



P7 STATE

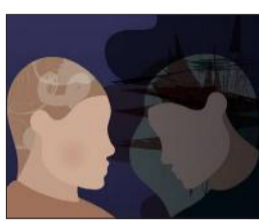
CS INAUGURATES SHANKARACHARYA TREKKING TRAIL

Chief Secretary, Dr Arun Kumar Mehta, Thursday inaugurated 5.5 km gentle forest trek route around Shankaracharya hills, known as first learning ground for

P5 THINK

BORDERLINE PERSONALITY DISORDER (BPD)

Borderline personality disorder (BPD) is a pattern of instability in personal relationships and self-image. People with BPD have a hard time recognizing and controlling their emotions. For both the individual with



P6 SPORTS

INDIA EYE WHITEWASH AS DHAWAN RETURNS TO ADD MORE FIREPOWER

The returning Shikhar Dhawan will add more firepower to a ruthless India, who are faced with the problem of plenty, as they eye a clean sweep of West Indies in an



Quote!

What you are will show in what you do -- Edison

NEWS DIGEST

3.8 Magnitude Earthquake Hits J&K

SRINAGAR: A 3.8 magnitude earthquake hit Jammu and Kashmir on Thursday, but there were no reports of any damage or loss of life, officials said. Its epicentre was at a depth of 29 kilometres in Kel, Gilgit-Baltistan, and More on P6

2-Way Traffic On Highway Today

SRINAGAR: Jammu-Srinagar highway, the only surface link connecting Kashmir valley with the outside world, shall remain open for both way traffic on Thursday, officials said. "On 11-02-2022, subject to fair weather and More on P6

Minor Girl Killed In Road Accident

SRINAGAR: A minor girl from Srinagar was killed in a road accident in Awantipora area of South Kashmir's Pulwama district on Thursday. An official said that a vehicle bearing registration number JK18B-6101 met with an accident at Cherso in More on P6

Covid: 86 New Cases In Ladakh

LEH: Ladakh reported 86 new Covid cases that took the infection tally to 27,148, officials said on Thursday. The number of active cases stands at 696 -- 476 in Leh and 220 in Kargil, they said. The Union Territory has recorded 226 Covid-related deaths -- 167 in Leh and 59 in Kargil, they said. More on P6

UP Elections Begin: 60.17% Turnout In Phase 1



Agencies

LUCKNOW: As the first phase of the high octane elections for the 403-member Uttar Pradesh Assembly concluded on Thursday, the voter turnout for the Jat-dominated belt of western UP was recorded to be over 61%.

As per the Election Commission of India's Voter Turnout application, the total voter turnout for the first phase of the seven-phase polling was 61.57% at the end of the session. The districts which recorded the highest voter turnout were Shamli with 69.42%, followed by Muzaffarnagar and Bulandshahr at 65.91% and 65.12% respectively.

The elections in Uttar Pradesh are considered as the semi-final before the general election of 2024. Polling closed at 6 pm following a one-hour extension because of Covid-19 protocols. The day passed off peacefully with minor technical snags in EVMs at some places, election officials said.

Additional Chief Election Officer (ACEO) B D Ram Tiwari said, "There were reports of a technical error in EVMs at some places." Those EVMs were being replaced

as the reports came in, he added. On the Samajwadi Party's allegation that poor voters were not allowed to exercise their franchise in Dundukheda village in the Kairana assembly constituency, Tiwari said the district magistrate concerned was asked to look into the matter.

Agra recorded 60.33 per cent polling, Aligarh 60.49 per cent, Baghpat 61.35 per cent, Bulandshahr 60.52 per cent, Gautam Buddha Nagar 56.73 per cent, Ghaziabad 54.77 per cent, Hapur 60.50 per cent, Mathura 63.28 per cent, Meerut 60.91 per cent, Muzaffarnagar 65.34 per cent and Shamli 69.42 per cent, an EC report said.

During the 2017 assembly elections, 63.47 per cent polling was recorded in these constituencies, the report said. As many as 623 candidates, including 73 women, are in the fray in the first phase, state EC officials said.

State ministers whose fate will be decided in this phase include Shrikant Sharma, Suresh Rana, Sandeep Singh, Kapil Dev Agarwal, Atul Garg and Chowdhury Lakshmi Narain.

In 2017, the BJP had bagged 53 of the 58 seats. More on P6



Press Trust Of India

BENGALURU: The Karnataka High court hearing the Hijab issue on Thursday asked students not to insist on wearing any cloth on campuses of educational institutions which can instigate people, till the matter is resolved.

Posting the matter for Monday, the full court also said the educational institutions can resume classes for the students.

The three-judge full bench of Chief Justice Ritu Raj Awasthi, Justice J M Khazi and Justice Krishna S Dixit, which

Court Says, No Religious Dress Until Matter Is Resolved



was formed on Wednesday, also said it wants the matter to be resolved at the earliest but till that time peace and tranquillity is to be maintained. "Till the disposal of the

matter, you people should not insist on wearing all these religious things," CJ Awasthi said. "We will pass an order. Let the schools-colleges start. But till the matter is resolved, no student should insist on wearing religious dress", he said. However, the petitioners' lawyer Devadatt Kamat requested the court to consider his objection that such an order will amount to suspension of his client's constitutional rights under article 25. "That will be a total affront to their rights," Kamat contended. In response, Chief Justice Awasthi said the More on P6

Coronavirus On Decline J&K Logs Lowest Cases In 33 Days

Observer News Service

SRINAGAR: Jammu and Kashmir reported on Thursday 547 fresh cases of novel Coronavirus, the lowest daily count in over a month, even as seven more people succumbed to the deadly infection in the Union Territory during the last 24 hours.

According to the officials, Kashmir Valley reported 240 new cases of Coronavirus while 307 were registered in Jammu division on Thursday, taking the total number of people infected since the outbreak of pandemic in J&K to 449333.

In the Valley, officials said, Srinagar reported the highest 103 new cases of virus, Kupwara 28, More on P6

Govt, OYO Launch Home-Stay Initiative



Press Trust Of India

JAMMU: To give a boost to the distressed tourism industry and turn the youth into start-up entrepreneurs in Jammu and Kashmir, hospitality tech firm OYO on Thursday partnered with the J&K administration to launch

a rural tourism initiative, 'Crown of Incredible India', across the Union Territory. Under this collaborative approach, OYO will also partner with the government's 'Mission Youth' programme to open homestays across 75 villages to promote More on P6

Govt Transfers Four IAS Officers

Agencies

JAMMU: The Jammu and Kashmir government on Thursday ordered transfer of four IAS officers in the civil administration.

According to an order issued to this effect, Abhishek Sharma, Sub-Divisional Magistrate Katra, holding additional charge of Sub-Registrar Katra, has been transferred and posted as Mission Director, Swachh Bharat Mission Urban 2.0.

Akshay Labroo, Sub-Divisional Magistrate, Srinagar (West), has been transferred and posted as Mission Director, Atal Mission for Rejuvenation and Urban Transformation 2.0 (AMRUT 2.0).

Faz ul Haseeb, Sub-Divisional Magistrate, Dharmari, holding additional charge of Sub-Registrar, Dharmari, Sub-Divisional Magistrate, More on P6

CISF Detains 3 Suspects At Jammu Airport

Agencies

JAMMU: The paramilitary Central Industrial Security Force (CISF) personnel on Thursday detained three suspects from Jammu Airport and handed them over to the police for further questioning.

Official sources said that CISF personnel apprehended three suspects at Jammu Airport after they produced fake Adhar Cards.

The trio were scheduled to board a plane bound for Leh. Sources added that all the three suspects who hail from Doda were handed over to police at Satwari Jammu. They identified More on P6

Class XII Results Fallout DSEK Seeks List Of Schools, Lecturers With Poor Performance

Agencies

SRINAGAR: The Directorate of School Education Kashmir (DSEK) on Thursday asked the Chief Education Officers to submit the details of government schools that have a recorded poor performance in recently announced annual regular results of 12th standard.

Top officials at Directorate of School Education Kashmir (DSEK) said that the Chief Education Officers (CEOs) in this regard have been asked to submit the list of such schools and teaching staff that did not perform well in the exams.



DSEK has said, "The annual regular result of Class 12th for session 2021-22 has been declared on February-08-2022

wherein it has been observed that some government schools have performed dismally." "Even in some More on P6

Drone Operators Asked To Register On DGCA Platform

Observer News Service

JAMMU: The Divisional Administration has issued a circular making it obligatory on all drone operators to register their 'drones' as per the Government's guidelines in view of the Drone Rules 2021, notified by the Ministry of Civil Aviation.

The said Rules are applicable to all persons owning, possessing or engaged in leasing, operating, transferring or maintaining unmanned aircraft systems in India.

The circular issued by the Div Com reads, 'all persons operating an unmanned aircraft system shall have to compulsorily register themselves by making an application in Form D-2 on digital sky platform (www.

digitalsky.dgca.gov.in) and obtain a Unique Identification Number (UIN). Rule 6 Part III provides that no unmanned aircraft shall be operated unless it conforms to a type certificate or is exempted from the requirement of a type certificate under these Rules.

Under the rules, the drones weighing less than or equal to 250 grams have been classified as nano while those weighing between 250 grams and 2 kilograms have been categorised 'micro'. Weighing between 2 kilograms and 25 kilograms would categorise the unmanned aircraft system under 'small' category and the rest weighing between 25 kilograms and More on P6

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Govt Sets Deadline For E-Governance Initiatives On Single Platform

Press Trust Of India

Srinagar: Jammu and Kashmir administration has set a timeline of May this year to launch various e-governance initiatives on a single platform towards promoting ease of living in the Union Territory.

Chief Secretary Arun Kumar Mehta on Thursday chaired a meeting to launch Digital JK, Digital Districts and Digital Panchayats campaign to bring in various e-governance initiatives on a single platform towards promoting ease of living in Jammu and Kashmir.

Administrative Secretaries of departments of Health & Medical Education, School Education, Revenue, Rural Development, Food, Civil



Supplies and Consumer Affairs and Information Technology were present in the meeting.

The Chief Secretary asked the IT consultants to work towards evolving an integrated 'Digital J&K, Digital Districts and Digital Panchayats' model in Mission mode by creating unified

platform to provide all government services by May 2022.

Mehta maintained that more than 200 government services offered by various departments will be brought online on a single platform with a provision for Single Sign-On (SSO) through first More on P6

NC Discusses Delimitation Panel's 2nd Draft Proposals

Press Trust Of India

SRINAGAR: National Conference on Thursday held a marathon meeting of the party's constituency in-charges in Kashmir to discuss the implications of the delimitation commission's second draft proposals.

NC vice president Omar Abdullah presided over a virtual meeting of the party's constituency in-charges to discuss the implications of the delimitation commission's second draft working papers and subsequently provide feedback to party MPs for the response that has to be submitted to the delimitation commission, a party spokesman said.

During the course of the meeting, the NC vice president

had a real-time interaction with the party constituency in-charges, provincial and zonal presidents, he said.

The spokesman said the implications of the delimitation commission second draft report and the prevailing political climate were debated upon by the party functionaries.

During the six-hour long real-time interaction, the constituency in-charges of Kashmir province shared their apprehension with regards the delimitation draft working paper with the vice president, he said.

Interacting with the party functionaries, Omar encouraged everyone attending the meet to step up direct contact with people as well as keeping a close tab on the More on P6

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First Nasal Spray For Treating Adult Covid Patients Launched In India

New Delhi: Mumbai based innovation-driven global pharma company Glenmark has launched Nitric Oxide Nasal Spray (FabiSpray) in India, in partnership with SaNOTize, for treatment of adult patients suffering from COVID-19. Glenmark received manufacturing and marketing approval from India's drug regulator, Drugs Controller General of India, for Nitric Oxide Nasal Spray as part of the accelerated approval process.

"Phase 3 trial in India met the key endpoints and demonstrated reduction of viral load of 94 per cent in 24 hours and 99 per cent in 48 hours. Nitric Oxide Nasal Spray (NONS) was safe and well-tolerated in COVID-19 patients. Glenmark to market NONS under the brand name FabiSpray," reads the official statement.

The company claims that when the Nitric Oxide Nasal is sprayed over nasal mucosa it acts as a physical and chemical barrier against the virus. "FabiSpray is designed to kill the COVID-19 virus in the upper airways. It has proven anti-microbial properties with a direct virucidal effect on SARS-CoV-2. NONS when sprayed over nasal mucosa acts as a physical and chemical barrier against the virus, preventing it from incubating and spreading to the lungs," the statement reads. "Terminating the spray an effective and safe antiviral treatment for COVID-19, Glenmark Pharmaceu-



ticals Ltd's Chief Commercial Officer Robert Crockett said "we are confident it will offer patients a much needed and timely therapy option." "As a leading pharmaceutical player, it is important that we are an integral part of India's fight against the COVID-19 pandemic. We are happy to receive regulatory approval for Nitric Oxide Nasal Spray (FabiSpray) and launch it in partnership with SaNOTize," he said.

Over the issue of clinical trials results, Dr. Monika Tandon, Senior VP and Head of Clinical Development in Glenmark Pharmaceuticals Ltd. said, "The results from this Phase 3, double blind, placebo controlled trial are encouraging. Demonstration of reduction in the viral load has significant positive impact from a patient and community perspective. In the current scenario, with new emerging variants exhibiting high transmissibility, NONS provides a useful option

in India's fight against COVID-19." "As per studies conducted in the Utah State University USA, NONS is proven to kill 99.9 per cent of SARS-CoV-2 virus including Alpha, Beta, Gamma, Delta, and Epsilon variant within 2 minutes." She said. Dr Srikanth Krishnamurthy one of the Principal Investigators of the study said, "I have had a chance to view the results of the study. Nitric Oxide Nasal Spray lowers the viral load and hastens RT-PCR negativ-

ity when used early in COVID 19 infection leading to recovery. Most importantly, viral load reduction with NONS has the potential to reduce the chain of transmission. Last but not the least, NONS being topical is safe and makes this therapeutic option very attractive".

FabiSpray is designed to kill the COVID-19 virus in the upper airways. It has proven anti-microbial properties with a direct virucidal effect on SARS-CoV-2. NONS when sprayed over nasal mucosa acts as a physical and chemical barrier against the virus, preventing it from incubating and spreading to the lungs

Researchers at IIT-M Use AI Tools To Study Production Of Fuel From Biomass

Press Trust Of India

Chennai- Researchers at the Indian Institute of Technology, Madras (IIT-M), on Wednesday said artificial intelligence tools were used to study the production of fuel from biomass. Computer simulations and modelling studies can provide quicker insights that can be used to build the processes and plants for biomass processing, IIT Madras said. "Gaining such understanding through hands-on experiments will be time-consuming and expensive and as such, computer simulations and modelling studies can provide quicker insights into developing biomass conver-

tion processes," IIT-M said. The research was led by assistant professor Dr Himanshu Goyal and professor Dr Niket S Kaisare, a press release said. "With increasing environmental concerns associated with petroleum-derived fuels, biomass is the practical solution not in the conventional sense of directly burning wood, cow dung and coal, but as a source of energy dense fuel," the release said. Researchers all over the world were finding methods to extract fuel from biomass such as wood, grass and waste organic matter. "There is an urgent need to train the next-generation engineers on high-performance computing and machine-

learning skills so that they can address some of the biggest challenges before us, such as developing zero-emission technologies to tackle climate change," Goyal said. While models used across the globe were to understand the conversion of biomass into fuels and chemicals, most models take a long time to become operational. Artificial intelligence tools such as machine-learning can hasten the modelling processes. The IIT-M team used the machine-learning method called recurrent neural networks to study the reactions that occur during the conversion of biomass into energy dense syngas (gasification of biomass), the release said.

Government of Jammu & Kashmir
Department Of Floriculture
Office Of The Floriculture Officer Anantnag
 Email.anantnagflori@gmail

Short Term Tender Notice No:01 OF 2022
Dated:- 09-02-2022

For and on behalf of Lt. Governor of J&K UT, sealed bid/offers affixed with revenue stamp worth Rs. 06/- are invited through speed /registered post only from the PWD/CPWD approved contractors on the prescribed tender form, for "Supply of Sweet Soil free from stones, pebbles and other unwanted substances including spreading rolling and levelling" at Mughal Garden Achabal. The Tender accompanied with CDR worth Rs 2000/- (Rupees two thousand only) from any recognized Bank pledged to Floriculture Officer Anantnag, should reach to this office by or before 16-02-2022 upto 02:00 PM. Tender documents can be obtained from the office of undersigned by or before 15-02-2022 upto 4:00 PM against cash payment of Rs. 100/- (non-refundable). The tenders will be opened on the same day or next working day. However, in case of any eventuality, the tender issue date, receiving date and opening date will be the next working day without any change in schedule time.

Terms & Conditions:-

- The tenders are required to furnish the documentary evidence of their being approved contractor. The tenders received after the expiry of the due date and time shall not be accepted / entertained. The department will not be responsible for any postal delay.
- The CDR pledged to Floriculture Officer Anantnag, latest GST clearance, PAN card, Registration with renewal should be placed in a separate envelop marked as "A", without which price bid will not be opened/entertained.
- The bid offered should be legible quoted in words as well as figures without any correction/cutting/overwriting and placed in a separate envelop marked as "B". Errations, overwriting, cuttings, if any, should be properly attested. Transparent tape should be pasted over quoted rates.
- Conditional Tenders will not be accepted or entertained.
- The Tender opening committee reserves the right to accept or reject any tender without assigning any reason thereof.
- The tenderer should quote rates per "Cubic Meter" inclusive of carriage/ head load upto site of work and all applicable taxes/ services charges.
- Tenderers should put in full name, address, signature and seal on each page of the price bid in token of having accepted all terms and conditions of the NIT as well as to authenticate the quoted rates.
- The supplies shall have to be completed within stipulated period from the date of placement of supply order and supplies not conforming to the tendered specifications shall be outrightly rejected.
- Payment shall be released on completion of supply as per the terms and conditions of supply order subject to verification in respect of time, quality and quantity.
- Condition(s) if any arise necessary at the time of opening of tender/bid the same will be reflected in supply order.
- In case the successful tenderer fails to supply the material as per the terms and conditions of the supply order, his CDR will be forfeited without serving any notice and the material shall be arranged from any other source on the cost, risk and responsibility of the defaulter.
- The dispute arising if any during the currency of contract, the decision of Director Floriculture Kashmir will be final and binding.

No.-FOA/FD/2888-92 Dated: 09022022 Sadaqat Ali
DIPK-17860/21 Floriculture Officer Anantnag

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER
DEPARTMENT OF FLORICULTURE KASHMIR SRINAGAR
SHORT TERM NOTICE INVITING TENDERS
e-NIT No: 69 of 2021-22 Dated: 09 .02.2022.

For and on behalf of the Lt. Governor, Union Territory, J&K, e-tenders (In single cover system) are invited on item rate basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No.	Name of Work	Est. Cost (Rs. In lacs)	Cost of T/Doc. (In Rs.)	Time of completion	Class of Contractor	Major A/c Head
01.	Repairs of office of Floriculture Officer, Srinagar. Polo ground.	3.42	200/-	15- days	DEE (Civil)	M&R (N-Plan)

Position of AAA : Accorded
Position of funds : Available

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen / downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1.	Period of downloading of bidding document	09/02/2022 from 04:00 PM to 15/02/2022 up to 04:00 PM
2.	Bid submission Start Date.	09/02/2022 from 04:30 PM
3.	Bid submission End date	15/02/2022 up to 04:00 PM
4.	Date and time of Opening of Tenders (Online)	16/02/2022 at 02:00 PM

- Bids must be accompanied with cost of Tender document in shape of e-Challan/copy of receipt from Treasury favouring of Executive Engineer, Floriculture Department Kashmir (Tender inviting authority) indicating name of work by crediting the requisite charges to the MH: 0406-02-112-Public Gardens (Floriculture Department Kashmir) in favour of Executive Engineer (Tender inviting authority)
- All Bidders have to submit/upload Bid Security Declaration Form instead of Earnest Money as per the circular of Finance Department (Bid Security Declaration Form as per Annexure "A" below)
- The 1st. Lowest Bidder has to produce an amount equal to 3% of contract as performance security in the shape of CDR/FDR/ within 02 days before fixation of contract and shall be released after successful completion of work.
- The date and time of opening of technical Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer Department of Floriculture Kashmir Srinagar (Tender receiving authority).
- The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.
 - The earnest money/performance security shall be forfeited, if-
 - Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or make any modifications in the terms and conditions of the bid.
 - Failure of Successful bidder to execute the agreement within 28 days after fixation of contract. Any bid received beyond 15% above the advertisement cost of the work will be rejected.
- Instruction to bidders regarding e-tendering process.
 - Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
 - To participate in bidding process, bidders have to get Digital Signature Certificate (DSC) as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.
 - The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form
 - Bids will be opened online as per time schedule mentioned in Para-1.
 - Bidders must ensure to upload scanned copy of following necessary documents:-
 - Tender document fee in the shape of Treasury Challan,
 - Registration,
 - Renewal of Registration (Current financial year)
 - Copy of GST Registration,
 - Copy of GST Clearance of Current financial year,
 - PAN Card.
 - Bid Security Declaration.
 However, hard copy from the successful (first lowest) bidder shall be obtained on call. In case of clarification, the bidders shall have to produce original documents in support of soft copies if need arises.
 - The successful contractor shall pursue and seek the material carriage permission himself from the concerned competent authority after obtaining the permission letter from the Divisional office. (If applicable)
 - Furthermore, the successful contractor shall also get the handover/takeover himself after completion of the desired work from the concerned Garden officer/F.O/A.F.O after obtaining handover/ takeover letter from the AEE concerned.
 - All other terms conditions are as per PWD Form 25 (Double agreement Form).

Sd/-
 (Er.Jugal Kishore)
 Executive Engineer
 Department of Floriculture,
 KASHMIR

DIPK-17854/21
 No: EE/FDK/3410-15 Dated: 09.02.2022

OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER BUDGAM KASHMIR
NOTICE

Where a application for transfer of ownership has been received from one. Shri : M/S Jehlum Construction Prop: Mir Danish R/o: Golpora Lasjan Budgam (Transferor) of LMV Maruti 800. Vehicle bearing registration number JK04A - 6298. Chasis number 648021 Engine no. 72343 Model 2007. in favour of Shri., Nazir Ahmad Dar S/o. Abdul Aziz Dar R/o Hadoorah, Alastang Ganderbal (Tranferree) as well as HPA cancellation with M/S J & K Bank B/U Budgam is also required.

Now therefore it is notified for the information of the general public that objections if any to the proposed transfer of ownership shall be filed in writing in the office of the Assistant Regional Transport office ARTO Budgam within a period of 12 days from the date of publication of this notice in the daily newspaper.

No. ARTO/ BUDGAM.5709
 Dated 10/02/2022

Assistant Regional Transport officer
 Budgam Kashmir

OFFICE OF THE ASSISTANT REGIONAL TRANSPORT OFFICER BUDGAM KASHMIR
NOTICE

Where a application for transfer of ownership has been received from one. Shri : Aga Syed Mohammad Hadi S/o : Syed Mohammad Mosvi R/o: Pallar Budgam (Transferor) of LMV Maruti Alto 800. Vehicle bearing registration number JK04C- 7421. Chasis number 56387 Engine no. 40149 Model 2014. in favour of Shri. Irshad Akbar Bhat S/o. Mohammad Akbar Bhat R/o Hakermullah Budgam (Tranferree) as well as HPA cancellation with M/S J & K Bank B/U Budgam is also required.

Now therefore it is notified for the information of the general public that objections if any to the proposed transfer of ownership shall be filed in writing in the office of the Assistant Regional Transport office ARTO Budgam within a period of 12 days from the date of publication of this notice in the daily newspaper.

No. ARTO/ BUDGAM.5707
 Dated 10/02/2022

Assistant Regional Transport officer
 Budgam Kashmir

PUBLIC NOTICE

I have lost the RC of my Vehicle Bearing Regd No:-JK03G-7820. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO ANANTNAG. Within a period of seven days. After that no objection shall be entertained.

Name :- Gh Hassan Mala
 S/o :- Mohd Sameer Mala
 R/O:- Kawari Bazar Qaimooh ma

Office of The Assistant Regional Transport Officer Baramulla
H.Q Sopore
NOTICE

Where as an application for transfer of ownership has been received from Mumtaz Ahmad Wani S/O Ab Ganj Wani R/O Jhindima Kreeri (Transferor) of Alto Standard bearing registration No. JK05F 0687 chasis No: MA3EUA61500995334 Engine No: 5756238 Model 2016 in favour of Manzoor Ahmad Hajam S/O Ab Khaliq Hajam R/O Dangerpora Sopore (Transferree).

Now, therefore, it is notified for the information of the general, public that representation/ Objection, if any in connection with proposed transfer will be received within 7 days from the date of publication of this notice in the daily newspaper Kashmir Observer to the address of undersigned. No, representation/ objection shall be considered unless it is made writing it is made in the aforesaid period.

NO-AROT/Bla 2823
 Dated: 07/02/2022 Sd/-
 Assistant Regional Transport,
 Office Baramulla HQ Sopore

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Burglars Decamp With Cash From Dastgeer Sahib (RA) Shrine

Srinagar: Burglars broke open a donation box at the venerated shrine of Hazrat Sheikh Syed Abdul Qadir Jeelani (RA) in Khanyar area of Srinagar and decamped with an unknown amount of cash last night, officials said on Thursday. Official sources said that burglars broke the donation box at the shrine of Syed Abdul Qadir Jeelani (RA), popularly known as 'Dastgeer Sahib' and decamped with the unknown amount of cash donated by the people. A police officer confirmed the incident and said that a case has been registered and investigations have been launched. Meanwhile, three pistol-borne gunmen looted over Rs 1.59 lakhs from a petrol pump in Shopian district of south Kashmir while b. A police official said that 3 pistol-borne persons forcibly took away cash of 159021 during night hours from a filling station at Harmain in southern Shopian district. He said a case has been registered and investigations taken up after a complaint was filed with the concerned police station.

Burglary Case Solved, Two Accused Held In Sgr: Police

Srinagar: Jammu and Kashmir police on Thursday claimed to have solved a burglary case in which burglars on 03 February 2022 had stolen golden ornaments and cash from a house located in Khilafa Pora Khanyar. A police spokesman in a statement said that a case under FIR number 03/2022 under section 454/380 IPC was registered in Police Station Khanyar and investigation was started. During the investigation two suspects, Umer Gulzar Wadoo of Babapora Habakadal and Shakil Ahmad Shah of Kailashpora were questioned, who confessed to the commission of crime, police said. They were arrested and stolen property including one Golden coin (Pound), two golden chains (01 big and one small), 02 Pendants, a pair of tops, a pair of earrings, a pair of rings and 02 Bangles were recovered on the instance of accused, police said, adding that the total value of the recovered jewellery amounts to Rs 3 lacs approximately.



Dozens of specially-abled persons staged a protest here on Thursday against the Social Welfare department over its alleged 'discriminatory' order barring many of them from applying in the recently advertised posts by the Jammu and Kashmir Services Selection Board (JKSSB). pic Abaid Bhat

CCIK Resents Imposition Of Property Tax In Cantonment Zone

Srinagar: The residents of Cantonment Badamibagh including areas like Palpora, Sonwar, Iqbal Colony, Indra Nagar, Shivpora and Batwara resented unilateral decisions of Cantonment Authorities. According to a statement, The residents said many areas in the vicinity of cantonment installations were declared no construction zones. They said no construction, repair or renovation is allowed within 500 yards from the vicinity of Cantonment. In this regard, two writ petitions are also pending before the High Court of J&K. The residents further alleged that the houses



have been served with attachment notices against property tax. Pertinently, many elected members of the Cantonment Board from the same areas, have unanimously rejected the proposal of charging house tax from the residents of the cantonment zone. Backing the demand of the residents of the Cantonment area, the Associated Chamber of Commerce and Industry Kashmir (CCIK)

urged the Cantonment Authorities to allow the construction in the area as many hotels and houses need to carry out repair works. The CCIK President further demanded that the decision to impose the property tax may also be withdrawn. Mohammad Afzal Parry, a Cantonment Board member, said the municipality doesn't charge the property tax which was repealed under urban immovable property tax act almost a decade back. The residents appealed to the authorities to repeal the property tax as the population in the area is under financial strain and cannot in any way afford to pay such tax.(KNS)

Srinagar Court Asks Waseem Rizvi To Appear Before It

Srinagar:- A local court here has summoned Jitendra Narayan Tyagi alias Waseem Rizvi for his alleged statement against Islam and Holy Quran. "Prima facie case for issuance of process for the offences punishable under sections 153A, 295A, 505 of Indian Penal Code is made out against the accused (Tyagi). As such, in the first instance let a summons be issued to the accused calling upon him to appear before this Court and answer the allegations leveled against him

in the instant complaint," Second Additional Munsiff, Judicial Magistrate 1st Class Srinagar, Shahber Ayaz, said in an order and put up the complaint for further proceedings on 25 March 2022. Former UP Shia Waqf Board chairman, Tyagi last year converted to Hinduism. The complainant-Danish Hassan Dar, a resident of Srinagar, through his counsel Advocate Amir Masoodi in his plea submitted that Tyagi "outraged, attacked and tarnished his religious feelings" by his statement in Lucknow, Uttar Pradesh made a statement on 6 December

2021 that "Islam was a group or organization and that the Holy Book of Muslims Quran is a false and frivolous literature which has no basis at all." "The use of these unconstitutional statements clearly depicts his essence of negativity towards the Muslim majority of the Republic of India," the complainant said, adding, "The accused (Tyagi) has outraged, attacked and tarnished the religious feelings of complainant by virtue of his the above mentioned statements which cannot be overlooked and ignored before the Mechanism of law." (GNS)

از نیابت ہرہہ شوره
مضمون درخواست بنیاد: عاصف یوسف ولد محمد یوسف وانی ساکنہ ترکیہ پورہ
بذریعہ وصول RBA سرٹیفکیٹ تحت لیس آرا 126
اشہار برادر آگاہی ہرخاص وعام
معاملہ مندرجہ عنوان الصد میں سائل نے ایک درخواست بغرض حصول
RBA سرٹیفکیٹ دفتر بذمین پیش کیا ہے۔ اس بارے میں عملہ فیلڈ سے رپورٹ طلب کیا
گیا جس سے عیاں ہے کہ سائل کا کنبہ ہندو مذہب میں گزشتہ چند سالوں سے رہائش پذیر
ہے۔ سائل کی مہماندگی 20000 ہے اور سائل کا کنبہ بدہلی ہے۔

نمبر شمار	نام افراد کنبہ	عمر	پیشہ	آمدنی
01	محمد یوسف وانی	55 سال	مزدوری	
02	جبیر بیگم زوجہ محمد یوسف	50 سال	گھریلو کام	
03	عاصف یوسف پسر	26 سال	مزدوری	
04	آمینہ بیگم دختر	25	گھریلو کام	
05	عاصف یوسف پسر	24	زیر تعلیم	
06	سیرینہ بانو دختر	20	زیر تعلیم	
07	آفرینہ اختر دختر	17	زیر تعلیم	

اس کے علاوہ کوئی بھی افراد کنبہ نہیں بتلا یا گیا ہے۔ لہذا ذریعہ سرٹیفکیٹ اجراء کرنے
میں اگر کسی شخص یا شخص کو کوئی عذر یا اعتراض ہو تو وہ سات دن کے اندر اندر اپنا اعتراض
وجوہات پیش کرے۔ مینا گڈرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
تایمب تحصیلدار
msk r

Fire Damages House at Botraj Colony

Srinagar: A three storied house suffered major damages caused by a fire incident at Botraj Colony, Kathi Darwaza. The officials of the fire and emergency department rushed to the spot and helped avert the fire. Locals said the house belonging to Raja Mohammad Ali caught fire and the house has been damaged beyond repair. They also appreciated the efforts of the fire and emergency department which helped prevent fire in the congested downtown locality and appealed to the administration to provide relief to the affected family.

Mayor Inspects Facilities At Astaanpora Shrine

Srinagar February 10: Mayor Srinagar Junaid Azim Mattu on Thursday visited Astaanpora shrine at Rawalpura to take stock of various basic facilities including sanitation, water supply electricity and other basic amenities for upcoming URS. He was accompanied by Executive Engineer Left River Works, Executive Engineer Jal Shakti, Executive Engineer R&B City Roads, Executive Engineer Drainage Executive Engineer I&FC and Executive Engineer PDD. While taking review of various functions it was noticed that a canal at site was not in better condition and required immediate cleaning. Mattu passed on directions to Executive Engineer I&FC to go for proper cleaning and Sanitization of Canal at site. Mattu also passed on directions to PDD for replacement of damaged

electrical poles with the new ones. Mayor on the occasion directed the concerned to provide regular water supply and extensive sanitation services during the URS days. On his visit to several other adjoining areas of Rawalpura and its Drainage system, Mr Mattu has asked the concerned to prepare DPR for Drainage Network of the said area.



از دفتر تایمب تحصیلدار کلنتورہ
درخواست بنیاد: فاروق احمد بٹ ولد محمد سلطان بٹ ساکنہ بڑوڑن تحصیل
کریری برادر وصول RBA سرٹیفکیٹ بحق ذریعہ فاروق تحت ہی ار
144,294,375 آ
اشہار برادر آگاہی ہرخاص وعام
معاملہ مندرجہ عنوان الصد میں درخواست سائل دفتر بذمین زیر کاروائی ہے اس نسبت
پنواری حلقے سے رپورٹ بشمول مطلوب بنیادوں کے لیا گیا ہے جس سے عیاں
ہوتا ہے کہ سائل کا کنبہ بڑوڑن میں رہائش پذیر ہے۔ کنبہ کی سالانہ آمدنی
72000 ہے کنبہ بدہلی افراد پر مشتمل ہے
فاروق احمد بٹ و سربرہ 48 زمینداری 6000 آمدنی
نسیر بیگم زوجہ 40 گھریلو کام
ذریعہ فاروق دختر 21 زیر تعلیم
افروزہ دختر 18 زیر تعلیم
اس کے علاوہ کوئی بھی افراد کنبہ نہیں بتلا یا گیا ہے۔ سرٹیفکیٹ ذریعہ بڑوڑن اجراء کرنے
میں اگر کسی شخص یا شخص کو کوئی عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض ساتھیوں کے
اندرون میں پیش کریں۔ مینا گڈرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
تایمب تحصیلدار
ash k r

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
Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEKH UL ALAM AIRPORT: 01942303311

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

HIGHWAY STATUS
Sgr-Jammu highway - (Open)
Mughal Road - (Closed)
Srinagar- Leh- (Closed)

PRAYERS
FAJR 5: 55
ZUHR 12:45
ASR 4:33
Magrib 6:13
ISHA 7: 34
HIJRI CALENDAR
09 - Rajab
1443

This Day In History

- 1922 - US intervention army leaves Honduras
- 1943 - US General Eisenhower selected to command the allied armies in Europe; British General Montgomery not best pleased.
- 1944 - German troops reconquer Aprilia, Italy
- 1945 - 1st gas turbine propeller-driven airplane flight tested, Downey, CA.
- 1945 - Yalta agreement signed by FDR, Churchill & Stalin
- 1946 - World War II: Operation Deadlight ends after scuttling 116 of 156 captured U-boats.
- 1953 - USSR breaks diplomatic relations with Israel
- 1956 - British diplomats Guy Burgess and Donald Maclean deny working as spies for Soviet Russia after reappearing in the Soviet Union after going missing 5 years earlier
- 1964 - Greek & Turks begin fighting in Limassol, Cyprus
- 1964 - Taiwan drops diplomatic relations with France
- 1968 - Israeli-Jordan border fight
- 1970 - Japan becomes 4th nation to put a satellite (Osumi) in orbit.
- 1971 - US, UK, USSR, others sign Seabed Treaty outlawing nuclear weapons
- 1973 - 1st one-day international for Pakistan & NZ
- 1974 - Titan-Centaur rocket test launch fails.
- 1974 - Henry Kissinger unveils Nixon Administration's seven-point "Project Independence" plan to make the U.S. energy independent
- 1974 - Libya nationalizes three US oil companies that had not agreed to 51 percent nationalization in September
- 1975 - Margaret Thatcher defeats Edward Heath for leadership of the British Conservative Party
- 1978 - China lifts a ban on Aristotle, Shakespeare, & Dickens
- 1979 - Iran's premier Bakhtiar resigns, Ayatollah Khomeini seizes power
- 1984 - 10th space shuttle mission (41-B)-Challenger 4-returns to Earth
- 1985 - King Hussein of Jordan & PLO leader Arafat sign accord
- 1990 - Nelson Mandela released after 27 years imprisonment in South Africa.
- 1991 - UNPO, Unrepresented Nations & People Org forms in Hague Neth.
- 1994 - Space shuttle STS-60 (Discovery 18), lands
- 1995 - Space shuttle STS-63 (Discovery 19), lands
- 2008 - In East Timor, assassination attempts were made on Xanana Gusmao and Jose Ramos-Horta. Both failed.
- 2011 - Egyptian Revolution culminates in the resignation of Hosni Mubarak and the transfer of power to the Supreme Military Council after 18 days of protests.
- 2012 - Israeli Air Force conducts four air strikes in Gaza Strip

From KO Archives
Police detect 150 fake finance companies in JK
Rajinder Singh

Jammu: The crime branch of Jammu and Kashmir police has detected 150 finance companies operating in the state allegedly without any registration from the Reserve Bank of India (RBI). These have defrauded gullible depositors to the tune of Rs 80 crore. Cases have been registered against 40 such allegedly fake companies, mostly in Jammu involving over 200 accused. Disclosing this to Kashmir Observer, the inspector general of police, crime and railways, Masood Chaudhary, said over 99 per cent of the companies were fake and had defrauded people mostly from rural areas in the name of higher interest on their deposits. Most of these operators are believed to have gone abroad along with their families while some of them have declared themselves bankrupt and closed down their companies. Chaudhary said the cases were registered on receipt of complaints from the affected people. A special team of senior police officials, headed by the deputy inspector general (DIG) of police, crime and railways, Prem Kumar, has been constituted to investigate the cases. He said some of the accused have been apprehended while some more were likely to be arrested shortly. In the absence of more stringent laws, Chaudhary said, police were finding it difficult to intervene in the matter. It can take action only after a formal complaint is received. Some of the accused had defrauded the depositors to the tune of Rs 10 crore to Rs 15 crore. He said some special teams had been rushed to places like Mumbai and other major cities across the country to apprehend the culprits.
(KASHMIR OBSERVER, 11 February, 2001)

MINDFUL
FRIDAYS

MAKE A NOTE OF YOUR RESPONSES. MAKE A NOTE OF WHAT happens when you try anything new. What exactly did you do? How did you feel throughout the event? After that, how did you feel? What did you do if things didn't go as planned? Do you believe you'll be able to take on greater responsibilities in the future?

Borderline Personality Disorder (BPD)

Find Your Way Through It

Wasim Kakroo

Borderline personality disorder (BPD) is a pattern of instability in personal relationships and self-image. People with BPD have a hard time recognizing and controlling their emotions.

For both the individual with the disorder and their loved ones, dealing with this disorder can be difficult. If you or someone you care about suffers from Borderline Personality Disorder, there are certain strategies you can use to cope.

Pay attention to your emotions. The inability to perceive, define, and label one's emotions is a typical problem among people with BPD. Slowing down and thinking about what you're feeling during an emotional event can help you learn to control your emotions.

Throughout the day, try "checking in" with yourself many times. Take a short pause from work, for example, to close your eyes and "try to get connected" with your body and emotions. Take note of whether you are physically tense or achy. Note whether you've been thinking or feeling about anything for a long time. Keeping track of how you're feeling can help you in learning to recognize and control your emotions.

Put efforts to be as definite as possible. Instead of thinking, "I'm so angry I can't handle it!" try identifying where you believe the emotion is coming from: "I feel angry because I was late to work because I got delayed in traffic."

When you're thinking about your emotions, try not to pass judgment on them. For example, refrain from telling oneself things like "I'm angry right now. Why am I angry all the time? It is not good to be angry." Instead, focus solely on identifying the emotion without passing judgment, such as "I am angry because it was hurtful that my friend was late."

Determine the difference between primary and secondary emotions. Learning to identify all of the emotions you might experience in a particular situation is a crucial step toward regulation of emotions. People with BPD frequently feel overwhelmed by a whirlwind of emotions. Take a moment to distinguish between what you're feeling right now and what else you might be feeling.

Your first emotion can be anger, if your friend, for example, forgot that you were having lunch together today. This would be the primary emotion.

There's a chance that the anger is accompanied by other emotions. For example, you can be feeling hurt because your friend has forgotten about you. You may be worried that this is a sign that your friend doesn't care about you. You can feel ashamed, as if you don't deserve to be remembered by your pals. All of these feelings are secondary.

Understanding where your emotions come from can help you learn to control them.

Be habitual of positive self-talk. Challenge negative attitudes and patterns with positive self-talk as one approach to handle your reactions in a more healthy way. It may take some time to feel at ease doing this, but it is beneficial. Positive self-talk has been demonstrated to help you feel more alert, enhance your concentration, and reduce anxiety.

Remind yourself that you deserve respect and love. Make it a fun to look for qualities in oneself that you like, such as competency, kindness, imagination, and so on. When you find yourself feeling down about yourself, remind yourself of these good aspects.

Remind yourself that bad things happen to everyone at some point, and that they are only transitory. For example, if your coach critiqued your cricket practice performance, remind yourself that this is not typical of your performances in the past or future. Instead of dwelling on what went wrong in the past, concentrate on what you can do better next time.

This will make you feel that you can control over your actions, instead of feeling like you are being ill-treated by someone else.

Negative thoughts should be reframed in a positive light. If you didn't perform well on a test, for example, your initial thinking might be, "I'm such a loser. I'm worthless, and I'll fail this class." This isn't helpful, and it's also not fair to you. Instead, consider what you can gain from the experience: "I didn't do as well on this exam as I had planned." I can talk to my



professor about my weak points and how to study more effectively for the upcoming exam.

Before reacting to others, take a moment to check in with yourself. Anger or despair are common reactions for people with BPD. For example, if a friend did something to make you feel sad, your immediate reaction might be to go into a rage and threaten the other him/her. Instead, spend some time getting to know yourself and identifying your emotions. Then, in a nonthreatening manner, try to explain them to the other individual.

If a friend came late for lunch, for example, your first emotion might be anger. You might want to scream at them and demand to know why they were so disrespectful to you.

Make a mental note of your emotions. How are you feeling right now? Is there a primary emotion, and if so, what are the secondary emotions? You may be feeling angry, but you may also be feeling fear since you believe the reason behind your friend's being late because they don't care about you.

Ask the person why they were late in a calm voice, without being judgmental or without threatening them. Make statements that are "I"-centered. Consider the following scenario: "I'm feeling disappointed that you were late for our lunch. What caused you to be so late?" You'll most likely discover that your friend's tardiness was due to some reason, such as traffic or unable to find car keys. You obviously might not want to sound like you're blaming the other person, so use "I" sentences. They will feel less defensive and more open as a result of this.

You can learn to moderate your responses to other people by reminding yourself to examine your feelings and not jump to conclusions.

Delineate your feelings in detail. Associating physical symptoms with the emotional states in which you typically experience them is a good start. Learning to recognize your physical as well as emotional feelings might help you better articulate and comprehend your emotions.

For example, you might get a sinking sensation in the pit of your stomach in specific situations but have no idea what it means. Consider the feelings you're having the next time you have that sinking. This sinking sensation could be linked to anxiety.

Once you recognize that the sinking sensation in your stomach is anxiety, you will begin to feel more in control of the sensation rather than as if it is controlling you.

Learn Self-relaxing techniques. When you're in a tumultuous situation, learning self-relaxing activities might help you stay calm. These are activities you can do to comfort and treat yourself with kindness and care.

Few examples: Take a hot shower or

ANGER OR DESPAIR

are common reactions for people with BPD. For example, if a friend did something to make you feel sad, your immediate reaction might be to go into a rage and threaten the other him/her. Instead, spend some time getting to know yourself and identifying your emotions. Then, in a nonthreatening manner, try to explain them to the other individual

time.

Train yourself in tolerating uncertainty. Begin by putting yourself in small, safe situations. For example, at a new restaurant, you could order a meal you've never eaten before. The meal may or may not be enjoyable for you, but that isn't the point. You will have proven to yourself that you are capable of dealing with uncertainty on your own. As you gain confidence, you can gradually progress to more challenging scenarios.

Make a note of your responses. Make a note of what happens when you try anything new. What exactly did you do? How did you feel throughout the event? After that, how did you feel? What did you do if things didn't go as planned? Do you believe you'll be able to take on greater responsibilities in the future?

Try practicing having unpleasant experiences. Your therapist might give you activities to help you learn to cope with unpleasant feelings. The following are some things you can perform on your own:

Hold an ice cube in your hand until the negative emotion subsides. Concentrate on the feel of the ice cube in your hand. Take note of how it intensifies at first, then fades away. Emotions behave in the same way.

Consider an ocean wave. Consider how it rises till it crests and then sinks. Remind yourself that emotions build and then subside, much like waves.

Do some exercise on a regular basis. Exercise can help you feel less stressed, anxious, or depressed. This is because physical activity causes your body to release endorphins, which are natural "feel-good" chemicals. Even moderate activity, such as walking or gardening, has been shown to have these effects.

Maintain a regular schedule. Because one of the features of BPD is instability, sticking to a regular routine for things like meal times and sleep might be beneficial. BPD symptoms can be exacerbated by blood sugar fluctuations or sleep deprivation. Ask someone to remind you

if you have problems remembering to take care of yourself, such as forgetting to eat meals or not going to bed at a healthy time.

if you have problems remembering to take care of yourself, such as forgetting to eat meals or not going to bed at a healthy time.

Keep your ambitions in check. It takes time and practice to deal with any disorder. In a few days, you won't see a complete revolution. Allowing yourself to become discouraged is a bad idea. Remember that you can only do your best, and that's enough. It's important to remember that your symptoms will improve with time, not in an overnight.

Consult a psychologist/therapist. For persons with BPD, therapy is one of the most important sources of help. A trained therapist's assistance and direction can make a major difference in BPD therapy and recovery. Therapy can provide a secure environment in which you can begin to work through your relationship and trust issues, as well as "try on" new coping skills.

Although there are various types of therapy that can be used to treat BPD, Dialectical Behavior Therapy, or DBT, has the best track record.

Dialectical Behavior Therapy (DBT) is a therapeutic modality designed exclusively for patients with BPD. It has a proven track record of success. DBT teaches persons with BPD how to control their emotions, improve frustration tolerance, gain mindfulness skills, identify and label their emotions, and strengthen psychosocial skills in order to engage with others.

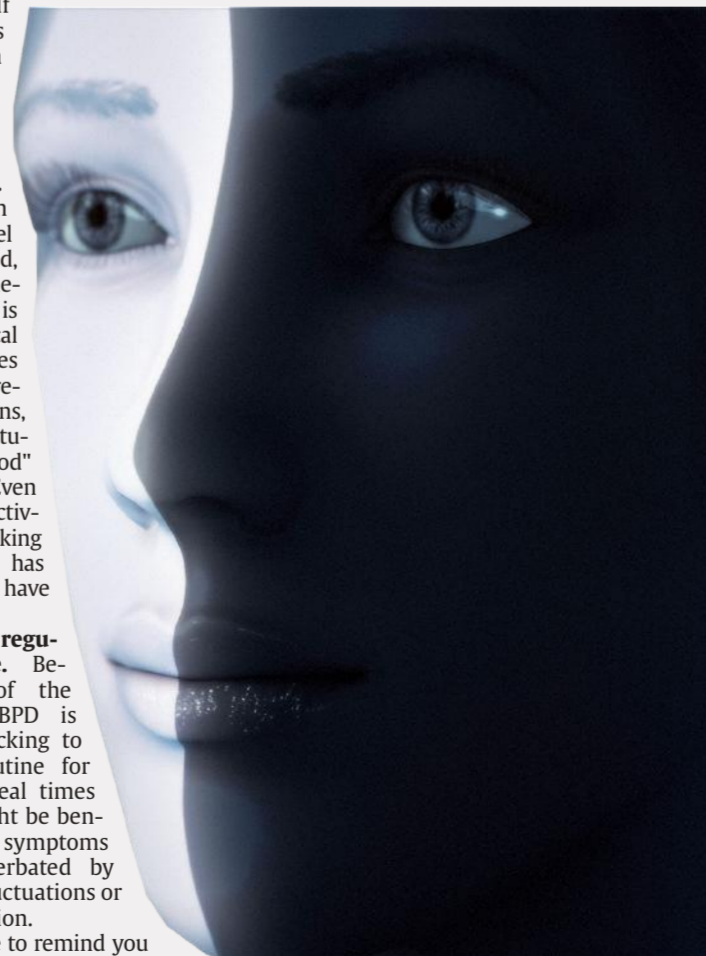
Schema-focused therapy is another common treatment. CBT techniques are combined with strategies from other therapy modalities in this form of treatment. It focuses on assisting people with BPD in reorganizing or restructuring their views and experiences in order to help them develop a stable self-image.

Medical/psychiatric help: Despite the fact that many patients with BPD take medication, there is little evidence that it is effective. Furthermore, the Food and Drug Administration (FDA) in the United States has not approved any drugs for the treatment of BPD. This isn't to say that medicine isn't useful—especially if you have co-occurring issues like depression or anxiety—but it's not a cure for BPD per se. Therapy is far more beneficial in the case of BPD.

Your doctor may, however, prescribe medicine if:

You've been given a diagnosis of BPD as well as depression or bipolar disorder. You suffer from extreme anxiety or have panic episodes. You start having strange, paranoid thoughts or hallucinating. You're having suicide thoughts or are at risk of hurting yourself or others.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar). He works at Kashmir Life Line, a free mental health counseling service. Author can be reached at wasimkak-roo21@gmail.com





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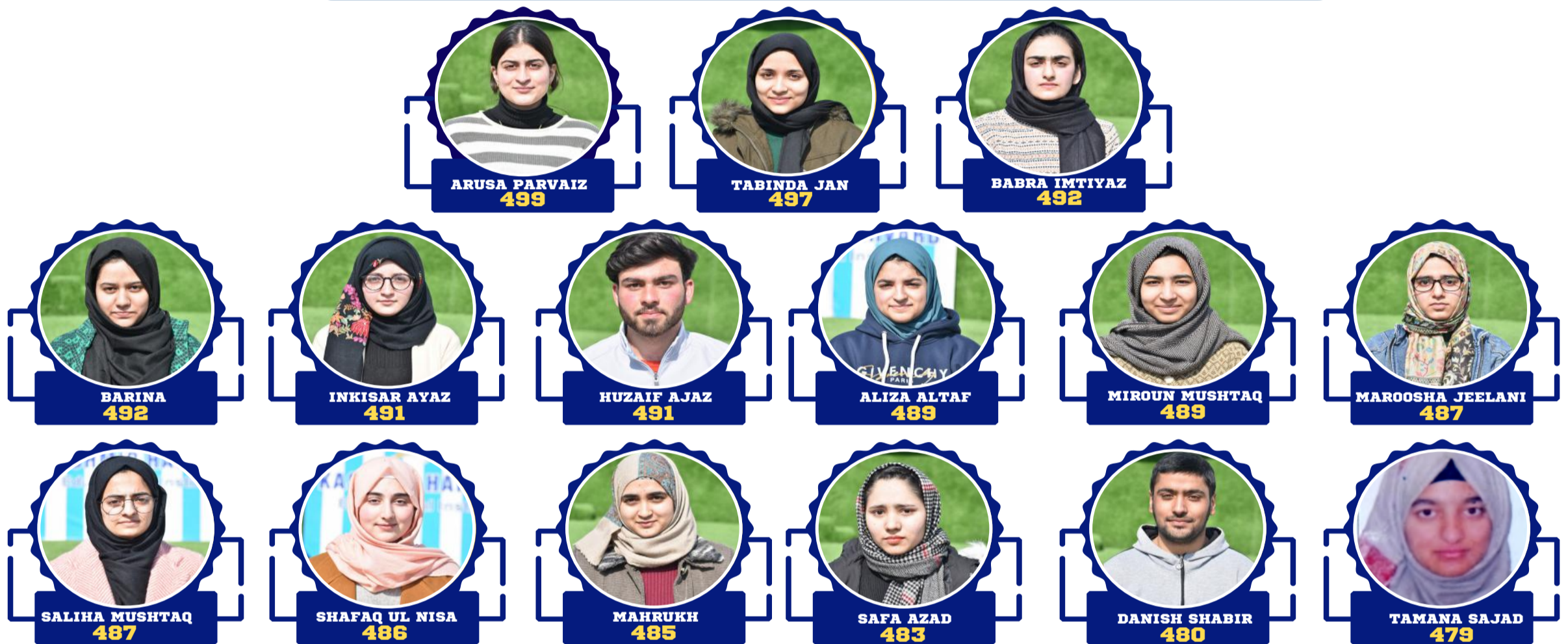
KASHMIRHARVARDSCOOL@GMAIL.COM

<http://WWW.KASHMIRHARVARD.EDU.IN>

CONGRATULATIONS

Kashmir Harvard Hr. Sec. Educational Institute congratulates all the students of Class 12th for their exemplary performance in annual examinations conducted by the Board of School Education (BOSE), and the competent team of teachers for their pure and unrelenting tenacity. We are thankful to all the parents for their unflinching support and steadfast belief in us! We wish our students the very best for all new ventures, that life has in store for them!

MERIT LIST OF CLASS 12TH - YEAR 2021-22



LIST OF DISTINCTION HOLDERS

NAME OF THE STUDENT	MARKS	NAME OF THE STUDENT	MARKS	NAME OF THE STUDENT	MARKS
FAIZ SHABIR NAQASH	478	TABEEN YOUSUF KHANDAY	450	QAZI KAWSAR MANZOOR	424
MAARIA BASHIR	477	ABSAR JAVEED	448	SALIM SAJAD	422
HAFSA MANZOOR	476	MUSKAN MUKHTAR GANAIE	446	ABRAR HUSSAIN WANI	420
SHAIYANA MANZOOR	476	BASIT AHMAD KUCHAY	446	PEER IZAM ULL NABI MAKHDOOMI	419
ZAID NISAR SHEIKH	476	FAIZAN FAYAZ	446	ABDUL WASI WANI	416
MALIHA WAHID	475	BISMA BASHIR	445	FURQAAN AIJAZ	416
HURMAT-UL-ZEHRA	475	LIABA SARFARAZ MALIK	445	HUZAIF QAYOOM KHAN	415
SANNA ZAFFAR	475	NIHAD TARIQ	445	SUHAIL RIYAZ	413
NASHWA ANJUM	473	RIZWAN MUSHTAQ	445	MOHAMMAD ALI SHAH	412
PAAMIRAH	473	DUHA	443	MOHAMMAD RIZWAN KHAN	409
TAMANA MUBARAK	473	FARHANA BASHIR	437	TUBA ZAHOOR	407
MISBA MUZAFFAR	465	NUMAIR NAZIR	437	ABINA ARSHAD	407
MAHIA TARIQ	463	NAIMA BASHIR	436	ILYAS MAQSOOD	405
BASEERAT NAZIR	461	ABIROO JAN	435	ZUHAIB BASHIR	405
SABBA JAN	461	MUJTABA JAVEED BHAT	435	ADEEBA MANZOOR	401
MUNAZZA SHAFI	457	ABU BAKER	434	MUSHARID AHMAD SHEIKH	400
IRQAH AJAZ	456	GHAIZAH	433	HUZAIF MEHRAJ	393
SABIYA MUKHTAR	455	SADIYA	433	GAZI ALI KHAN	389
MOHAMMAD ALLIYAS	455	MOHAMMAD EISA	430	SAIFAN SHABIR	388
HEEBA RIYAZ	454	MOHAMMAD MUSSA	430	MUHAMMAD USMAN NAJAR	381
HIBA	454	HASEEB MUBEEN	429	FURQAN HUSSAIN LATOO	379
MADIHA	453	TOOBA MUZAFFAR KHAN	428	AMAAD ASMAT KHAN	375
ZARMEEN SHAFIQ	453	SADIA BASHIR	427	MOHAMMAD ZAID	375
AZHA	451	SHAHID TARIQ	425	AUSAF AHMAD	371

TOTAL STUDENTS APPEARED: 119
TOTAL NO. OF DISTINCTIONS: 74

TOTAL NO. OF POSITIONS: 15
TOTAL NO. OF 1ST DIVISIONS: 30

SD/

CHAIRMAN
KASHMIR HARVARD EDUCATIONAL INSTITUTE