, chicks typically hatch at the 21st day and then they are kept in the brooder for some days before they are given to the poultry development officer for rearing .These chicks which are reared mercial purposes are kept inside rooms each chicken is given a space of 1-2 squ and the temperature and lighting is contr these chicks are manually fed. Comme tensive farming involves the provision ent dense diet to chicks so that they at market rate of 1.5 kg in a span of 30 days it used to take 56 days for the same. Sen sive farming in which chicken are kept in free spaces and natural light for some of the day and free range farming in which they the profit margin.



These chicks which are reared for commercial purposes are kept inside rooms, where each chicken is given a space of 1-2 square km and the temperature and lighting is controlled, these chicks are manually fed. Commercial intensive farming involves the provision of nutrient dense diet to chicks so that they attain the market rate of 1.5 kg in a span of 30 days, earlier it used to take 56 days for the same

across all communities and regions. Two articles, "Provincialising Vegetarianism: Putting Indian Food Habits in Their Place" and "Deep ening Divides: The Caste, Class and Regional Face of Vegetarianism" published in Economic and Political Weekly reveal that vegetarianism is a myth in India. According to the survey in the articles, only 3 in 10 Indians and more realistically 2 in 10 Indians are actually vegetarians. This demonstrates that we are all complicit and hold equal responsibility in addressing the issues that arise from factory farming.

There are compelling, pragmatic and ethical reasons to reduce and if possible, eliminate the consumption of red and factory processed meat, poultry, and dairy products. Factory farming completely disregards animal welfare. It is also a major contributor of greenhouse gases, and the consumption of factory processed meat, poultry, and dairy products has a hazardous impact on our health as well.

To begin with, the environmental impact

ket their products as Halal neglect the Islamic guidelines on how animals should be treated. The recitation of Tasmiyah (Bismillah) and Takbeer (Allahu Akbar) is not enough. The preslaughter life and protocols of nurturing should be taken into consideration as well. The unnecessary pain and affliction that these animals are subjected to in the factory farms don't align with our Islamic principles as well.

The mode of operation of factory farms is horrific and appalling. Animal welfare is completely disregarded by this industry which is fixated on maximizing its profit, adopting an ethical alternative could seriously disrupt the unstrained profit that is being generated by their existing modes of production.

Certain animal advocacy groups like Mercy for Animals with headquarters in the US and operations in India have been successful in convincing over 100 food companies including Starbucks, Chipotle, and Subway to comply with the ethical standards like outdoor pasture access,





OTHER OPINON

Supreme Court: Bridge the Gender Gap

he Indian judiciary lags greatly in terms of gender parity. In 1980, Justice M Fathima Beevi became the first woman judge to be appointed to the SC. Today, of the 27 judges in the SC, there is only one woman, Justice Indira Banerjee (who is set to retire in 2022). In its 71-year history, of the total of 247 judges appointed to the SC, there have been only eight women (constituting a mere 3.2%). The average percentage of women judges in all high courts (HCs) is 11.8%, with Madras HC having the highest number of women judges, and five HCs not having a single woman judge. Further, of the 416 persons designated as senior advocates by the SC to date, only 18 are women (4.05%). There are more women judges in the lower judiciary, but their elevation remains few and far between due to institutional biases. Gender diversity in the SC has the potential to change this, make the judiciary more diverse, ensure sensitisation, and add to faith in the system.

The judiciary shapes society, and, therefore, should reflect social diversity. Justice Nagarathna, who is currently a judge of the Karnataka HC, is the daughter of former CJI ES Venkataramiah. Among her judicial interventions is a significant judgment in 2020, where, in the case of a divorce, she iterated that the patriarchal system has failed women. This system bleeds into the judiciary as well. Justice Nagarathna's possible appointment will not just inspire women to have ambitions but also erode structural bottlenecks and have a domino effect on other related institutions. For instance, the Bar Council of India does not have a single woman member in its committee or as its chairperson. It can also serve as a clarion call for the collegium to promote gender representation when making recommendations. The judiciary must show the way.

Hindustan Times

risks of being complicit in propagating an unethical model of production in the factory farming setup. The focus here is on our food habits but it's important to mention that it is not just our food choices but our entire lifestyle, the clothes we wear, the products we purchase, and our modes of communication that have detrimental consequences for the environment, animals, and humans.

Meat is central to our dietary habits, it is an inseparable part of our cultural heritage and cuisine. Islam permits its consumption but the manner in which it is being produced in the contemporary era contravenes our Islamic principles. The demand for factory processed meat has grown exponentially. It is important to underscore that its consumption is high

sumption and health problems like heart dis-enses, strokes, and cancer. The use of steerolds for accelerating the animal's growth not only harms the animal but also leads to antibiotic resistance among humans. Additionally, the environment in which these animals are reared is contaminated with harmful gases such as methane, hydrogen sulfide, and ammonia which adversely impact the animal's health and eventually the consumer's health as well. There is a dire need to reduce the consumption and if possible eliminate the consumption of factory processed meat, it could help significantly in alleviating the global disease burden.

The ethical issues that arise from factory farming are morally indefensible. Barring some exceptions even the companies that marcal conditions, rather than the use of inputs with adverse effects." Organic agriculture combines tradition and science to benefit the environment and promote a good quality life for all"

As consumers, we have the power to put an end to such unethical practices which are outrightly assaulting animal rights, consumer rights, and degrading our environment. Ethical consumption could resolve the myriad problems that arise because of capitalist creed.

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

> The author can be reached at daniasheikh8@yahoo.com

OBSERVER MAIL

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

Unnecessary C-section

propos the news report titled, "I Feel Like Crying: C-Section Making Life Painful for Kashmiri Mothers" published by this newspaper on 15 December 2020; the report highlighted a very serious issue that needs our urgent attention. A few days ago, National Family Health Survey - 5 (2019-20) fact sheet was released for Jammu and Kashmir which contains some perturbing data on the increasing rate of C-Section deliveries in the UT. A total of 41.7% of deliveries are done through C-Section in both Private and Public Health facilities. Public health facilities carry out 42.7% deliveries through C-section while for private health facilities it is 82.1%, which is almost double that of public health facilities. This is up from NHFS-4 (2015-16) when 33% of total deliveries were done through C-Section-- 35.5% for public health facilities while 75.5% for private facilities.

Private clinics seem to put almost every mother under the surgical knife. This is at least true for the urban areas of J and K where C-Section delivery rate is 91% in private health facilities. Normal deliveries here are an exception. World Health Organization guidelines insist to limit the rate of "C-Section" deliveries between 10-15% in any region but we have normal deliveries being limited to this rate. According to WHO statistics "when caesarean section rates rise towards 10% across a population, the number of maternal and newborn deaths decreases" but "when the rate goes above 10%, there is no evidence that mortality rates improve." The guidelines further advise that C-Section should only be performed if either the baby's or mother's life is in mortal peril because C-Section surgeries have some serious short and long-term consequences that affect both the child and the mother as the news report cited above mentioned some problems that the mothers in Kashmir face after going through the surgery.

The news report published in this newspaper states that women opt voluntarily for C-Section deliveries out of fear of labour pain. Even

the gynaecologist cited in the report is blaming women for Googling the complications associated with natural birth and then opting for the C-Section surgery to avoid those complications. Even if this is true, it is surprising that the women should not have known about the postpartum short and long-term complications that they and their babies will have to go through after the deliverv. It also raises serious doubts about the consent that the hospitals take from such patients before the surgery. As far as informed consent is concerned, the patients should have been informed about these complications. If the mothers had been informed about the whole list of side effects that the C-Section surgery brings with it, they might have preferred the labour pain over the habitual backache, the hair fall and weakening of uterus. These mothers would not have been complaining about all this if informed consent had been obtained from them. Even though there is a vast network of ASHA workers that are responsible

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to provide medical assistance to pregnant women but given the data of C-Section deliveries they do not seem to assist the expecting mothers in picking up a procedure for their delivery based on informed choice. ASHA workers along with doctors should be made responsible to tackle this concern. ASHA workers should especially be mandated to overlook C-Section surgeries in private hospitals where the doctors seem to encourage C-Section deliveries for financial gains as the Doctors Association Kashmir had alleged in April 2017 when it had come all out against the rising number of C-Section deliveries in Kashmir. It is not about trivializing the labour pain or prohibiting the people from choosing their preferred procedure for the delivery, but the concern is that they should be allowed to choose the option only after informing them about the benefits and drawbacks of various procedures that are available.

> Ahmad Hussain Ahmad Hussain@rediffmail

Friday| 20-08-2021

Obsessive Compulsive Disorder Understanding and Interventions

Wasim Kakroo

Just imagine what would happen if your mind were hooked on a certain thought or image and no matter what you did, this thought or image was replayed in your head over and over again. These thoughts or images aren't what you desire - they feel like an avalanche. Along with the thoughts or images, come the powerful anxious feelings. It feels like you're in danger when you're anxious. Anxiety is a feeling that instruct-ts you to respond, react quickly, defend yourself, and DO SOMETHING, anything. On the one hand, you may know that the fear you are feeling is illogical and unreasonable, yet it nevertheless seems very real, powerful, and true.

The mental health condition known as Obsessive Compulsive Disorder (OCD) is a mental disorder in which the person's brain produces false alarms about situations that are not at all threatening because its warning mechanism isn't operating properly. In OCD, your brain tells you that you are in danger when in reality you are not in any sort of danger. Those who suffer from this illness desperately want to escape from the thoughts or images and associated paralysing, neverending anxiety and in their attempt to do so, they fall trap to various unhealthy mental and physical behaviors such as repetitive checking, repetitive washing, undoing, avoidance etc.

How will I be able to tell whether I have OCD?

OCD can only be diagnosed by trained clinical psychologists/psychiatrists.

- They'll be on the lookout for four things:
- The individual has obsessions.
- The obsessions produce anxiety
- He or she get engaged in compulsive behaviors.

• Obsessions and compulsions consume a lot of time and prevent the individual from doing things they consider important and valu-

able in their life (working, going to school, etc.)

What are Obsessions?

• Recurring thoughts, images, or urges that feel out of the person's control.

The person does not want to have these thoughts. He or she finds these thoughts, images or impulses unsettling and

unwelcome, and he or she is generally aware that they are illogical. • They are accompanied by negative emotions such as fear, disgust,

uncertainty, or a sense that things must be done "exactly perfectly."

• They consume a lot of time and get in the way of the person's important activities of daily life (socializing, working, going to school, etc.).

Common obsessions may include: Fear of contamination, Fear of losing control, perfectionism, repetitive aggressive thoughts or images, unwanted sexual thoughts or images, unwanted antireligious thoughts etc.

What are compulsions?

• Repetitive behaviors or thoughts that a person participates in to counteract, neutralise, or eliminate their obsessions and lessen down the feelings of anxiety.

• People with OCD are aware that this is simply a temporary solution, but in the absence of a better coping mechanism, they rely on the compulsion as a means of temporary relief.

• It may also include avoiding circumstances that stimulate their obsessions.

• Time-consuming and create hindrances for the person's valuable activities in daily life (socializing, working, going to school, etc.).

Common compulsions may include: Repetitive washing and cleaning, repetitive checking, repeating actions unnecessarily, men-

tal compulsions, etc. At what age does OCD first appear?



Children and teenagers fear that they are "crazy" because their thinking differs from that of their peers and family. Their self-esteem may be harmed as a result of their OCD, because it has caused them shame or made them feel "bizarre" or "out of control."

medication,

and family support and education.

Majority of research suggest that around 70% of OCD patients will improve from either medication or cognitive behaviour therapy (CBT). Patients who respond to medication often have a 40-60% decrease in OCD symptoms, whereas those who respond to CBT typically experience a 60-80% reduction in OCD symptoms. However, in order for the therapies to function, patients must take their medications on a regular basis and actively participate in CBT on weekly basis for atleast two months.

Unfortunately, studies reveal that at least 25% of OCD patients decline CBT, and up to half of OCD patients stop taking their medications owing to side effects or other factors.

How long do these medications take to work?

It's crucial not to stop taking your medicine until you are not directed to. It usually is a course of 6 months to 2 years (to be decided by the psychiatrist). Many patients have no beneficial benefits during the first few weeks of treatment, but subsequently notice a significant improvement.

The major issue with just taking medications to treat OCD is that if you aren't receiving CBT, you may not even know if the medication is working. Some people respond to medication without CBT/ ERP, however if OCD has become a habit or a way of life, such patients can have difficulty in understanding how OCD has affected their lives.

One way to look at it is that the medicine may assist to fix the chemical or neurological problem in the brain, but you'll need Cognitive Behaviour Therapy to help you change the habits that have been established in your lifestyle. As a result, I as a clinical psychologist suggest CBT/ERP for all OCD patients irrespective of the severity of their symptoms. This increases the likelihood of receiving a better response. Medicines can bring a quick relief to a person's symptoms compared to CBT/ ERP, however, CBT/ERP has better impact on lessening the chances of relapse. Thus using combined therapeutic approach (i.e., pharmacotherapy and psychotherapy) is always better than monotherapy alone and the patient may recover with lesser chances of relapse. to the movies, eat out, spend time with friends, and so on.

• Making adjustments at work: For example, you cut back on hours at work to care for a family member.

3. Learn what to do if a member of your family refuses therapy.

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• Bring OCD-related literature, videos, and/or audio recordings into the house. Offer the material to your OCD family member or deliberately put it about for them to read/listen to on their own.

• Give words of encouragement. Tell the person that with proper treatment, the majority of people have a considerable reduction in symptoms. Tell them there is help available and there are others with the same problems. Suggestions include going to support groups, talking to an OCD buddy through online support groups, or speaking with a specialist at a local OCD clinic.

How does OCD affect lives of children and adolescents?

OCD affects a significant proportion of children and adolescent and thus understanding the disorder's unique impact on their life is critical to ensuring that they receive the best treatment possible. The following are some of the most prevalent OCD difficulties in children and teenagers:

Disrupted Routines: For children and teenagers, OCD may make daily living extremely tough and unpleasant. They feel that if they don't get their morning rituals perfect, the rest of the day will be a disaster. They also feel that they must complete all of their obsessive routines before going to bed in the evenings. Because of their OCD, some children and teenagers stay up late and are typically weary the next day.

School Issues: OCD can impact homework, classroom attentiveness, and school attendance. If this occurs, you must be a strong advocate for your child. Under the Individuals with Disabilities Act (in case the disability crosses 40%) you have the right to request adjust-

te mat age abes beb mst appear

OCD may develop at any age, from childhood through adulthood. Although OCD can strike at any age, there are two age groups in which it often manifests. The first occurs between the ages of 10 and 12, while the second is between late adolescence and early adulthood.

Is OCD a hereditary condition?

According to research, OCD runs in families and that genes are likely to have a part in the disorder's development. However, it appears that genes are only partially to blame for the disease. Nobody knows what additional variables could be at play, but researchers consider variables such as such as sickness or everyday life stressors as factors which could trigger the activation of genes linked to OCD symptoms.

Some researchers believe that OCD that develops in preschoolers is distinct from OCD that develops in adults. For example, a recent analysis of twin studies found that genes have a bigger role to play in childhood OCD (45-65 percent) than in adulthood OCD (45-65 percent) (27-47 percent).

Is OCD a brain disorder?

According to research, OCD is caused by issues in communication between the frontal lobe (the front part of brain) and some deeper parts of the brain. Serotonin is a chemical transmitter used by these brain regions. Images of the brain at action also reveal that with the help of either serotonin medications (also known as Serotonin Specific Reuptake Inhibitors, SSRIs) or cognitive behaviour therapy (CBT), the brain circuits implicated in OCD can become more normal in significant percentage of people affected with OCD.

There are no lab or brain imaging tests that can be used to diagnose OCD. The diagnosis is determined by observing and evaluating the person's symptoms.

What are some of the most prevalent roadblocks to effective treatment?

According to studies, it takes an average of 14 to 17 years for persons with OCD to receive proper therapy.

• Some people prefer to conceal their symptoms out of fear of shame or stigma. As a result, many persons with OCD do not seek assistance from a mental health professional until years after their symptoms first appear.

• Because there was a lack of public knowledge of OCD until recently, many patients were unaware that their symptoms were indicative of a treatable condition.

• Cultural and religious explanations of the symptoms of OCD which many at times lead to mistreatment of this mental health condition.

• Some health practitioners' lack of adequate training frequently results in incorrect diagnoses. Before getting an accurate diagnosis, some people with OCD symptoms would see multiple doctors and thus it may lead to severity of symptoms.

• Finding local therapists who can properly treat OCD is difficult.

• Inability to pay for proper psychiatric and/or psychotherapeutic treatment.

How successful are OCD treatments?

For the procedure to be successful, one or more of the following four elements should be included in the treatment of most persons with OCD:

- A CBT intervention-Exposure and Response Prevention (ERP),
- a properly trained therapist,

For children and teenagers, OCD may make daily living extremely tough and unpleasant. They feel that if they don't get their morning rituals perfect, the rest of the day will be a disaster. They also feel that they must complete all of their obsessive routines before going to bed in the evenings

What can you do if any of your family members has received the diagnosis of OCD?

Here are a few things you can do:

1. Learn about OCD.

The first step is education. The more you understand, the more equipped you will be to assist someone who suffers from OCD.

- Read OCD literature
- Attend OCD support groups
- Conduct internet research

2. Learn to identify and eliminate "Family Accommodation Behaviors."

Family accommodation behaviors are the behaviors that families engage in that exacerbate OCD symptoms. The demands of OCD have a continuous impact on families. According to research, how a family responds to OCD symptoms may assist to feed OCD symptoms. The more family members understand about their own reactions to OCD and how they affect the person with OCD, the more empowered they are to make a difference! Here are a few instances of these negative behaviours:

• Taking part in the behaviour: You take part in your family member's OCD behaviour along with them. For instance, when they wash their hands, you feel you should wash your hands as well.

• Assisting with avoidance: You assist your family member in avoiding things that cause them distress. For instance, washing their clothes for them so that it is done correctly.

• Assisting with the behaviour: You provide services to your family member that allow them to engage in OCD activities. Purchasing large quantities of cleaning supplies for them, for example.

• Altering Family Routines: For example, you may vary the time of day you shower or when or how often you change your clothes.

 Taking on additional duties, such as driving them somewhere when they could normally drive themselves.

• Changing leisure activities: For example, a family member may persuade you not to leave the house without them or out of fear of contracting COVID-19 infection. This has an impact on your interest to go

ments from the school that would help your kid succeed.

Physical complaints: Children might get physically unwell as a result of stress, poor diet, and/or a lack of sleep.

Social relationships: Their friendships are affected by the stress of hiding their rituals from peers, time spent with obsessions and compulsions, and how their friends react to their OCD-related activities.

Self-Esteem Issues: Children and teenagers fear that they are "crazy" because their thinking differs from that of their peers and family. Their self-esteem may be harmed as a result of their OCD, because it has caused them shame or made them feel "bizarre" or "out of control."

Anger Management Issues: This is due to the parents' refusal (or inability!) to comply with the child's OCD-related demands. Even when their parents establish appropriate boundaries, children and teenagers with OCD might become nervous and irritable.

Additional Mental Health Issues: Children and teenagers with OCD are more prone than those without the illness to have additional mental health issues.

Other disorders can sometimes be treated with the same medication that is used to treat OCD. When a youngster takes anti-OCD medication, depression, other anxiety disorders, and Trichotillomania may improve. Attention Deficit Hyperactivity Disorder, tic disorders, and disruptive behaviour disorders, on the other hand, may need additional treatments, including medicines that are not specific to OCD.

Treatment of OCD in Children and Teenagers: Cognitive-Behavioral Therapy and/or medicines:

Experts believe that for children with OCD, cognitive-behavioral therapy (CBT) is the best treatment option. Children and adolescents with OCD who work with a trained CBT therapist realise that they, not OCD, are in command. Young people can learn to do the opposite of what their OCD instructs them to do by progressively addressing their anxieties in small steps (exposure), rather than succumbing to the rituals by using a CBT approach called exposure and response prevention (ERP) (response prevention).

ERP enables them to discover that their concerns are unfounded, and that they may become accustomed to the frightening sensation, much as they could become accustomed to cold water in a swimming pool. A teenager, for example, who touches items in his room to ward off bad luck will eventually learn to leave his room without touching anything. He may be apprehensive about doing this at first, but as he becomes more accustomed to it, the fear fades. He also discovers that nothing horrible occurs. When children understand how exposure and habituation work, they may be more ready to put up with the initial anxiety that comes with ERP because they know it will get worse before it gets better. Parents must participate in their child's treatment as well, under the supervision of the therapist.

In addition to CBT, therapists have many other therapeutic modalities available to them that they can use depending on the need in the case.

Medicines may also be needed in cases where the severity of symptoms is beyond moderate level.

The author is a licensed clinical psychologist by profession and works as a child and adolescent mental health therapist at IMHANS-K and can be reached at wasimkakroo21@gmail.com



10th, 11 & 12th Class Exams in October Last Week: BOSE

SRINAGAR: Jammu and Kashmir Board Of School Education Is likely to conduct annual regular 2021 examinations in the last week of October.

Official sources in Board of School Education said that annual regular exams for 10th, 11th and 12th classes are likely to be held in last week of October or in the first week of November.

Pertinent to mention that before some days JKBose issued a notification in which it was stated that students have been given 30% relaxation in annual regular exams and students shall have to attempt questions having weightage of 70% marks instead of attepting all questions.

BOSE says marks obtained by students who attempt less than 70% from the question paper shall be raised proportionately.

Apni Party

the PDP, the National Conference and the People's Conference

"Unfortunately there seems to be no end to the spree of political killings in Kashmir. Unreservedly condemn the killing of Apni party leader Ghulam Hassan Lone. My deepest condolences to the bereaved family," PDP chief Mehbooba Mufti tweeted.

National Conference vice president Omar Abdullah said the "renewed trend" of militants targeting mainstream leaders is "very worrying".

"Very sorry to hear about the assassination of Ghulam Hassan Lone in Devsar area of South Kashmir. This renewed trend of targeting mainstream politicians by militant outfits is very worrying & I condemn the same in the strongest possible terms. May Allah grant the departed Jannat," Abdullah tweeted.

People"s Conference chairman Sajad Gani Lone said, "Strongly condemn the killing of @ Apnipartyonline leader Ghulam Hassan Lone in Kulgam. Recent spate of attacks on mainstream leaders is worrying.

"Violence only brings misery to people. Such killings only create more widows and orphans. These heinous acts must cease," he added.

Meanwhile, Apni Party President Syed Altaf Bukhari expressed profound grief over the killing of Ghulam Hassan Lone.

In a statement issued here, Bukhari termed the news as extremely unfortunate while saying that such attacks are intended to stop the current ongoing peace process in J&K.

"These reprehensible acts of violence are going to yield nothing but they only add to the sufferings of the people. Nothing can justify the cold blooded innocent killing of a political worker who was just trying to resolve the pressing issues of the people of his area," he said. "This is a moment of utter grief and gloom for the Apni Party wherein we have lost a valuable member to this insane cycle of violence. We pray for eternal peace to the deceased and endurance to the family to bear this huge and irreparable loss." The party leadership unanimously urged the J&K government to take a review of the security situation and implement all necessary measures to prevent such attacks on the political affiliates.

LG Says Anguished

act will be brought to justice very soon. My prayers & thoughts with bereaved family in this time of grief." Zadibal in downtown Srinagar.

Mourners were allowed to carry out processions in interior parts of Srinagar district. Members from the Sunni community were seen offering refreshments to the mourners at different places reviving the age-old bond between the two communities.

A massive Zuljinah procession was carried out from Bota Kadal and it culminated at the shrine of Mir Shamsuddin Araki in the Khushhal Sar area of Zadibal in the late hours of Thursday. Entire stretch was crammed with the black clad mourners waving Islamic flags.

A large procession was also taken out in Bemina quarter in the city outskirts.

Similarly, Ashura processions were also carried out across Budgam district.

The second major procession was taken out from Mirgund which ended at the Imambara Budgam.

A large procession was also taken from Magam which culminated at Imambara Ahmadpora.

Pattan, Delina and Hygam areas of Baramulla district also witnessed big processions. In Anantnag Zuljinah processions were taken out from Wularhama Pahalgam, Sofi Pora and Chattergul.

Similar processions were carried out in Pulwama and Kulgam districts.

Later Majalis-e-Shami Ghaiban were held at Astana Syed Hassan Nabdipora and Imambargah Zadibal where speakers recounted the horrors womenfolk of the Prophets household faced on the night following the battle of Karbala.

Moreover, the Sunni Muslims also organized ljtimas on the occasion in local Masjids here, during which the religious clerics delivered speeches and threw light on the tragedy of Karbala.

Traditional Procession

procession used to commence from Abi Guzar near Lal Chowk and pass through the areas of Basant Bagh, Haba Kadal, Nala Mar and culminate in the evening at Zadibal in old Srinagar before it was banned by the then governor Jagmohan in 1990 on the pretext that the mourning procession posed threat to law and order.

2 Cops, Civilian

who are from Police Post Urdubazar Srinagar as well as the civilian were stable at SHMS hospital where they were shifted soon after sustaining the injuries.

Medical Superintendent SMHS hospital

also confirmed that three persons were admitted to the hospital.

A police officer said that a case has been registered. He said that the area was immediately cordoned off to nab the attackers.

J&K Has Always

observed that "like Banaras, J&K has always been a great centre of Sanskrit. It is our collective responsibility to revive its glory. It is important for us to create opportunities for preservation and promotion of our civilization values", he added.

The Lt Governor said that the foundation stone laying of the new building of Chudamani Sanskrit Sansthan is a historic moment. Pandit Uttam Chand Pathak Shastri had done a great and noble work in promoting Sanskrit language, cultural, and heritage values.

The Lt Governor said that Sanskrit has been the only language of our country which has not only united different regions but also created a close relationship between Guru and disciples. The values of Sanskrit language were also recognized by great personalities like Albert Einstein, Oppenheimer, and Max Muller, he added. challenges", the Lt Governor said.

The Lt Governor observed that along with five official languages, the UT administration is trying to promote Sanskrit language according to the recommendations of the New Education Policy, and to establish the Abhinav Gupta Institute.

Militant, Soldier

militants from a nearby densely vegetated area," the defence spokesman said.

The column led by the Junior Commission Officer immediately retaliated with fire and in the ensuing fire fight, one militant was killed while Subedar Ram Singh suffered a gunshot wound.

"The injured JCO was provided immediate first aid and evacuated to the nearest Hospital, however, he succumbed to his injuries," the defence spokesman said.

The slain soldier identified as Subedar Ram Singh, aged 46 years belonged to Pauri Garhwal, Uttarakhand and he is survived by his wife, son and a daughter.

Meanwhile, SP Rajouri Sheema Nabi Qasba said acting on the inputs about the presence of militants in

the area, the Security forces had launched a search operation which later turned into an encounter after the militants opened fire on the forces, who retaliated.

"The contact was established in Thanamandi between security forces and militants. In the initial fire a soldier was injured, who later evacuated for medical treatment but could not survive due to grievous injuries," she said.

She further maintained that the operation is on.

This was the second encounter in the Thanamandi area in the past two weeks. Sources said the militants hiding in the area may have infiltrated from Pakistan administered Kashmir recently. On August 6, the army encountered two militants in the Pangai area of Thanamandi.

In the past few weeks, several encounters have taken place in Rajouri's Daddal in Nowshera, Sunderbani and Pangai in Thanamandi.

J&K police chief Dilbagh Singh last week said that the infiltration from launch pads across the border had resumed.

"The training camps and launch pads being run by the Pakistani army are full to their capacity. We generally assume the number of militants at such camps remains between 250 and 300 who are trained and ready for launching into Jammu and

Kashmir," he said.

India's Security

our defence industry, which is equally strong, capable, and most importantly, completely 'self-reliant'," the defence minister said. PTI

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Kulgam 20, Shopian 0, Jammu 8, Udhampur 0, Rajouri 8, Doda 8, Kathua 1, Samba 0, Kishtwar 2, Poonch 4, Ramban 2 and Reasi 0.

A number of these cases were confirmed at diagnostic laboratory of CD and GMC Anantnag.

The CD cases include female 26 (NA) from Nishat Sgr, female 13 (NA) from Nishat Sgr, female 50 (NA) from Nishat Sgr, male 55 (NA) from Nishat Sgr, female (NA) from Kupwara, female (NA) from HMT, Male 75 (NA) from Kishtwar, female (NA) from Lalbazar sgr, female (NA) Sopore, female (NA) from Qamarwari Sgr, female 72 NA from Peerbagh Srg. male 14 (NA) from Khangund, male 60 (NA) from Hassan Abad, male 47 (NA) from Mumbai, male 25 (NA)from Tailbal, memale 21 (NA) from Kalashpora, male 18 (NA) from Kalashpora, male 50 (NA) from Kalashpora, female 48 (NA) from Kalashpora, male 16 (NA) from Kalashpora, male 41 (NA) from Kalashpora, male 17 (NA) from Kalashpora The GMC cases include male (38) from RR Khanbal, female (16) (NA) from Shirpora, female (70) (NA) from Mohammadpora, female (23) (NA) from Shirpora, female (14) (NA) from Shirpora, male (15) (NA) from Shirpora, female (12) (NA) from Shirpora, female (14) (NA) from Shirpora, female (75) (NA) from Shirpora, male (31) (NA) from Shirpora, female (28) (NA) from Veesu, female (50) (NA) from Arampora, male (45) (NA) from Khanbal, male (35) (NA) from Laram, male (48) (NA) from Gassipora, female (18) (NA) from Bumpthan, female (12)(NA) from Wanpoh, male (48) (NA) from Sirhama, female (46) (NA) from Sirhama, male (16) (NA) from Sirhama, male (70) (NA) from Sirhama, male (29) (NA) from Mahand Bhijbehara, female (45) (NA) from Waghama, male (75) (NA) from Shalgam, male (40) (NA) from Anantnag, female (27) (NA) from Marhama, female (27) (NA) from Panchpora, female (35) (NA) from Tajiwara, male (70) (NA) from Dogripora, male (60) (NA) from Tulkhan, male (50) (NA) from Nowbugh, male (24) (NA) from Soaf Kokernag.

of their pivotal role.

The power structure that Hashimi outlined would bear similarities to how Afghanistan was run the last time the Taliban were in power from 1996 to 2001. Then, supreme leader Mullah Omar remained in the shadows and left the day-today running of the country to a council.

Akhundzada would likely play a role above the head of the council, who would be akin to the country's president, Hashimi added.

"Maybe his (Akhundzada's) deputy will play the role of 'president'," Hashimi said, speaking in English.

The Taliban's supreme leader has three deputies: Mullah Yaqoob, son of Mullah Omar, Sirajuddin Haqqani, leader of the powerful Haqqani network, and Abdul Ghani Baradar, who heads the Taliban's political office in Doha and is one of the founding members of the group.

Many issues regarding how the Taliban would run Afghanistan have yet to be finalised, Hashimi explained, but Afghanistan would not be a democracy.

"There will be no democratic system at all because it does not have any base in our country," he said. "We will not discuss what type of political system should we apply in Afghanistan because it is clear. It is Sharia law and that is it."

Hashimi said he would be joining a meeting of the Taliban leadership that would discuss issues of governance later this week.

On recruiting soldiers and pilots who fought for the ousted Afghan government, Hashimi said the Taliban planned to set up a new national force that would include its own members as well as government soldiers willing to join.

"Most of them have got training in Turkey and Germany and England. So we will talk to them to get back to their positions," he said.

"Of course we will have some changes, to have some reforms in the army, but still we need them and will call them to join us."

Hashimi said the Taliban especially needed pilots because they had none, while they had seized helicopters and other aircraft in various Afghan airfields during their lightning conquest of the country after foreign troops withdrew.

"We have contact with many pilots," he said. "And we have asked them to come and join, join their brothers, their government. We called many of them and are in search of [others'] numbers to call them and invite them to their jobs."

He said the Taliban expected neighbouring countries to return aircraft that had landed in their territory — an apparent reference to the 22 military planes, 24 helicopters and hundreds of Afghan soldiers who fled to Uzbekistan over the weekend.

Ashura Targeted

clear as a team is still collecting evidence from the scene," he said.

Authorities have suspended mobile phone services in major cities as a security measure during Ashura processions. Residents in many urban centres were experiencing signal jams on Thursday. The streets leading to procession routes were also blocked.

Ashura commemorates the martyrdom of Imam Hussein in the Battle of Karbala in 680 AD – a defining moment in the birth of Shia Islam.

The procession later resumed and peoble continued with the ceremonies, the ofwho assured that their recommendations would be considered suitably.

Among other things, they also raised the issues of marketing of produce, storage capacity and cluster cold storage.

On the occasion, the beneficiaries of youth-centric schemes and programmes also interacted with the committee members and raised the demand of the establishment of skill-specific institutions in far-flung areas of Jammu and Kashmir.

The panel also visited CRPF camp of 132 battalion housed at Nedous Hotel on Maulana Azad Road Srinagar.

The committee members held an interaction with the officers and Jawans of the camp.

First MP's Panel

Corporation of India Limited (PGCIL), Satluj Jal Vidyut Nigam (SJVN) limited, Rural Electrification Corporation (REC) Limited and J&K Power Development Corporation.

The committee members had threadbare discussion on certain rules/regulations governing the power sector of the nation. They also enquired and sought clarifications about certain issues from the officers and management of power sector in both government and PSUs.

Defining the purpose behind the constitution of this committee the Chairman said, "This Committee has been constituted to scrutinize and report to the Rajya Sabha whether the powers to make rules, regulations, bye-laws, etc conferred by the Constitution or delegated by Parliament, are being properly exercised by the executive authorities or not".

The Committee took up for discussion, the Central Electricity Regulatory Commission (Procedure, Terms and Conditions for grant of trading licence and other related matters) Regulation 2020 with the stakeholders. The Committee further sought clarifications on several points including the background or framing of the regulations, the objectives to be achieved through them, and the infrastructure set up by the Ministry to ensure due compliance of the Regulations.

The officials were encouraged to share their experiences in implementation of the regulations at ground level and what are the practical problems being faced by the stakeholders and how those are being sorted out.

The Joint Secretary, Power, GoI, elaborated that the central government is working on one nation, one grid and one frequency. He said that a number of schemes are in vogue to ensure power supply to all the habitations in India.

The Principal Secretary, JKPDD informed the meeting that J&K is on the path to providing reliable power supply to its customers at reasonable rates. He said that he represents customers and appreciates the liberal policy of power purchase.

The Principal Secretary also gave out that the UT is going to add a substantial chunk of power to its kitty in the next 5 years. He said that it is going to address our power woes to a large extent.

The Secretary CERC briefed the committee that CERC was constituted under the erstwhile Electricity Regulatory Commissions Act (ERC), 1998 with primary responsibility of tariff fixation. The responsibilities of the Commission were later widened to tariff fixation, licensing, development of market, introduction of open access, specifying grid code, adjudication of disputes etc.

Ashura Observed



authorities again disallowed the traditional procession of Ashura banned since 1990. The procession used to commence from Abi Guzar in the civil lines and culminate in the evening also known as Sham-e-Ghariban at "It should be our endeavor that Sanskrit is taught in schools according to the modern requirements. Today's generation would like to get acquainted with wisdom in Sanskrit scriptures while dealing with the emerging Moreover, the officials told GNS that 126 more COVID-19 patients have recovered—45 from Jammu Division and 81 from the valley. So far, 318283 people have recovered, leaving active cases at 1109—454 in Jammu and 655 in Kashmir.

No fresh confirmed case of mucormycosis (black fungus) was reported today, they said. Thus far 43 black fungus cases have been confirmed in J&K, the officials added.

Taliban Announce

anniversary of the country's (Afghanistan's) independence from British rule," he tweeted in Pashto on Thursday.

The Taliban would also reach out to former pilots and soldiers from the Afghan armed forces to join its ranks, Waheedullah Hashimi, who has access to the group's decision-making, added in an interview.

How successful that recruitment is remains to be seen. Thousands of soldiers have been killed by Taliban members over the last 20 years, and recently the group targeted US-trained Afghan pilots because ficials said.

Violence by extremists against Shia Muslims, who make up roughly 20 percent of Pakistan's 220 million people, has erupted in fits and bursts for decades in Pakistan.

Anti-Shia armed groups have bombed shrines and targeted Ashura processions in attacks that have killed thousands.

Visiting MP's Review

meeting was informed about the conduct of elections for District Development Councils and Block Development Councils thus strengthening the grassroot level democracy in the UT.

The meeting was told that the region has now three-tier democratic set up in place and Panchayati Raj Institutions (PRIs) and Urban Local Bodies have been further empowered. Besides, public outreach programmes Back to Village, Jan Abhiyan, My Town My Pride etc were conducted across J&K.

With respect to the power scenario in J&K, the panel was informed that power generation projects have been fast-paced and 2500 MW would be added by the year 2025.

The Committee was informed about the road connectivity, water supply and was briefed about the status of schemes like Jal Jeevan Mission and achievement of 100 per cent piped water supply to all rural schools and Anganwadi Centres in 18 districts of the UT.

While terming the Tourism and Industries as priority sectors, the meeting also deliberated upon the issues of Industrial Development, Tourism sector, employment of youth and women empowerment, sports activities. The meeting also discussed resettlement of Kashmiri Migrants in Kashmir.

Commenting on the covid-19 management in the UT, the panel appreciated COVID-19 mitigation and relief during the pandemic and recognized UT administration's efforts and also implementation of e-office and other administrative reforms undertaken by the UT administration.

Earlier, the committee held an interactive session with the beneficiaries of Self Help Groups, representatives of Farmer Producer Organizations, high-density apple growers, saffron producers etc.

On the occasion, the horticulturists and agriculturists representatives put forth their suggestions before the panel carron of disputes ever

He further informed the committee that the rules further empowers the Commission to grant licence to undertake trading in electricity as an electricity trader. Additionally, the Commission is also entrusted with the function to fix the trading margin in the inter-State trading of electricity. He further said that currently there is Central Electricity Regulatory Commission (Procedure, Terms and Conditions for grant of trading licence and other related matters) Regulation 2020 governing the trade.

The Committee consists of 15 Members representing different political parties and walks of life. The other members currently on the visit to the valley include Vandana Chavan, Dushyant Gautam, Vikas Mahatme, SS Nagar, Ram Vichar Netam, Amar Patnaik, Banda Prakash, GVI Narsimha Rao, Tiruchi Siva, Pradeep Tamta, and Vivek K Tankha.

No Trace Of

along with other rescuers from police, Army and local volunteers, the officials said. However, as per a senior police officer NDRF, SRDF and other teams except police have withdrawn.

Success has been eluding the search teams after seven bodies were recovered and seventeen persons rescued in injured condition after the calamity on Wednesday last.

ThemissingpersonsincludeSajaBegum (60) wife of Ghulam Mohidin, Khursheed Ahmed (31) son of Mohammad Iqbal, Fida Hussain (26) son of Mohammad Ramzan, Mohammad Sharif (40) son of Ghulam Rasool, Almina Tasbassum (22) daughter of Mohammad Iqbal, Mata Begum (45) wife of Lala Tantry, Ghulam Mohammad (70) son of Ghulam Rasool, Fazal Hussain (18) son of Rustom Ali Chopan, Tariq Hussain (50) son of Nazir Aĥmed, Zarina Begum (40) wife of Tariq Hussain, Mata Begum (45) wife of Ghulam Rasool, Fatima Begum (56) wife of Ghulam Ahmed, Bashir Ahmed (45) son of Rustum Ali, Begum (45) wife of Abdul Rehman, Sharifa Begum (38) wife of Ghulam Mohammad, Shakir Hussain (22) son of Ghulam Ahmed, Ghulam Ahmed (65) son of Abdul Aziz, Zubaida Banoo (25) daughter of Ghulam Ahmed and Khalid son of Haji Gami. Sources told GNS that the rescue operation was closed this evening by police and would be resumed tomorrow.

Health Issues, Mature Stay Among Reasons For Teachers Demanding Transfers

Agencies

Srinagar: In an Annual Transfer Driver (ATD), most of the teachhaving a mature stay at one respective institution.

of transfer.

Among the masters who have applied for the transfers this year, nearly 891 have said the particulars of the stay of that they were having a mature each incumbent with reference stay at their respective place of posting while nearly 150 have discrepancy," the notification mentioned health issues as the grounds of the transfer.

mentioned marriage grounds as riod.

the reason for the transfer. In the meantime, the Director of School Education Kashmir (DSEK) in a tentative notificaing staff of the School Education tion list of the masters for trans-Department in Kashmir division fers and posting under ATD-has said that they were either 2021 said, "The Masters who facing health issues or were had been considered on various grounds shall deposit their relevant documents or the threat In the ATD-2021, most of the perception certificate, medical masters have mentioned health certificate from Standing Mediand mature stay as the grounds cal Boards etcetera in support of their claim.'

"Besides, the Chief Education Officer (CEO) shall verify to their original records and reads

DSEK said that if there was Besides, other masters have any sort discrepancy in the resaid that they were working in a cords, it shall be brought into hard zone; some said they have the notice of the department security issues and some have within the stipulated time pe-

Director Health Reviews Muharram Arrangements

Observer News Service

Kashmir, Mushtaq Ahmed Rather

of Health Services Kashmir said, in arrangements for the mourners. He Srinagar, the director visited Imam Bada Zadibal, Khumaini Chowk Be- gam and CMO Office. mina to oversee the arrangements collaboration with Hussaini Relief Committee

tor visited many medical aid cam- arrangements and facilities being puses' which were established for provided to patients.

the mourners. CMO Srinagar who was accom-Srinagar: Director Health Services panying the director during his Srinagar visit apprised him about Thursday visited Srinagar and Bud- the arrangements being made by gam to take stock of the health care the department in connection with arrangements on the eve of Ashoora Ashoora. The director also visited (the 10th day of Muharram). A spokesperson of Directorate pus' in Budgam to take stock of the

also visited district hospital Bud-The CMO Budgam briefed the

and also visited a blood donation director about the arrangements camp organized by CMO Srinagar in being made for Muharram processions in the district. Later DHSK visited district hospital Budgam and The spokesperson said the direc- PHC Ompora to oversee the medical

Jammu Dental Surgeon Expresses Gratitude To LG

SRINAGAR: Dental Surgeon from ery front for equitable development Jammu, Dr. Isha Kohli has expressed of every section in J&K. Though the her heartfelt gratitude to Lieutenant Governor of Union Territory of to be done. It is the only reason, I Jammu and Kashmir, Manoj Sinha earnestly wait for the third Sunday for her suggestion of considering of every month so that the efforts of the Dental Surgeons for filling the the UT Government could be taken vacant posts of District Program ahead working on the ideas and Coordinators (DPCs) advertised re- suggestions I receive". cently by the State Health Agency (SHA). In the 5th episode of 'Awaam ki Awaaz', aired on 15th August, 2021, the Lieutenant Governor, observed that directions have been Sinha highlighted a host of invalu- passed to the health department able suggestions and ideas received to look into the issue for appropri-

work has begun, much more is yet

During the programme, while referring to the suggestion of Dr. Isha Kohli, the Lt. Governor had from citizens cutting across differ- ate action Expressing gratitude to

J&K To Witness Record Capacity Addition In Transmission This Year

Kansal Reviews Status Of Progress On Projects In Transmission Sector

MVA at 220/132 level at Delina

Observer News Service

SRINAGAR: Jammu and Kashin Kashmir. In addition, of the mir will witness the highest 30 projects in the transmisever capacity addition in the sion sector which were taken up under the Prime Minister's transmission sector this year. A total of 1690 MVA capacity Development Package (PMDP) at 220 KV level and 1280 MVA at a cost of Rs. 834.85 crores, at 132 level is targeted to be 11 had been completed while added this year which will be a 17 were slated to be completrecord in the history of Jammu ed this year. The meeting also and Kashmir, government said discussed and reviewed the

on Thursday.

A meeting chaired by Principal Secretary Power Develop- languishing projects, IRCON ment Department (PDD), Rohit and NHAI. Kansal was held to review the status of progress made on noted that Projects lying dorongoing projects of the Transmission sector in Jammu and Kashmir.

invested in the sector under

progress of other projects under Capex, PIA, PGCIL, PSDF,

mant or languishing from last several years had been revived in a speedy manner. The 132

which had been held up for including replacement of 400 KV D/C transmission line from MVA derated transformer bank Draba to Chandak for improv-

KPDCL while as MD JPDCL, MD JKPTCL, DG Planning PDD, CE KPTCL and CE JPDCL attended the meeting through videoconferencing. While complimenting the department and JKPTCL for its

and accelerated.

been completed and lead to a

big relief and improvement in

power supply to residents of

Poonch. The long pending OPG

project too has been revived

Among others, the meeting

was attended by MD KPDCL,

Director Finance PDD, CE, JK-

PTCL, Secretary Technical, CE,

grid station, addition of 160 for nearly 7 years. That too has

efforts in finishing the largest ever number of projects and ensuring the largest ever capacity addition, both at 220 KV and 132 KV levels, the Principal Secretary exhorted the officials to finish all remaining projects under PMRP, PMDP and PSDF positively in the current year. He particularly pointed out that RoW, land acquisition or forest clearance matters must not be allowed to impede the progress of projects. He instructed the field officers to prepare a detailed tower wise and district wise report regarding pending issues including, ROW, compensation, land acquisition and other bottlenecks and resolve the same with the concerned authorities. He directed the field officers to maintain close liaison with the that Rs. 400 crores were being wal Transmission Line Project revenue and forest authorities for this purpose. He stressed that all these projects are of prime public importance and their completion and usage shall enhance the power trans-

JKTPO, FICCI FLO Sign MoU To Promote **Women Entrepreneurship** JK&L for forging a new chapter

Observer News Service

KASHMIR OBSERVER

SRINAGAR: Jammu and Kashmir Trade Promotion Organiza- tion at the increasing number tion (JKTPO) under the aegis of of women leaders both in public Department of Industries and and private enterprises in the Commerce has collaborated of Federation of Indian Chamber of Commerce & Industry (FICCI) by signing a Memorandum of Understanding (MoU) here yes-Entrepreneurship in J&K.

region and wished that the MoU with FICCI FLO, the women wing paves the way for many more such partnerships in future. Ankita Kar thanked Ranjan Prakash Thakur for his support and guidance saying that

in public-private collaboration

in J&K. He expressed satisfac-

terday for promotion of Women the MoU with FICCI FLO JK&L shall materialize the plans into Pertinently, JKTPO has been meaningful outcome at ground incorporated to build, support level.



and promote trade related activities and infrastructure in the es collaboration across multiple Union Territory.

Ankita Kar (IRAS), Managing to promote women entreprechief guest on the occasion.

The far-reaching MoU envisagareas creating awareness among The MoU was signed virtu- women regarding different enally between Kr. Ritu Singh, abling policies and schemes by Chairperson FICCI FLO JK&L and the government with a promise Director JKTPO in presence of neurship and professional excel-Ranjan Prakash Thakur, Prin- lence through capacity building cipal Secretary, Industries and programs, skilling initiatives Commerce, J&K who was the besides organizing buyer seller meets. The MoU has a well

Ranjan Prakash Thakur con- planned vision to support wom-gratulated JKTPO and FICCI FLO en entrepreneurs in the region.

CB Arrests Patwari In Forgery Case

Observer News Service

Jammu: Crime Branch Jammu Thursday arrested a Patwari, Muhammad Rafique, son of Bashir Ahmed, a resident of Peer Baba Satwari for involvement in hatching criminal conspiracy and forging Revenue record with other accused.

The other accused, beneficiary, has been identified as Mohammad Shafi, son of Babbi, a resident of Teli Mohalla Barihamna, Proprietor of Chowdhary Trading Company.

"On the basis of forged Revenue documents a registered sale mortgage deed was produced by the beneficiary before the officials/valuator of Canara Bank, Bari Brahmna. Samba to secure a Cash Credit limit of Rs. 30.00 lacs. and Canara Bank." a CB spokesperson

Observer News Service

SRINAGAR: Director, Tourism,

Kashmir. Dr. G.N. Itoo today held

an interactive session with travel trade representatives of West

Bengal through an online meet-

ing. During the meeting, the Di-

rector Tourism apprised the trav-

Department for a comfortable

Welcoming the tourists, he in-

and safe stay of tourists in J&K.

He said it has been mentioned that the accused were not cooperating in the investigation of the case and were evading arrest since the registration of the case. However, after generation of intelligence input, a team of Crime Branch, Jammu laid traps at different places with careful planning and arrested the accused from

Bari Brahmana area. The accused is presently on Police remand for further investigation of the case.

During the investigation of the case conducted so far, "it transpires that the accused Mohammad Shafi in connivance with Patwari Muhammad Rafique intentionally and by misrepresenting the facts got identified some wrong property/ land, showing it to be under his ownership and possession by way of a registered sale deed before the thereafter, turned NPA, thereby, Bank officials/valuator, secured a causing wrongful gains to him- CC limit of Rs. 30.00 lacs and thereself and corresponding loss to the after turned NPA, thereby, causing wrongful gain to himself

at Gladni in Jammu, addition of ing power reliability in Poonch mission capacity eventually 160 MVA capacity at Bishnah and Rajouri had been pending benefitting the public. NC Concerned Over **Sky-rocketing Prices Of Essentials**

Srinagar: National Conference soaring inflation has pushed deficit, administrative inertia, (NC) on Thursday expressed the people especially to wall. concern over sky-rocketing Let alone spending on clothprice rise of essential com- ing, medicine and education, modities and said incumbent people are not able to get two government has miserably failed to provide succour to the people.

In a statement, the Members of Parliament Muham- a restraining effect on governmad Akbar Lone and Hassnain ment's taxation policy but the Masoodi said that the situation unabated rise in the electricity on ground is appalling and the and water tariff has given slip future forecast does not look to the unconcerned attitude of promising at all. "Public wel- the government," they said. fare doesn't fall in the to-dohave been left to fend for crats, the MPs said with vain themselves." they said. "Already reeling under the ing, staged shows, PR gimmicks worst of economic crises, the and window-dressing nothing people, especially the lower substantial has been done to middle classes and other mar- provide succour to the people ginalized sections are addition- to tide over the 2019 clampally burdened by the crunch of down, 2014 deluge, and Covescalating price rise of all the id-19 induced economic losses. basic commodities and mounting LPG, power and drinking volte face to the economic dison basic public utilities and

square meals for their families. It was expected that the crumbling economic activities in JK post 5, August 2019 will have Continuing to remain under

list of the government. People the heels of airdropped bureau- in JK," the MPs said. exception of few virtual meet-

and soaring unemployment. The policies of the incumbent government are a bad copy paste and not in sync with local issues and developmental demands. All the tailor-made and one sided measures of the incumbent administration have failed to uplift the local economy. Absence of a democratic government has further compounded the issues. Welfarism besides other things has been the first casualty of the top down policy of New Delhi

> "Growth and progress of the ntire region has been stunted

The meeting was informed KV Hiranagar- Battal Manthe UT Capex this year which nearly a decade was revived would result in major additions and commissioned. The 132

The Principal Secretary

ent walks of life; calling for and Lieutenant Governor, Dr. Isha that suggesting meaningful changes I am grateful to Lt Governor who and interventions in policy and considered my suggestion and talkprogrammes of the government ed about that on 'Awaam ki Awaaz'. aiming at more effective outcomes, "I would like to express my sincere streamlining procedures, optimum gratitude to Lieutenant Governor, resource utilization, among others.

ing significant strides in ensuring the development and prosperity of its people, the Lieutenant Governor District Programme, advertised by remarked, "It is now our collec- State Health Agency ABPMJAY J&K tive responsibility to fill that gap recently", Dr. Isha said with satisthrough concrete measures on ev-

who spared his precious time and Observing that J&K today is mak- considered my suggestion for inclusion of Bachelor of Dental Surgery as essential qualification for post of faction

post 2014 floods. Let alone re-"Administration has turned of petrol, diesel, and LPG have

water tariffs. The contracting tress of people fuelled by job without saying that if the trend JK economy already has had an losses, crumbling economy, continues, it will dent already adverse effect on the house- strained agriculture and hor- stressed sectors of Kashmir hold incomes, the escalation ticulture sectors, widespread economy beyond repair," the unemployment, development

dressing the genuine political aspirations of the people of JK, the incumbent administration has failed to address the day to day issues of the people. Despite our opposition, the prices reached all time high. It goes duo added.

and creative activities and help in

DIC Shopian Organizes Mehfil-e-Mushaira

Observer News Service

SHOPAIN: District Information Centre Shopian Thursday organized a day long Mehfil-e-Mushaira in collaboration with Media

flourishing the cultural heritage. The program was presided over by Gulzar Habib, Ajaz Dar, Firdous Lone and president of Media Centre Shopian Irshad Malik

Admin Constructing 52 Feet Tall Clock Tower In Shopian Town

Agencies

Shopian town at cost of Rs 43 citizen of the town. lakh is expected to be ready till end of this month.

ing constructed at Gole Chowk unique characteristics and will Shopian as it is the main business hub of the district.

Senior citizens of the area said that this chowk also has political information about weather and significance as senior politicians temperature will be displayed have addressed gatherings there. on a large monitor of the tower "Charan Singh, Sheikh Abdul- instantly.

lah, Farooq Abdullah and dozens of other politicians have Srinagar: A 52 feet tall tower be- addressed the public here," said ing constructed in the heart of Gul Mohammed Shah, a senior

Executive officer Municipal Committee Shopian Zahid Azad An official said that it is be- said that this tower will have keep people updated about different things.

He said that other than time,

"This tower will also tell us about particulate matter as machinery is being installed by the pollution control board there which will raise alarm once the particulate matter will rise," Azad said.

According to industry reports,

Azad said that all important messages, schemes and announcements will be displayed on the clock tower. "The messages will be dis-

played in Urdu, English and some in Kashmiri language," he said. "Its structure will be compact as compared to others and turfing will also be done."

Centre Shopian here at Media Centre Office in Shopian in which many eminent poets recited their poetic collections.

On the occasion, District Information Officer Shopian Showkat Ahmad Khan who was the chief guest, lauded poets, poetess and writers for their contribution towards the promotion of Kashmiri culture and literature.

DIO said that such functions shall be held in future as well as they provide a platform to literary

During the Mushaira, Gulzar Habib, Irshad Malik, Ajaz Dar, Firdous Lone, Nazir Wani, Raja Zaid. Sareer Dar. Mohammad

Qasim, Nisar Khanday, Mohsin Khanday Naik Dawood, Shahid Tak, Mir Sajad and other poets recited their poetry which enthralled the audience.

The organisers said that such functions shall be held in future as well as provide a platform to literary and creative activities and help in their nourishment.

Tourism Directorate Hosts Photo Exhibition, Painting Competition At Octroi Post

JAMMU: In mark World Photogra- ism Map of India. phy Day, Directorate of Tourism, Jammu organized a photo exhibition and live painting competition `Mera Jammu Mere Jharokhe Se' at Octroi Post Suchetgarh.

competition which witnessed the participation of students of various institutes and different age groups. In the photo exhibition many photographers of Jammu Division displayed their collection of Photo-

graphs depicting heritage and sce-

nic spots. The theme of the painting competition was based on the ancient successful. ĥeritage of Jammu and Kashmir. The venue for the world photography day was specially chosen with the aim to highlight the Border Tourism of Jammu and bring it on the Tour-

Covid-19 and capacity building programmes have been held at various tourist destinations for stakeholders like hoteliers, ponywallas, tourist guides etc for conducting tourist business post Covid-19 pandemic.

On the occasion, Dr. Itoo replied to various queries raised el trade representatives about by the West Bengal stakeholders the SoPs and steps taken by the regarding prospects of an autumn season and arrival of tourists during pooja holidays.

Dy. Director Tourism, Ahsanul formed that already more than Haq Chishti and Tourist officer, 95 % tourism stakeholders here Kolkatta, Ahsanul Haq also athave been vaccinated against tended the meeting.

The Directorate of Tourism, Jam-

mu has organized many programs at the Border in the recent past. While talking to media, the Di-

rector Tourism, Jammu said that Director Tourism, Jammu, Vive- Directorate has planned a series of kanand Rai, inaugurated the photo exhibition and the live painting Division, Monsoon Festival at Patnitop, Water sports Festival at Ranjit Sagar Dam, Basholi and Kite festival on 28th of August, 2021 to take the Tourism of Jammu Division at the next level, The Director Tourism informed the media that the role of BSF personnel deployed at the post was highly appreciable in making the World Photography day event

> Meanwhile, Narinder Kumar secured first position, Sunil Dutt second position and Ankush secured third position in the live painting competition.

said in a statement.

Dir Tourism Holds Session

With WB Tour Operators

responding loss to the Bank.



Observer News Service said this round comes within 6 efforts through expanded prod-New Delhi: Zupee, a leading in- months after its Series A round at uct portfolio, deepening market novator in India's online skill- a \$100 million valuation, which reach and hiring global talent. based gaming industry, has an- is more than 5x increase in the nounced that it has raised \$30 company's valuation. With total the global online gaming indusmillion at a pre-money valuation funds raised now at \$49 million, try is estimated to grow from \$98 of \$500 million in Series B fund- Zupee is backed by some of the billion in 2020 to \$272 billion in

ing round. This round of funding best in the industry – WestCap 2030. In 2020, the industry saw has been co-led by Silicon Val- Group, Matrix Partners India, over 53 billion mobile gaming ley based WestCap Group and Smile Group and Orios Partners. downloads worldwide, of which Tomales Bay Capital, with par- The company has an existing 17% came from India. By the end ticipation from Matrix Partners user base of over 10 million us- of this year itself, there will be India & Orios Venture Partners. ers. This new round of funding 2.9 billion players worldwide.







Test Cricket Means Everything To Kohli, Says Kevin Pietersen



Press Trust of India

LONDON: Virat Kohli's enthusiasm and intensity on the field shows Test matches mean everything to him, according to former English cricketer Kevin Pietersen, who feels the Indian skipper's passion for the format bodes well for redball cricket at a time when it needs "all the love it can get".

The 41-year-old feels Kohli pushes himself to follow in the footsteps of his heroes such as Sachin Tendulkar and Rahul Dravid, who themselves are legends of the format.

"Knowing Virat Kohli the way that I do, I know the huge impetus he puts on following in the footsteps of his heroes. His heroes are Sachin Tendulkar, Rahul Dravid and other legends of Test match cricket," Pietersen wrote in his blog post for "Betway"

rallies his troops. Test cricket still means everything to him and it's moments like this that will define his legacy," Pietersen wrote. With the win at Lord's, India lead the five-match series against England 1-0.

"It's very difficult for sub-continental teams to come to England and perform, but they would probably be 2-0 up after two matches if it weren't for the rain at Trent Bridge," Pietersen said.

Pietersen was lavish in his praise for pacer Mohammed Siraj, who took four wickets in each innings at Lord's.

"The way that Mohammed Siraj bowled on day five summed it up - intensity, heart and quality. It's amazing for Test cricket that India - who are the number one brand in the game – are so vocal and so passionate about it. "It all bodes well for the format

England Add Saqib Mahmood, Drop Sibley For Third Test Against India

Press Trust of India

LONDON: England have recalled batsman Dawid Malan and also added seamer Sagib Mahmood to their squad, apart from dropping struggling opener Dom Sibley, for the third Test against India. England have kept injured pacer Mark Wood in the 15-man squad, hoping that he will be fit for the third Test starting August 25 at Leeds

but left out Zak Crawley. India are leading the five-match series 1-0 after winning the second Test at Lord's by 151 runs. Malan is returning to the Test squad for the first time in three years. He last played Test cricket in August 2018 in England's victory over India at Edgbaston.

"Dawid Malan deserves his opportunity in the Test arena. He has a lot of experience across all formats and, if called upon, I am confident that he can come and do well on his home ground," England head coach Chris Silverwood said.

"In the limited time he has played first-class cricket this season, he has shown what he is capable of, scoring a highly accomplished 199 for Yorkshire against Sussex at Headingley in June."

On Wood, the head coach said, "We are hopeful that Mark Wood will be fit after injuring his right shoulder in the first Test. Our medical team will be working with him each day. We will monitor where he is at when we get to Leeds.'

Saqib Mahmood is yet to make his Test debut. The 24-year-old was named as a reserve during England's tour of Sri Lanka and India.

Spinner Jack Leach will return to Taunton, but remains on standby as back-up to Moeen Ali. The England Test squad will report to its Leeds base on Sunday.

ENGLAND SQUAD

Joe Root (captain), Moeen Ali, James Anderson, Jonathan Bairstow, Rory Burns, Jos Buttler, Sam Curran, Haseeb Hameed, Dan Lawrence, Saqib Mahmood, Dawid Malan, Craig Overton, Ollie Pope, **Ollie Robinson and Mark** Wood.

ODI Series Against Afghanistan In Sri Lanka Is On: PCB

Press Trust of India

KARACHI: The Pakistan Cricket Board is confident that the political upheaval in Afghanistan will not affect their ODI series and, in fact, the Taliban authorities have given green light to the national team to play the matches in Sri Lanka as scheduled.

A well-informed source in the PCB said that they had got positive signals from their counterparts in Afghanistan about the series. "The series appears to be on

and the indications we have got is that the Taliban authorities have given green light for the series," he said.

"We are going ahead with our plans and we will announce our squad as soon as the second test against the West Indies ends on 24th August," he added. The Afghanistan players

have started training in Kabul while the PCB also announced that a training camp would be set up in Lahore from August 21 to 28 for the series with the Pakistan squad scheduled to leave on 29th for Sri Lanka.

It is believed that for the new regime in Afghanistan there was no better way to send out a message to the international community about their soft image than allowing the series to go ahead.

"They will have the series as it gives them a good opportunity to show the western world that they are different from when they previously ruled

Most of the leading Afghan players including Rashid Khan, Mujeeb ur Rehman and some others are already in England taking

The Afghanistan Board will hosting the three match series the first bilateral contest between the two national teams – from September 1 to 5 in Hambantota.

The series is part of the ICC's qualifying league for the 2023

New Zealand Players Raise Doubts Over Pakistan Tour, Await Security Clearance

Australia Name Full-Strength **Squad In Search Of Elusive T20 World Cup Title**

Press Trust of India

MELBOURNE: Steve Smith, David Warner and Pat Cummins were on Thursday recalled as Australia named a full-strength squad in search of an elusive ICC T20 World Cup title later this year.

The 15-man Australia squad a mixture of pace, spin and hardpitches in the UAE.

recently.

In a major development, Australia has included uncapped Josh Inglis as a backup to wicketkeeper Matthew Wade.

Inglis, who is yet to make his international debut, has been chosen ahead of Alex Carey and Josh Philippe.

World Cup with record five ti-

tles and two runner-up finishes,

Australia would be eager to break

their jinx in the T20 World Cup.

Australia has endured a poor

run in the T20 format of late, los-

ing back-to-back series to West

Indies and Bangladesh recently.

But the return of Marcus

Stoinis, Glenn Maxwell, Warner,

Cummins, Smith and Kane

Richardson after opting out of

recent white-ball tours of the

West Indies and Bangladesh, will

add much-needed firepower to

Smith has been included de-

spite his ongoing elbow injury,

while limited overs skipper

Aaron Finch, who missed the

Bangladesh series to undergo

knee surgery, is expected to be

Dan Christian, Nathan Ellis and

Daniel Sams have been named as

fit on time for the tournament.

Australia's team.



spective roles combined with the collective experience to succeed against the very best T20 sides in the world.

reserves and will be travelling

Keeping in mind the spin-

friendly conditions, Australia has

included three frontline spinners

will be in charge of the pace

has the ability to take the side

"We are confident this squad

with the team.

department.

Bailey justified Inglis' selection, saying the wicketkeeperbatsman had been knocking the door for a while now.



Afghanistan," said an analyst. part in the 'Hundred' tournament.

World Cup in India

in the squad - Ashton Agar, Mitchell Swepson and Adam Zampa. Mitchell Starc, Cummins, Richardson and Josh Hazlewood

for the showpiece, to be held in Oman and the UAE in October, is hitters keeping in mind the slow, spin-friendly conditions of the

The trio had opted out of Australia's limited overs tour of the West Indies and Bangladesh

"Kohli knows that to be considered a legend of the game, he needs to deliver in this format as well as in T20.

"That's why he puts so much importance on this format and at a time when Test cricket needs all the love it can get, how good is it to see a global superstar so passionate about it."

Under Kohli, India became the number one Test team. They also qualified for the inaugural World Test Championship final, which they lost to New Zealand.

Earlier this week, the Indian team registered a memorable 151-run victory over England in the second Test at Lord's.

"He values his team performing in all conditions, and so to have watched his team win in Australia and then have gone one up in England with a victory at Lord's will satisfy him hugely."

"You can see by his enthusiasm, intensity, and the way he

Pietersen also wants "wholesale changes" in England team ahead of the third Test.

"I would make wholesale changes for the third Test. They cannot be worse than the lineup that batted like that on day five at Lord's, which was absolutely atrocious."

From a seemingly comfortable position, England fell to a 151run defeat, losing all 10 wickets on the final day.

"I could bowl to that top three at the moment and come under very little pressure, and I'm 41 years of age. None of India's bowlers are actually worried about any damage that they might do," Pietersen said.

Dawid Malan, Liam Livingstone and Harry Brook all need to play in that match at Headingley.

"Yes, there is risk, because these guys might nick off while playing aggressive shots, but they can't do any worse than the current lot."

Press Trust of India

WELLINGTON: New Zealand will go ahead with its tour of Pakistan subject to a clearance from security consultant Reg Dickason after some Kiwi players expressed concerns about touring the country following Taliban's takeover of neighbouring Afghanistan. New Zealand are due to reach Islamabad on September 11 to play three ODIs and five T20 Internationals in Rawalpindi and Lahore until October 3. However, New Zealand Cricket officials have now commissioned international security consultant and expert, Reg Dickason to visit Pakistan later this week to carry out a thorough security and COVID-19 assessment before advising

them whether they should

send their team to Pakistan.

"Dickason has been a regular visit to Pakistan to carry out security and other cricket related assessments for the International Cricket Council and other boards in recent years so we are confident there is no one better than him to give a compressive report on the security situation in the region following the events in Afghanistan." an official source in the Pakistan Cricket Board, said.

New Zealand are already set to field a depleted team with seven to eight of their leading players, including captain, Kane Williamson, not coming due to their IPL commitments. Williamson and senior play-

ers like Trent Boult, Lockie Ferguson, Kyle Jamieson, Tim Siefert, Jimmy Neesham, Mitchel Santner have skipped

the tour because of their commitments in the T20 event, while others like Tim Southee and Devon Conway are also unavailable for the Pakistan tour.

New Zealand Cricket said on Wednesday that the players would have the right to withdraw from the tour if they felt uneasy about touring Pakistan even if the tour went ahead on the advice of Dickason and other assessments.

New Zealand will be captained by senior batsman Tom Latham during the tour, which will be their first to the country since 2003.

NZ cricket also has sent one of their officials and a security consultant in Bangladesh for a reconnaissance visit as their team first visits Bangladesh and than flies to Pakistan.

Having dominated the ODI "He (Inglis) offers the squad

flexibility in the batting order with his adaptability, counterattacking ability and power strik-

ing," he said. "He is a player we are excited about for the future.'

The T20 World Cup will feature 16 teams and will be played from October 17 to November 14. Australia will open its campaign in the Super 12 stage against South Africa on October 23.

The tournament was shifted to the UAE and Oman because of the COVID situation in India.

Squad:

Aaron Finch (captain), Pat Cummins (vice-captain), Ashton Agar, Josh Hazlewood, Josh Inglis, Mitchell Marsh. Glenn Maxwell. Kane Richardson, Steve Smith, Mitchell Starc, Marcus Stoinis, Mitchell Swepson, Matthew Wade, David Warner, Adam Zampa.

Afridi-Led Hawks Win Pakistan KPL, 7th Team To Be Added In Next Edition

Agencies

KARACHI: Pakistan's T20 Kashmir Premier League (KPL) inaugural edition concluded on Tuesday night with Shahid Afridi-led Rawalkot Hawks lifting the title after defeating Muzaffarabad Tigers, in a close encounter. The KPL organisers on Wednesday announced a seventh franchise named Jammu Janbaz, revealing the team will be part of the second season next year.

The revelation was made by KPL President Arif Malik.

The 1st edition tournament featured six teams - Hawks, Tigers, Mirpur Royals, Overseas Warriors, Bagh Stallions and Kotli Lions – and was competed at the Muzaffarabad Cricket Stadium in

Pakistan-administered Kashmir. In the thrilling finale the Hawks, captained by Shahid Afridi, posted a score of 169-7 in their allotted



20 overs. In reply, the Tigers, captained by Mohammed Hafeez, could only score 161-9, thus handing the Hawks the KPL title.

Afridi did not bat because of injury concerns, but produced an inspiring effort with the ball. Taking 2 wickets for 32 runs in 4 overs. Rawalkot Hawks' Hussain Talat

was named player of the tournament. While Hawks' Asif Afridi took the finale's man of the match award as well as the tournament's best bowler award.

Captain Shahid Afridi later received the winners' purse of Rs10 million while the Tigers skipper Hafeez collected Rs5 million.

Without Messi, Griezmann Gets Chance To Shine At Barcelona

Agencies

MADRID: As Barcelona continues adjusting to life without Lionel Messi, Antoine Griezmann gets his best chance yet to take a leading role at the Catalan club.

Griezmann will be making his 101st appearance with Barcelona when the club visits Athletic Bilbao in the second round of the Spanish league on Saturday. The French striker finally has the opportunity to take center stage and become a protagonist in Messi's absence.

"I hope I get to play another 100 games and carry on giving everything to make history with this club," Griezmann said. "I want to keep helping the team both on and off the pitch, in attack and defense, and enjoying being at Barça."

He had some key performances while Messi was still on the team but has never fully met the high expectations that came when he signed from Atlético Madrid for 120 million euros (now \$140

million) in 2019, a year after he was the man of the match in the World Cup final won by France.

The 30-year-old Griezmann, who has 35 goals with Barcelona, used to play a secondary role even to Luis Suárez and youngsters such as Ousmane Dembélé and Ansu Fati. At times, he wasn't even a regular starter and had few minutes off the bench.

Now he has the competition of Barcelona's biggest offseason signing, Dutch international Memphis Depay, but coach Ronald Koeman has already hinted they will not be fighting against each other for a starting spot. Koeman said after the preseason that he "liked the connection" between

Griezmann and Depay. Both played well in the team's 4-2 opening victory against Real Sociedad, which marked the start of Barcelona's first season without Messi after 17 years. The Argentina star joined Paris Saint-Germain after Barcelona failed to

give him a new contract because of its financial struggles.

Other forwards for Barcelona this season include Sergio Aguero and Martin Braithwaite, who scored twice against Sociedad. "It was very important to get a win," said Griezmann, who is 14 goals from equaling Thierry Henry as the club's highest scor-

ing Frenchman. "It was a good game and hopefully we can now get another win against Athletic." Barcelona has won 12 of its last 15 league matches against Athletic, which opened with a 0-0 draw at Elche on Monday.

Real Madrid will also be counting on a French striker when it tries to add to its winning start in a visit to Levante on Sunday. Karim Benzema, the team's top scorer last season, picked up from where he left off and scored twice in the 4-1 win at Alavés on Saturday.

New coach Carlo Ancelotti also saw a good performance by Eden Hazard, who struggled with injuries throughout last season. He will still be missing a few players, including injured veterans Marcelo and Toni Kroos.

Levante was the last team to beat Madrid in the league, winning 2-1 in the Spanish capital in January. Madrid has won only two of its last four league matches against Levante.

Defending champion Atlético Madrid also won its opener, 2-1 at Celta Vigo, and now it hosts Elche with an expected crowd of more than 20,000 at the Wanda Metropolitano Stadium after Spanish health authorities allowed the league to restart with up to 40% of fans in stadiums.

Atlético coach Diego Simeone may have trouble setting up his defense as some players are still recovering from injury and after Mario Hermoso was sent off in the match against Celta.