



P5 STATE

MAN ATTEMPTS SELF-IMMOLATION AGAINST DEMOLITION DRIVE

A 27-year-old man suffered severe burn injuries as he set himself on fire on Tuesday during an anti-encroachment drive in Ganderbal district of Jammu and Kashmir, officials

P7 THINK

ON INNOVATION: WHAT MAKES PEOPLE CREATIVE

Knowing what motivates people to be creative is essential for any manager, teacher, or student concerned with creativity and, ultimately, innovation. So let's take a look at some extremely creative people. What about Leonardo da Vinci, for



P12 SPORTS

SAHA SAYS HE WON'T REVEAL IDENTITY OF JOURNALIST WHO THREATENED HIM

Veteran India wicketkeeper-batter Wriddhiman Saha on Tuesday decided not to reveal the identity of the journalist who had sent him a threatening message.



Widom! Quote!

The greatest happiness is to know the source of unhappiness

- Fyodor Dostoevsky

NEWS DIGEST

Let 'Militant' Held In Bandipora

SRINAGAR: Police on Tuesday claimed to have arrested a Lashkar-e-Taiba (LeT) militant from north Kashmir's Bandipora district. Police, 26 Assam Rifles and the personnel of CRPF 3rd battalion established a checkpoint in | [More on P10](#)

Train Mows Down Youth In Budgam

SRINAGAR: A youth was killed on Tuesday after being hit by a train near Wanabal area of central Kashmir's Budgam district. 25-year-old Zakir Ahmad Khatana of Lolab Valley in Kupwara was crossing the railway track near | [More on P10](#)

Patwari Suspended For 'Casual Approach'

SRINAGAR: The authorities in south Kashmir's Anantnag district on Tuesday order suspension of a revenue official over causal approach towards preventing encroachments. In an order, the Sub Divisional Magistrate (SDM) placed Patwari for Halqa Wopzan in Bijbehara under | [More on P10](#)

UP Hawker Found Dead In Srinagar

SRINAGAR: A body of a non-local hawker was found at Sheen Mohalla area of Noorbagh here in this capital city, officials said on Tuesday. They identified the deceased as Papu, son of Sohan Lal of Saharanpur Uttar Pradesh. The 31-year-old, they said, was putting up as a | [More on P10](#)

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PAGE 1 ANCHOR

17 Tremors In 30 Days Is A 'Warning Signal' For Kashmir

Zaid Bin Shabir

SRINAGAR: In the past 30 days, Kashmir has experienced around 17 tremors—five of magnitude 4.0 or above, ten between 3.0 and 4.0, and two between 2.0 and 3.0.

These recurrent rattles have coerced seismologists into believing that Kashmir should brace up to face a major earthquake in the future.

"I would say that tremors in Kashmir are the warning signal for us to worry about the incoming of a significant



earthquake and prepare the ground to deal with it," said

Dr. Afroz Ahmed Shah, an Earth Sciences expert.

Since Kashmir falls in Seismic zone 5, Dr. Afroz says that one of the most critical components of the preparation is building earthquake-resistant structures.

"We should create a culture first where earthquake education should be at the core of our daily routine because we live on faults and know what that means," said Dr. Shah who teaches Physical & Geological Sciences at the University of Brunei Darussalam.

"The faults can get activated anytime, so please start working

on it before it is too late."

An old hand at understanding the region's shaky ground Dr. Shah in an interview with the Kashmir Observer talked about the reasons behind frequent tremors and what it means for Kashmir.

Why're we suddenly experiencing so many earthquakes in Kashmir?

Earthquakes in Kashmir are not a surprise and are expected as we live on top of active faults. However, to exactly

know the whereabouts of the recent earthquakes, we have to first map and understand the depth of faulting.

I've done that by looking at the vertical distribution of earthquakes under Kashmir in the following figure.

It seems that the earthquakes have originated at shallow depths, which suggests rupturing of internal faults within the Kashmir basin, like the Kashmir Basin fault.

The coloured dots are earthquake events, which have dominantly | [More on P10](#)

DELIMITATION EXERCISE

Panel Given 2 More Months To Draw J&K's Political Map

Zaid Bin Shabir

SRINAGAR: The Ministry of Law and Justice on Tuesday granted two-month extension to the Delimitation Commission, tasked to redraw the assembly constituencies of the erstwhile state of Jammu and Kashmir, to complete the exercise.

In an order issued on Monday, the Union Ministry of Law and Justice has said that in exercise of powers conferred by section 3 of the Delimitation Act 2002 (33 of 2002) the central government hereby makes the further amendment of two months in the notification of government of India in the Ministry of Law and Justice (Legislative department no So-1015(e) dated 6th March 2020.

"In the notification in paragraph two for the words 'two years' the words 'two years and two months' shall be substituted," reads the order

The term of the panel was coming to an end on March 6 and it needed more time to ready its final report on the delimitation exercise that is being carried out in the entire J&K. Pertinently the panel had

asked the GOI for a two month extension to complete its final report on the delimitation process in J&K.

As per sources aware of the developments, the GOI has asked the panel to complete its work by May this year and share its report. The sources have also said that the panel will share its final report in the first week of May.

Notably, if sources are to be believed then the panel is likely to make its draft public before submitting the final report.

Earlier, the panel had submitted its second draft to associate members who are the three leaders from National Conference and two from Bharatiya Janata Party, in the first week of February and the associate members had filed their objections on February 14 with National Conference members strongly rejecting the report.

However, as per sources, the commission won't be asking the five associate members to give their inputs and objections on the draft as they have already submitted their inputs and objection.

"The associate members have already | [More on P10](#)

THE ASSOCIATE MEMBERS HAVE ALREADY SHARED THEIR inputs and objections with the commission. So, that's why the delimitation commission will ask the public and other political parties to give their inputs and objections."

J&K Preferred Destination For Industrial Investments, Films: LG

Observer News Service

JAMMU: Asserting that Jammu and Kashmir has become one of the preferred destinations for industrial investment, tourism, film industry and real estate sector, the Lieutenant Governor Manoj Sinha said on Tuesday that his government is committed to ensure adequate and timely availability of credit to industrial and different productive sectors of the economy to finance growth.

The Union Territory, Lieutenant Governor made the remarks while reviewing the progress towards financial inclusion by banks in J&K with MK Jain, Deputy Governor RBI, Dr. Arun Kumar Mehta, Chief Secretary and other officials, here on Tuesday, an official spokesperson said.



Sinha, he said, shared the vision of the UT Government for extending the banking and financial services to the doorsteps of the people of J&K.

The LG, he said, also stated that efforts are being made to enable far-flung areas of rural interiors to become fully connected with financial sector.

"To broaden the social base

of development, we are enhancing people's access to financial products, promotion of 'One District One Product', institutional credit to women, youth, SMEs, handicrafts, horticulture and various other priority sectors for effective contribution to growth processes of the UT," Sinha said.

"J&K has | [More on P10](#)

'Ensure Disposal Of Every Genuine Public Grievance'

The Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Tuesday directed officials to ensure the disposal of every genuine public grievance to make the system more accountable, responsive and efficient.

The LG made these remarks during his interaction with applicants of J&K Integrated Grievance Redress and Monitoring System during "LG's Mulaqaat- Live Public Grievance Hearing" through virtual mode, in which he took first hand appraisal of people's issues and grievances. "Our aim is to reduce redressal time of a grievance and response to every genuine complaint within a reasonable timeframe. It has been our endeavor | [More on P10](#)

Late Snowfall Makes Nights Warmer In Valley

Observer News Service

SRINAGAR: Kashmir Valley on Tuesday received fresh spell of snowfall and rains under the influence of a western disturbance, even as the night temperature witnessed a rise by a few notches.

Heavy snowfall was reported from Gulmarg resort in Baramulla district where over seven inches of fresh snow had accumulated, the MeT officials said.

They said snowfall was also reported from Ganderbal district and adjoining areas.

Srinagar city, the summer capital of Jammu and Kashmir, was lashed by rains in the morning and sleet—a mix of rain and snow—in the afternoon.

Srinagar recorded a rise of 6 degrees Celsius with mercury settling at 3.8°C against



last night's minus 2.2°C in the summer capital of the J&K. The temperature was above 2.9°C than the normal for this time of the year in Srinagar, he said.

Qazigund recorded a low of 2.2°C against minus 2.8°C on the previous night, he said.

Kokernag, also in south Kashmir, had a low of 2.2°C against minus 3.0°C on the previous night, the official said.

Pahalgam, the famous resort in south Kashmir, recorded a low of minus 2.4°C against minus 6.0°C last night, he said. | [More on P10](#)

Kashmiri Artisan Weaves Silk Carpet For Salman Khan

Press Trust Of India

SRINAGAR: A 50-year-old carpet weaver from Srinagar city's Fateh Kadal area has made a silk wall hanging carpet of his idol and Bollywood superstar Salman Khan, and wants to present his artwork to "Bhaijaan".

Mohammad Hussain took six months to make the 900mm x 750mm artwork, which comprises 576 knots per square inch, in pure silk and carries the actor's portrait on both sides.

"Since there was not much work during the lockdown, I thought of paying my tributes to Bhaijaan. With my savings, I created this piece of work and I want to gift it to him," Hussain said.

Asked about the cost incurred in making the wall hanging, Hussain said one cannot put a



price to such things. "I made this out of love for him. It cannot be measured in money," he said.

Hussain said he used 10 natural dyes just to make the silk yarn for the hair strands. "It commands a lot of time...from the perfect combination of | [More on P10](#)

Despite being geographically distant from Kashmir how Kashmiris in West maintain cultural, social, and emotional linkages with their homeland. Tune-in to latest KO podcast

KASHMIR OBSERVER



KO PODCAST

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K O V I E W

Abating Third Wave

India is witnessing a gradual return to normalcy following an overwhelming spike in Covid-19 infections during the third wave. From over three lakh cases successively over five days from January 19 to 25, the country's daily caseload on Tuesday came down to as low as 13,405. Similarly, there have been 235 fresh fatalities. This underlines that the third wave is on its way out. And as an indication that things are improving in the right direction, Dubai has scrapped pre-departure RT-PCR Covid test for Indian travelers. Until recently, the passengers were supposed to take an RT-PCR test at the departure airports within six hours of the flight. Various states in India are also lifting the restrictions including the Covid curfew. India is also restarting regular international travel from March 15 after remaining suspended for nearly two years.

But there is still cause for concern. There is already talk of a fourth wave triggered by new Covid variants. More than two years after the coronavirus first surfaced in China's Wuhan, the world remains far from getting a grip on it. In the process, the virus has wrought havoc on the global economy. In the first quarter of 2020, India's GDP declined by one-fourth. It is only now that some recovery is underway. But to keep up the progress, the world needs to act in concert to ensure there is no further surge in cases of infections. This calls for governments around the world to stay alert. There is a greater need for collaboration on vaccination and also strict observance and enforcement of Standard Operating Procedures.

One thing about Omicron-driven wave is that while it has triggered intense flare-ups, there have been less hospitalizations and deaths. In that sense, the mutant is less virulent than the earlier version. Here's hoping that Omicron spread doesn't lead to the emergence of yet another deadly variant.

That said, there is still a significant section of the population, both in the country and in J&K, which is without vaccination. And they remain most vulnerable. It is time that they too get their shot. Similarly elderly population and healthcare workers need booster doses. The union government has now fully approved the use of Covaxin and Covishield vaccines which would be now more widely available. The centre has also suggested changes in rules for booster doses. According to these changes, precautionary third doses of vaccines would be given to health and frontline workers and adults above 60 years of age, dealing with illnesses. The recommended gap between the second and the third dose is currently nine months. There is hope that the ongoing wave will be over by the end of this month and by March, the situation could be more or less normal again.

O T H E R O P I N I O N

Turnout indications On Polling In Punjab, U.P.

If recent elections are anything to go by, turnout numbers are no indication of which way the mandate is swinging. Conventional wisdom has been that high turnout numbers correspond to an anti-incumbency effect, and indeed, a sudden spurt in voting numbers could indicate a wave in a particular direction. But with voter turnouts, especially among the poor, going up significantly in recent years across India, changes in turnout numbers offer little by way of explaining the outcome. The drop in voter turnout in Punjab from 77.4% in 2017 to 71.92% in 2022, however, indicates a certain frustration with the polity in the State. In the last few months, there have been drastic changes in the party system following the removal of Captain Amarinder Singh from the Chief Minister's post, his leaving the Congress and joining hands with his erstwhile arch-enemy, the BJP. The anger over the farm laws that were later repealed, was felt the most in rural Punjab and the farm agitations against the Centre's policies should have provided a viable path for the ruling Congress to succeed. But the infighting within the Congress and its belated but logical promotion of incumbent Charanjit Singh Channi as the "chief ministerial" candidate complicated matters for the ruling party. Reports from the ground suggested that the Aam Aadmi Party was also able to capitalise on the general resentment with the two national parties and the Shiromani Akali Dal, but the fragmentation of the polity and a general lack of clarity among them over the issues that have affected the electorate seems to have dampened voter enthusiasm in the State.

In the third phase of polling in 59 seats in central Uttar Pradesh, the voter turnout was 60.46%, marginally lower than the 62% voting in 2017 in the same seats. As with the earlier phases, there were a higher number of voters in rural areas compared to cities, a case in point being Kanpur city which registered only a 56.14% turnout. With identity politics, welfare and patronage dominating the narrative of the elections here, urban voters seemed less enthused compared to their rural brethren perhaps because of the lack of an adequate emphasis on civic issues in the political discourse. That said, ground reports from the three phases have indicated a closer contest in comparison to 2017 when the BJP had a field day sweeping district after district in the Assembly polls. Except in Bundelkhand, there has been enough of a wind behind the sails of the Opposition — the Samajwadi Party-led coalition in particular — and the high pitched third phase campaigns in the potato-growing areas are an indication that the election is not done and dusted. The relatively peaceful nature of the polls and the centering of socio-economic issues rather than religious identity bodes well for the next four phases of voting in India's most populous State.

The Hindu

This Is The Russia-China Friendship That Nixon Feared



Farah Stockman

Mao Zedong arrived in Moscow in 1949 expecting to be feted for delivering China, the world's most populous country, to Communism. Instead, Joseph Stalin humiliated him by making him wait for a meeting.

Although Stalin and Mao eventually signed a Treaty of Friendship, Mao chafed at being treated like a hayseed from a backward country. By the 1960s, Mao was openly feuding with the Soviets over leadership of the Communist world. The Soviet Union and China even battled each other in 1969 over disputed territory along their long border.

That created an opening for Richard Nixon's trip to China on Feb. 21, 1972, a diplomatic overture aimed at peeling China away from the Soviet orbit.

In the short term, Nixon's eight-day visit was an unambiguous success. Chinese leaders agreed to help spy on the Soviet Union. Nixon won re-election. The stage was set for China's eventual integration into the global economy.

But as we mark the 50th anniversary of that visit, some U.S. officials and foreign policy analysts have second-guessed the wisdom of partnering with Beijing. Even Nixon apparently looked back on the strategy with mixed feelings, and possibly some regret. Russia was a military threat, but never an economic rival. China, however, is becoming the first power in a century capable of challenging American dominance on both economic and military terms.

Some American policymakers felt that China would eventually rise, with or without U.S. help. If you take that view, then welcoming China as a friendly partner, instead of a hostile power, made sense. Today, China has a far bigger stake in the international system and the U.S. economy than Nixon could have imagined possible.

Still, over the years, American policymakers have oversold the benefits of engaging China and have underplayed the risks. Steps by China toward a free-market economy didn't turn it into a democracy, as many argued it would. And although a lot of American businessmen grew wealthy off China's success, and American consumers were able to buy a lot of cheap stuff, many American workers suffered when factories moved to China. Over the last 20 years, Washington has been too preoccupied with the war on terrorism to think about how to prevent the United States from becoming too dependent on a Communist country that could prove to be fundamentally at odds with us.

President Xi Jinping of China makes no secret of his view that the United States is a fading superpower

that is intent on blocking China's ascent to its rightful place in the world. Donald Trump slapped tariffs on Chinese goods, bringing an era of hopeful engagement to an end. But Mr. Trump's isolationism benefited China, which filled the void of America's global retreat. President Biden, who has rallied Europe, Australia and Japan with talk of fighting autocracy and making democracy bloom around the world, presents a thornier problem for Mr. Xi.

IT'S TOO EARLY TO tell how far China will stick its neck out for Russia in its confrontation with the West over Ukraine. China's leaders have long argued for a world free of formal military alliances. They've been cautious about getting entangled in other countries' military conflicts

If the United States and Europe remain united, they form an economic bloc that is still roughly twice the size of China's economy. But by framing the struggle as a fight between the "free world" and dictatorship, the Biden administration risks pushing Russia and China closer together into what some are calling a "new axis of autocracy." This time, Moscow is the little brother, seeking support from Beijing. It could prove to be among the most consequential geopolitical develop-

ments in decades.

"What the West is doing now is the exact opposite of what Nixon did back then," Adrian Geiges, the co-author of the forthcoming "Xi Jinping: The Most Powerful Man in the World," told me. "Russia and China are not natural partners. They are partners because of the common enemy — the United States and Western Europe."

It's too early to tell how far China will stick its neck out for Russia in its confrontation with the West over Ukraine. China's leaders have long argued for a world free of formal military alliances. They've been cautious about getting entangled in other countries' military conflicts.

But President Vladimir Putin of Russia and President Xi took pains to present a common front recently when they issued an extraordinary joint statement hours before the opening night of the Winter Olympics in Beijing. The statement pledged that their cooperation would be "superior" to the one forged between the two countries during the Cold War. No area of cooperation would be off limits, presumably including Russia giving China its most advanced weaponry.

The two countries began edging closer together in 2014, after Russia's invasion of Crimea prompted Western sanctions. Russia weathered the fallout with some support from China, which beefed up trade and its purchase of Russian oil and gas.

This month, the friendship appeared to break new ground. The statement marked the first time that China has supported Russia's demand for an end to NATO expansion. By signing onto the text, Russia also supported China's claim to Taiwan and both sides said they were "seriously concerned" about the U.S. decision to forge a military alliance with Britain and Australia and to cooperate "in the field of nuclear-powered submarines."

President Putin and President Xi might not be natural allies, but they have an awful lot in common. Both see the United States as a chaotic hegemon. Both men were profoundly shaken by the collapse of the Soviet Union, which they viewed as a cautionary tale of what not to do. Both have clamped down hard on dissent and dispensed with or circumvented presidential term limits, paving the way for the potential to rule for life.

And both, longing to restore their countries' role as great powers, are striving to recover territory that they see as having been lost to the West: Ukraine, in Russia's case, and Taiwan, in the case of China.

The most striking thing about their statement was its sweeping declarations. It reads like a manifesto calling for the United States to recognize that it is no longer the boss of the world.

Two months after President Biden presided over a "democracy summit," Mr. Putin and Mr. Xi assailed "certain states' attempts to impose their own 'democratic standards' on other countries, to monopolize the right to assess the level of compliance with democratic criteria, to draw dividing lines based on the grounds of ideology." The world has changed, they asserted. Russia and China should be respected as "world powers" that get to dictate what happens in their own backyards. The statement can be read as an attempt to peel America's allies away, or to make Americans lose the will to fight.

The truth is that the world has changed. American democracy doesn't look as shiny as it used to. Many people in around the world are tired of Westerners telling them what to do.

And yet the world is not jumping at the chance to be bossed around by the world's largest surveillance states, either. It's not an exaggeration to say that the fate of the world depends on our ability to get the response to this "axis of autocracy" right. Americans have to stand up for our values and our allies without ending up in a catastrophic war. No matter how testy relations become, we should remember that the biggest threats we face today — climate change, the pandemic and nuclear proliferation — threaten Russia and China, too.

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

The author joined the Times editorial board in 2020. For four years, she was a reporter for The Times, covering politics, social movements and race. She previously worked at The Boston Globe, where she won a Pulitzer Prize for commentary in 2016.



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Power Theft – Who's Responsible?

WITH the potential to generate 20,000 megawatts of hydro-power, Kashmir is still in darkness. Being the chief producer of electricity in India, Kashmir should have the least electricity crisis but that is far from the ground reality. The valley faces power cuts throughout the year but during winter it becomes very hard to live with electricity for several days. Electricity, in the 21st century, is not a luxury rather a necessity, like air and water. But in Kashmir, even the capital city of Srinagar faces a lot of power cuts. And even when electricity is available the voltage is so

low that a bulb doesn't work properly, let alone other heavy electrical appliances.

With such circumstances, people are left with no option but to go through unethical and illegal means like electricity theft. The PDD department needs to understand the necessity and provide electricity accordingly. That's the only solution to curb power thefts. Also, transformers burn at least every five days during winter, leaving people suffering for days.

The price people pay for electricity is unfair because first of all rates are higher than the supply and secondly, electricity should be cheap because it is generated domesti-

cally. Why would anyone pay such a huge amount for a bare minimum? If the government had to purchase electricity from outside then it was somewhat justified.

One of the reasons for electricity theft is that many people don't consider it as theft because they feel it's their own as it is produced in the valley. It could be stopped only when the population is made aware that this is theft as most of the population doesn't consider it as theft. The clergy delivering Friday sermons should educate people regarding the theft.

The PDD should carry regular checks to make sure employees are not indulging in corruption and do-

ing their work with proper ethics. Whenever any field staff member is caught taking bribes and helping the public in thefts, strict action should be taken against them.

While government agencies should set an example by taking strong action against the field staff and public involved in the wrongdoing, at the same time PDD should update their infrastructure and make sure that the public is getting sufficient amounts of electricity during winters, so that they won't resort to theft.

Tabia Masoodi
Srinagar

ON INNOVATION: What Makes People Creative

Muzamil Farooq

KNOWING what motivates people to be creative is essential for any manager, teacher, or student concerned with creativity and, ultimately, innovation. So let's take a look at some extremely creative people. What about Leonardo da Vinci, for example, the well-known 15th-century artist and scientist? He created beautiful paintings as well as nice blueprints for various types of innovations, such as aeroplanes, long before they were built. He is regarded as one of the greatest minds that ever lived. How about Thomas Edison? Among many of his novel inventions, he invented the light bulb and the motion picture camera, both of which were implemented in various products and found to be extremely useful. What about the well-known artist Salvador Dali? He was well-known not only for his beautiful surrealist paintings, but also for his sculptures and jewellery. What do these individuals have in common? What inspires these creative geniuses? Some argue that creative geniuses are slightly insane, and that it is the madness that drives them to be creative.

Let's take a look at what inspires people to be creative. Teresa Amabile, a Harvard scientist, developed a model that specifies the factors that are important for people to become creative as early as the 1980s. She specified three variables. The first is expertise, which includes technical, procedural, and intellectual knowledge of the domain in which one works. The second factor is motivation, or the willingness to complete a task. Finally, the third factor is creative thinking abilities, which refer to how effectively and imaginatively people can approach problems. According to the Amabile arc, all three of these factors are required for creativity to emerge. So, rather than having just one of them, you need to have all three to some extent in order to be creative.

Let's take a closer look at these three components. When people consider expertise, they frequently believe that there is such a thing as too much knowledge. And perhaps this is true in the sense that some people have been working in a job for too long and have learned so much that they can no longer think outside the box. But, in all honesty, what is far more of a problem is a lack of knowledge. Why is a lack of knowledge such a problem?



“ THIS IS DIFFICULT BECAUSE MANY PEOPLE LIVE THEIR lives like robots, as if everything is pre-programmed for them, which makes sense because it is very efficient. For example, when we say goodbye to someone, we simply wave and say bye bye. This is something we do automatically. We don't have to consider it. This is also true for many of the things we do. We don't consider them; we just do them

For example, if you don't know enough about a subject, you won't know what has been done before, so you might be working on something that isn't novel. You also have no idea where the boundaries in this area are because you have insufficient expertise. So you could be working on something spectacular and not even realise it, and then abandon it because you don't see the value of your idea. Or you're unsure what's feasible. Maybe you're working on a solution that simply doesn't work, and because you don't realise it, you keep working on it for far too long. Finally, you might not know what's useful and come up with ideas that are

completely unrelated. It is therefore difficult to be creative unless you have sufficient knowledge and expertise to speak for these four elements.

Let's take a look at the second aspect of motivation. People frequently distinguish between two types of motivation when discussing motivation: extrinsic motivation and intrinsic motivation. Extrinsic motivation refers to doing a task not because you enjoy it, but because of something you gain from it. Consider the carrot and the stick. Maybe you work because you want money or a promotion, or maybe you work to keep your house from being foreclosed on be-

cause you owe money on it. All of this is an example of extrinsic motivation. You engage in an activity, but you do so in exchange for a reward. There is also intrinsic motivation, which is when you do something simply because you enjoy it and would do it anyway if you didn't get anything out of it other than joy and satisfaction. And we know that intrinsic motivation has some advantages. For instance, if you are more intrinsically motivated, you are more likely to overcome obstacles that arise. You are more willing to overcome them and go the extra mile. You are more willing to continue after a failure, and this is an important

aspect of creativity, failing, failing, failing before you can succeed. Intrinsic motivation increases your willingness to work hard and think about the problem continuously, and all of these factors combine to make intrinsic motivation such an important component of creativity. So, if you want to be creative, it helps to be intrinsically motivated.

Let's take a look at the final aspect of creativity. The final component is called creative thinking skills, and it is all about how adaptable and imaginative you can be when approaching problems. This is difficult because many people live their lives like robots, as if everything is pre-programmed for them, which makes sense because it is very efficient. For example, when we say goodbye to someone, we simply wave and say bye bye. This is something we do automatically. We don't have to consider it. This is also true for many of the things we do. We don't consider them; we just do them. While this is beneficial because it is efficient, it works against you if you want to come up with a creative solution. Being creative may be difficult if you behave like a robot. When you use automatic scripts and schemas from your head, you stop thinking too soon before you find the best solution. You also make far too many assumptions about what is going on. In some ways, it's better to think like a child, like someone who hasn't learned all of these assumptions, all of these automatic scripts and schemas, a person who sees a box and thinks it's more than just a box.

It's a fortress. It's a ship. That kind of thinking, thinking outside of the box, is exactly what it takes to create and be creative. So, let's sum it up. What inspires people to be creative? Is this insane? Perhaps for some, but for others, there are three critical elements. Having enough knowledge, being intrinsically motivated, and having creative thinking skills are all necessary for being creative. Creativity is the generation of novel and useful ideas, while innovation is the successful implementation of these ideas within a company. In other words, every innovation begins with a creative idea, and with the mentioned three elements of creativity, the good news is that everyone has the ability to be creative.

The author is a Student M.Sc. Technology, Innovation and Entrepreneurship at NIT Srinagar

'Right Now' Doesn't Exist In The Universe

The Concept Of Time Is Key To Understanding Perception, But It Is Not As Simple Or Easy To Understand As We Would Like

PABLO G. PÉREZ GONZÁLEZ

This is the story of two nearly identical twins, Iris and Hera. In a way it's a dystopian story, negative by our current standards: it was their destiny to be separated from a very young age and end up in places very far removed from one another. A few months before turning three, Iris, who missed her sister but did not know where she might be, had her own picture taken. Many copies were made and sent in every direction, in the hopes that this would help locate Iris's missing twin. Hera did something similar, as they were like two drops of water, even in their thoughts. Considering that neither one knew where the other one lived, the letters containing the photographs traveled for a long time without reaching their intended recipient, a highly improbable event.

One day, when Hera was already 90 years old, she received a letter, opened it and found a picture of herself inside. She looked at it and was reminded of something. She compared it with a picture of herself and recognized her own image at age three. It was a photograph of her long-lost twin sister Iris! But what did she look like these days? Did she grow up to have friends, get married and form a family like herself? Hera liked to think that her twin's life was similar to her own, full of experiences, some happy, some less so. Perhaps her surroundings were not exactly the same, but the main things surely were not so different, because after all, they were nearly identical sisters!

But there were other, more worrying thoughts in her mind as well. Was Iris still alive? She thought of reaching out and sending her another photograph, but it might take more than the 87 years that had passed since her sister sent her picture. Melancholy, she figured that she, at age 90, could right now only know how her sister Iris was doing at age three. They shared a moment in time that was in reality separated by a whole different existence and life paths.

Hera kept thinking about it. If Iris was doing something right now, if she was still



alive, but Hera was not there to see it with her own eyes, did her sister really exist? It was then that Hera understood a bit better the famous phrase "If a tree falls in a forest and no one is around to hear it, does it make a sound?" – a question that was pondered by philosophers such as René Descartes and David Hume. If she could not see or hear her sister right now, it was as though her sister did not exist. But it was so sad to think that way! It was almost better when she was unaware of her sister's existence, because it was terrifying to realize that reality was not in fact the way she had thought about it until now.

This story about twin sisters could be the story of two galaxies if we multiply it by 155 million every year. The farthest known galaxy at this time is GN-z11, which could be considered our Iris, who sent "photos" of herself in every direction in the form of electromagnetic waves when the universe was around 400 million years old,

just three percent of its current age. At that time she had a sister galaxy, perhaps a twin, Hera, which by today's standards was not that far away. This other galaxy was in fact our own Milky Way, and it had a lifetime ahead of it.

Now that the universe is nearly 14 billion years old – the 90 years of Hera in our story – we finally know what GN-z11 looks like. Or perhaps we should say what GN-z11 looked like 13.6 billion years ago. But what does "right now" mean to the universe? Is it the union of our earthly present with what we can learn about what happened to GN-z11 a long time ago, together with what we know about other galaxies that are closer and whose light has traveled shorter times allowing us to learn about the universe in younger times? Or is "right now" something we might say exists even though we cannot know it, have no information about it and will not for a long time, perhaps never, because our

species will go extinct before that?

More questions: where is, or perhaps more accurately when is (or to create a new cosmological term altogether, where-when) GN-z11? Might there be someone in the galaxy that GN-z11 has evolved into that is receiving photons of our own Milky

reformulated to say that physical laws are universal and apply to the entire cosmos.

Or, if we go a step further, the universe at all times and in all places is ruled by the same physics. If so, and there is nothing to prove the contrary so far, although it hasn't been proven either, like all good axioms; if the

“ THAT OTHER GALAXY EXISTS AND we haven't yet received its light, it will have followed a timeline of its own that has yet to cross our own. So we will not be able to know about them until a long time from now, perhaps, as is most likely, when humans have disappeared altogether. In that case, do they exist? Just like the solitary tree in the forest, do they "make a sound"?

Way? In that case, they would be images of our past, of the way the Milky Way looked like 13.6 billion years ago (neither the Sun nor the Earth existed back then). Could there be someone in another galaxy contemporaneous with GN-z11? If that other galaxy exists and we haven't yet received its light, it will have followed a timeline of its own that has yet to cross our own. So we will not be able to know about them until a long time from now, perhaps, as is most likely, when humans have disappeared altogether. In that case, do they exist? Just like the solitary tree in the forest, do they "make a sound"?

And as a last turn of the screw: is there right now anyone in a remote and physically (meaning scientifically) inaccessible spot in the universe? If the answer is yes, then reality exists far beyond our own perception and there are aspects of today's existence that we will never be able to prove, chiefly for lack of time. If the answer is no, they do not exist because we do not perceive them, then we would be breaking the foundations of modern cosmology, the so-called Cosmological Principle, which says that the universe (at a certain scale, but that's another story) is the same no matter where you are or in which direction you look. This principle, or axiom to use mathematical jargon, can be

universe is more or less the same in all places at a given moment, it would seem that whatever it is that GN-z11 has evolved into, and in any galaxy that shares with us what we might call "a disjointed and unmeasurable right now" (meaning we have no information about it, as that's impossible), right now there should be the necessary conditions for the emergence of life. And using the same argument, there must also have been the conditions for the existence of intelligent life. If not the case, we would be alone in the universe, which is a very self-centered thought of the kind that time and again throughout history has been proven wrong and even detrimental to our existence.

To conclude, let us consider what we want to be. A Hera who knows about the Iris of the past and is resigned to the fact that she will never get in touch with her? An Iris who doesn't know and perhaps will never know anything about her sister? Or do we want to be someone who wants to know what happened and where Iris' letter to Hera traveled and send our own letter back? There will be answers for all tastes.

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Pandemic Effect
'Indian Consumers Now More Conscious Of Health, Fitness And Holistic Nutrition'

Press Trust Of India
Indian consumers are willing to spend more on fitness classes and activities, consuming natural foods, health supplements, and following specialised diets with the Covid-19 pandemic creating 'the biggest seismic shift' taking health and immunity to the centre stage, according to a survey by consultancy firm EY India.



dominantly showing a preference for "better for you" foods and home remedies, he added. "Ayurveda and herbal are increasingly becoming 'back to roots' answers to modern problems," Bhattacharya noted. EY said Indian consumers have opened their wallets towards fitness classes and activities, consuming natural foods, health supplements, and following specialised diets.

with a total of 16,000 global respondents out of which 1,002 were from India. The dietary supplements market, always considered to be high potential given the growing lifestyle diseases, has witnessed an accelerated adoption curve, post Covid-19, EY India said, adding over the last year, the demand for herbal supplements and vitamins and minerals have witnessed a growth of over 25 per cent.

Have You Been Holding Your Phone Wrong This Whole Time?

Sarah Showfety | Life Hacker

Quick, how do you hold your phone? Is the bottom of it resting on your pinkie, while you cradle the back with your index, middle, and ring fingers, and your thumb does all the scrolling? Alas, like the many other seemingly easy, intuitive things we do, it is wrong.



What is the ulnar nerve?

After this tweet telling us all to stop using our pinkie as a phone anchor went viral, Ben Lombard, a member of the UK's Chartered Society of Physiotherapy told HuffPost UK, "We tend to hold our phones with the little finger underneath supporting the weight of the phone and our wrist turning inward to hold the screen to our faces. This can cause ulnar nerve compression if sustained for long periods of time."

What is smartphone pinkie? You may already be familiar with the term "smartphone finger," also known as texting tenosynovitis, texting thumb, and gamer's thumb. But now we must also contend with "smartphone pinkie" (not a medical term yet). According to Healthline, "The fingers most impacted by holding a smartphone, tablet, or video game controller are your pinky and thumb," which can become cramped or inflamed.

al Desk, hand surgeon Dr. Steve Beldner said though everyone wants a small, thin device. "Our hand wasn't designed to handle small objects." Ideally, instead of zeroing our thumb in on a thin object, which loads the joint unfavorably, we want to "bring the thumb out into what we call abduction or away from the palm." To do this, Beldner said, make the device thicker—by propping a rolled up washcloth or t-shirt behind it—to take the stress off the joint. (Presumably, a PopSocket provides some of the same joint relief.) He also suggests keeping your elbow and wrist as straight as possible to allow for better circulation through the nerve.

Why Urban Greening Isn't A Panacea For Extreme Weather Under Climate Change

The Conversation

Urban greening is often touted as a way to tackle both heatwaves and floods in cities. This includes through green roofs, living walls, vegetated urban spaces, private and community gardens, habitat corridors, bushland and parks. But our latest research shows that, for most cities worldwide, urban greening can either subdue floods or mitigate heat. It generally cannot do both in one city.



Urban spaces are expensive, and many greening strategies require more complex engineering than traditional buildings. Also, the cooling benefits can only be significant in some areas if irrigation is used, and this is impossible to do sustainably in many parts of the world.

urban greening varies with the seasons it's more effective if periods of higher rainfall coincide with summer. In contrast, the greatest potential for water retention by soils, which is crucial for flood prevention, occurs in drier areas where there's plenty of energy from sunshine, but rainfall is more limited. These areas are common in North Africa, Australia and the Middle East.

this heat. On the other hand, Canberra, Adelaide, Perth and Brisbane are water-limited, which means urban greening is ineffective at reducing the urban heat island effect. However, because much of Australia has a relatively dry climate which is good for water retention, large-scale urban greening initiatives can help reduce flash flooding in these cities.

at the same time, it's still an excellent strategy to address either in many places. Urban greening also has other positive benefits it provides habitat, filters air and has demonstrable effects on people's well-being. However, there are important cost-benefits of these kinds of schemes to consider, both environmentally and economically.

What we found
Temperatures in cities are often several degrees higher than rural areas, due to the urban heat island effect, where the predominance of concrete and steel absorb and retain heat, and there is a lack of cooling by water evaporating from plants. These same heat-intensifying features are also often responsible for flash flooding in cities, as sealed surfaces can't act like a sponge to soak up and store rain, unlike the soil they've replaced.

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