

KASHMIR OBSERVERTM

Thursday 12 May 2022 | 10 Shawwal | 1443 Hijri | Vol:25 | Issue: 107 | Pages:08 | Price: ₹ 3

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P3 CITY

FOUND ABSENT FROM WORK, DC WITHHOLDS SALARY OF 44 EMPLOYEES

On the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad, officers of District Administration Srinagar on Wednesday conducted surprise inspections of

THINK

WORDS CAN HURT OR HEAL, THINK BEFORE YOU UTTER THEM

How easily we say "are you demented, mad, or blind" and not think so much about it. Recently, someone very close to me got a terrible rash, and I promised myself I would not use the phrase "she/he gives me a rash" (is so annoying) anymore.



P6 NEWS

ISRAELI TROOPS 'SHOOT DEAD' AL JAZEERA JOURNALIST IN OCCUPIED WEST BANK

Israeli army has shot and killed an Al Jazeera reporter in the occupied West Bank, Palestine's Health Ministry and the Qatar-based news channel said.



Quote!

The first and best victory is to conquer self

- Plato

NEWS DIGEST

Hybrid Militant, Aide Arrested: Police

Srinagar: A hybrid militant of Lashkar-e-Taiba (LeT) and his associate were arrested by government forces on Wednesday in south Kashmir's Pulwama district, police said. Waqar Bashir Bhat, a hybrid militant and his associate Shahid Ishaq Pandit, both residents of Karimabad in **More on P6**

7 New Corona Cases In J&K

Srinagar: Jammu and Kashmir registered seven fresh cases of novel Coronavirus on Wednesday while no fatality due to virus was reported in the Union Territory during the last 24 hours. According to officials, a single new case of Covid-19 was detected in **More on P6**

Man Falls Off Moving Bus, Dies

Srinagar: A man was killed on Wednesday after he fell down from a moving vehicle in Humhama area of Central Kashmir's Budgam district. An official said that a man was traveling from Budgam to Srinagar when he fell down from a bus bearing registration number JK01D 8652. **More on P6**

Woman Drug Peddler Held With Rs 6.7L

JAMMU: A notorious woman peddler was arrested along with Rs 6.7 lakh and banned drugs in Reasi district of Jammu and Kashmir on Wednesday, police said. Rekha Devi, a resident of Didi Phangal village, was nabbed during checking in the Agar Jeeto area of Katra, a police spokesman said. He said banned drugs including **More on P6**

Supreme Court Puts Sedition Law On Hold

- Says No FIRs Or Any Other Proceedings Till Govt Completes Review
- Editors Guild Welcomes Order, Centre Invokes 'Lakshman Rekha'



Press Trust Of India

New Delhi: In a landmark order, the Supreme Court on Wednesday put on hold the contentious sedition law till the Centre completes its promised review of the colonial relic and also asked the central and state governments not to register any fresh cases invoking the offence.

A bench headed by Chief Justice of India N V Ramana

directed that ongoing probes, pending trials and all proceedings under the sedition law across the country will also be kept in abeyance. Those in jail on sedition charges could approach the court for bail, it said.

Delivering its 10-page order after it gave 24 hours to the Centre to spell out its stand on keeping the pending sedition cases in abeyance and not registering fresh **More on P6**

J&K Govt Filed 25 Sedition Cases In 5 Years

At a time when the Supreme Court has put a freeze on British-era sedition law, official data reveals that 25 cases were registered under it in Jammu & Kashmir from 2014 to 2019. According to the official data, 25 cases were registered under colonial era law of sedition in Jammu & Kashmir from 2014 to 2019. Supreme Court today restrained the **More on P6**

THE OFFENCE OF SEDITION provides for life term as maximum penalty for creating "disaffection towards the government".

Massive Search Op Underway Along Jammu IB

Press Trust Of India

JAMMU: Police and other security forces on Wednesday launched a massive search operation along the International Border (IB) in Samba district of Jammu and Kashmir to sanitize the border villages ahead of Amarnath Yatra next month, officials said.

The joint operation by police, Army, BSF and CRPF is underway at village Glad and adjoining areas near the border fence, the officials said.

"The primary focus of the operation is on village Glad due to its close **More on P6**

Back To Business: Pak To Resume Trade With India

Agencies

Islamabad: The Pakistan government under Prime Minister Shehbaz Sharif has decided to resume trade with India, designating a trade minister for the task.

Though the decision is being seen as a major development in terms of country's dire economic condition, it is also being seen as a major compromise by Islamabad and a back step from its previous stance against India after August 5, 2019.

In a federal cabinet



meeting, chaired by Shehbaz Sharif, it was decided that Pakistan will be working towards reopening of trade with

India and appointing Pakistan People Party's Qamar Zamar Kaira as Minister of Trade, in the Pakistan High **More on P6**

Will Accept Court Verdict About Yasin Malik: MoS Verma Says, BJP Fighting For Rights Of KPs

Observer News Service

BARAMULLA: Minister of State (MoS) for Cooperation and Development of North Eastern Region Government of India, BL Verma, on Wednesday said that Bharatiya Janata Party (BJP) is fighting for justice to Kashmiri Pandits, who according to him had been victimized in Jammu and Kashmir.

"BJP is fighting hard for the legal rights and justice of Kashmiri Pandits", local news agency KNO quoted him as saying.

About Mohammad Yasin Malik



who Tuesday reportedly pleaded guilty to all the charges including those under the stringent unlawful activities prevention act (UAPA) before **More on P6**

13% Women In J&K Experience Post-Marriage Violence: Report

Zaid Bin Shabir

SRINAGAR: Despite being counted as progressive otherwise, the latest National Family Health Survey findings are a sobering call to action against spousal violence in J&K, as the latest report has revealed that 13 percent women in the erstwhile state have experienced violence after their marriages.

Amid a multi-pronged strategy devised by the state & police administration to protect the women from violence, the latest figures are now a sign of worry.

While domestic violence against women has declined from 14%(NFHS-4) to 13%(NFHS-5) in J&K in past almost six years,

9.3 percent women between the age of 18 and 49 have experienced physical violence in J&K from 2019-21, while 3.9 percent of married women have experienced sexual violence committed by their husband in their post marriage life, finds the report that was released by Union Health Minister Dr Mansukh Mandviya last week.

The survey finds that 12.8 percent of married women (18-49 years) have experienced physical, sexual, or emotional spousal violence. The most common type of spousal violence in J&K is physical violence (7.2 percent) and sexual violence (3.9 percent).



Pertinently, J&K currently stands at seventh lowest position in post-marital violence against women across India. However, domestic violence against

women is highest in Karnataka at 48%, followed by Bihar, Telangana, Manipur and Tamil Nadu. Lakshadweep has the least domestic violence at 2.1%.

The latest NFHS report has further noted that the experience of physical violence is more common among women in rural areas where the percentage was recorded at 32 percent in comparison to their counterparts in urban areas where the rate stood at 24 percent.

Across India, the survey says that 40% women with no schooling are subject to physical violence compared to 18% who completed their schooling. The experience of physical violence ranges between 39% among women in the lowest wealth quintile and 17% in the highest wealth quintile.

Notably, Domestic violence has been recognized since

1983 as a criminal offense under Indian Penal Code 498-A. However, it was not until the enactment of the Protection of Women from Domestic Violence Act 2005 (PWDVA), which came into effect in 2006, that civil protections were afforded to victims of domestic violence.

The PWDVA also provides a definition of domestic violence that is comprehensive and includes all forms of physical, emotional, verbal, sexual, and economic violence, and covers both actual acts of such violence and threats of violence.

NFHS-5 included a module of questions on domestic violence that was administered to

women aged 18-49 in the sub-sample of households selected for the state module.

A similar module was also included in NFHS-4, although the NFHS-4 module was administered to women aged 15-49. The report has also noted that in terms of domestic violence, 9.9 percent women in J&K have suffered physical or sexual violence.

"7 percent of women (18-49) in J&K were subjected to physical violence in 2019-21, while 0.4 percent were subjected to sexual violence," says the report.

However, in over 80% cases of physical violence against women, the perpetrator is found to be the husband.

New Drug That Halts Recurring Brain Tumour Growth Identified

IANS

An international team of scientists has identified a drug that blocks growth of the most aggressive brain tumour and how to most accurately identify which tumour will respond to the drug.

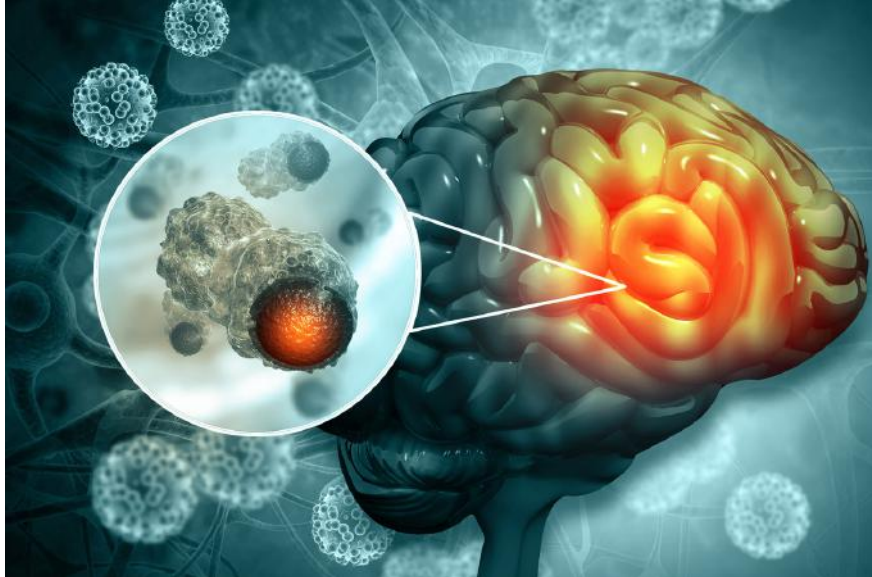
When a non-metastatic brain tumour - Meningioma - recurs after surgery and radiation treatment, a patient is out of options. No drugs are approved for these aggressive tumours, which occur in up to 20 per cent of cases and can lead to patient disability or even death.

But the new drug called abemaciclib, detailed in the journal Nature Genetics, is a cell cycle inhibitor, meaning it blocks the cell division cycle and inhibits tumour growth.

The scientists at universities of North-western, California, and Hong Kong demonstrated the effectiveness of the drug in select patients, mouse models, a 3D living tissue brain tumour (organoids) and cell cultures.

Investigators discovered that Meningiomas can be divided into molecular subgroups with different clinical outcomes and recurrence rates. This new method of classifying tumours allows scientists to predict recurrence more accurately than the current method of classifying the tumour.

Currently, after surgery, doctors examine a



specimen of a tumour under a microscope and grade it one, two or three in its aggressiveness. But the grade is only about 70 per cent accurate, meaning some tumours will behave in a way that doesn't fit with how it appears under the microscope.

"Our study identifies which patients we should treat with this drug, because their tumours will likely respond to it," said Dr

Stephen Magill, Assistant Professor of neuro-logical surgery at North-western's Feinberg School of Medicine.

"We now have the potential to give them options and hope for a longer, symptom-free life." The team found that mice with Meningiomas treated with the medication lived longer and their tumours didn't grow as rapidly.

The drug was also used off-label as compassionate use in several patients whose tumours decreased in size and whose symptoms improved, suggesting the drug should be considered for clinical trials, Magill said.

"Eventually we hope to tailor medical therapy to the genetic changes within each individual person's meningioma," Magill said.

Meningiomas are the most common primary (non-metastatic) tumour in the central nervous system. The symptoms are headaches, seizures or neurological deficits (weakness, vision loss, double vision or sensory changes).

Investigators discovered that Meningiomas can be divided into molecular subgroups with different clinical outcomes and recurrence rates. This new method of classifying tumours allows scientists to predict recurrence more accurately than the current method of classifying the tumour.

ازنیابت و ترجمان
درخواست منجانب محمدایوب جام و لد غلام حسن جام ساکنہ موضع چٹلورہ تحصیل وڑگام حصول اجرائے سوشل کاسٹ سرٹیفکیٹ تحت 294 SRO بزمہ و جام
استھارہ مراد گاہی ہر خاص و عام

معاملہ مندرجہ عنوان الصدر میں درخواست سائل دفتر بذائیں زیر کاروائی ہے اس نسبت پٹواری حلقہ سے رپورٹ بشمول مطلوبہ نقوالات ریکارڈ طلب کے گئے جس سے مہماں ہوتا ہے کہ سائل ساکنہ موضع چٹلورہ کاسکونت دار ہے اور جام زات سے تعلق رکھتا ہے سائل کے والد کا کنہیہ پانچا افراد پر مشتمل ہے سائل کنہیہ ماہوار آمدنی آٹھ ہزار روپیہ تک ہے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا شخص کو کوئی عذریا اعتراض ہو تو وہ اپنا عذریا اعتراض ساتھ کر کے اندر پیش کریں۔ معیا گزرنے کے بعد کوئی عذریا اعتراض قابل قبول نہیں ہوگا۔

نائب تحصیلدار fko

ازنیابت و ترجمان با اجلاس بشیر احمد صاحب نائب تحصیلدار و جام
مضمون درخواست منجانب: شانیہ مجید اختر مجید بٹ سائل ساکنہ جوالا پورہ تحصیل وڑگام
بمراہ ازجرائی سرٹیفکیٹ تحت ایس آر او 294۔

استھارہ مراد گاہی ہر خاص و عام

معاملہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست نسبت جرائی RBA حقیقت دفتر خدائیں پیش کی ہے جس کے نسبت پٹواری حلقہ سے رپورٹ طلب کی ہے جس کے مطابق سائل کے کنہیہ تحصیل اور ماہوار آمدنی ذیل درج ہے۔

نمبر شمار	نام و ولدیت	رشتہ ہمداد	عمر	پیشہ	سالہ آمدنی
1	عبدالحمید بٹ ولد عبدالحدت	والد ساکنہ	58 سال	سرکاری ملازم	668148/=
2	علیہ بانو زوجہ عبدالحمید بٹ	والدہ ساکنہ	56 سال	گھر بیٹیکام	
3	اشفاق مجید بٹ ولد عبدالحمید بٹ	برادر ساکنہ	26 سال	زیر تعلیم	
4	عرفان مجید اختر عبدالحمید بٹ	بھتیجہ ساکنہ	24 سال	زیر تعلیم	
5	نور مجید اختر عبدالحمید بٹ	بھتیجہ ساکنہ	22 سال	زیر تعلیم	
6	شانہ مجید اختر عبدالحمید بٹ	ساکنہ خود	20 سال	زیر تعلیم	

کل آمدنی مبلغ: 668148 کے علاوہ سائل کے کنہیہ کے پاس 02 کنال زرعی زمین موجود ہے جسکی آمدنی سالانہ 10000 روپیہ تک ہے اس کے علاوہ مزید رپورٹ ہے کہ کسی کو درود بہ خدا کا مستقل باشندہ ہے اور سائل ہندو سال سے سکونت پذیر ہے بدین وجہ سائل مستثنیٰ ہے کہ اس کے حق میں ٹیکہ وارہ سرٹیفکیٹ اجرائی جائے۔ اگر کسی شخص کو حقیقت اجراء کرنے میں کوئی عذریا اعتراض ہو تو وہ ایک ہفتے کے اندر اندر دفتر بذائیں پیش کریں بعد گزرنے معیا کوئی عذریا اعتراض قابل قبول نہ ہوگا۔

تحریر الصدر۔
nmb

ازنیابت و ترجمان با اجلاس بشیر احمد صاحب نائب تحصیلدار و جام
مضمون درخواست منجانب: سوبیہ رشید اختر عبدالرشید ملک ساکنہ قنچہ تحصیل ضلع انت ناگ
بمعرض حصول RBA سرٹیفکیٹ

استھارہ مراد گاہی ہر خاص و عام۔

معاملہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست بمعرض حصول ٹیکہ وارڈاریا سرٹیفکیٹ دفتر بذائیں پیش کیا ہے جو کہ زیر کاروائی ہے۔ پٹواری حلقہ سے رپورٹ طلب کی گئی جس سے مہماں ہے کہ سائل کا کنہیہ بذیل افراد ہیں۔

نمبر شمار	نام و ولدیت	عمر	پیشہ	آمدنی
01	عبدالرشید ملک	50 سال	زمینداری	5000/=
02	حفیظہ زوجہ عبدالرشید	48 سال	گھر بیٹیکام	
03	فہیمہ احمد ملک	25 سال	گھر بیٹیکام	
04	طارق احمد ملک	28 سال	سرکاری ملازم	LPC
05	آنسرہ اختر اختر عبدالرشید	26 سال	گھر بیٹیکام	
06	سوبیہ رشید اختر عبدالرشید	19 سال	زیر تعلیم	
07	رحمان احمد ملک ولد طارق	08 ہ	گمن	

اس طرح سائل کا کنہیہ 07 افراد پر مشتمل ہے اور حصول RBA سرٹیفکیٹ کا خواہاں ہے کہ اس کا زکاروائی ہر خاص و عام کو بذریعہ شہر مطلع کیا جاتا ہے اگر کسی شخص کو سرٹیفکیٹ حذا اجراء کرنے کے نسبت کوئی عذریا اعتراض ہو تو وہ بعد شہر اخبار سادت دن کے اندر اندر آئے کوئی عذریا اعتراض عدالت حذا کو دفتر کی اوقات کے دوران پیش کریں۔ معیا گزرنے کے بعد کوئی عذریا اعتراض قابل نہیں ہوگا۔

تحریر الصدر نائب تحصیلدار۔
rna

انظہار لائق

میں عطر مظفر ریشی ولد مرم مظفر احمد ریشی ساکنہ وہی ضلع شوبیان بڈریعہ اخبار یہ بات کہتا ہوں کہ میرا کسی بھی سیاسی پارٹی سے کوئی تعلق نہیں ہے۔

عظم مظفر ریشی ولد مرم مظفر احمد ریشی ساکنہ وہی

rna

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Sannat Nagar Srinagar
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PUBLIC NOTICE

I have lost the Fitness Certificate of my vehicle bearing Regd No; JK19-3512 . Now I am applying 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 Ramban within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

SATPAL S/O SARTOU RAM R/O SARANI BILLAWAR KATHUA JAMMU

rna

Office Of The Assistant Regional Transport Officer, Pulwama NOTICE

Whereas joint applicant has been received from Bilal Ahmad Naik S/o Ab Gani Naik R/o Pinglena Pulwama (Transferor) and Umer Sultan Bhat S/o Mohd Sultan Bhat R/o Gulwanpora Sabdan Bemina Budgam (Transferee) Tipper Owing Vehicle No JK13C- 2687 Now therefore it is notified for general information that objections if any oto the proposed transfer as well as cancelatin of --- of the said vehiclle shall be filled in writing in the office of the Assistant Regional Transport Officer, Pulwama within a period of Seven days (7) From The Publication of this notice in the daly news paper Kashmir Observer Dated 11-05-2022

No: ARTO/Pul/2022/05/2022

Assistant Regional Transport Officer, Pulwama

AST

Office of the Assistant Regional Transport Officer, Shopian NOTICE

Whereas joint application has been received by this office from Mr./Mrs Shabir Ahamd Ganie S/o Abdul Ahad Ganie R/o Chitragam Shopian (Party No 1st) as Transferor, (seller) owner of the vehicle - Bearing Regd. No. JK22- 1959 (Commercial/ Non Commercial) covering under R/P NO: ----- And Mr/ Mrs Mohd Ramzan Hajam S/o Gulam Mohd Hajam R/O Chitragam Shopian (Parti No 2nd) as Transferee (purchaser) requesting for transfer of R/C & R/P of the above noted vehicle from party No. 1st to 2nd and cancellation of hire purchase agreement with Before the case is disposed off on its merits, any body having objection regarding the proposed transfer may file his objection within seven (7) days from the datte of publication of this notice to the office of the undersigned . No any representation/ objection shall be enteretained after stipulated period.

No : ARTO/Spn/136/2022 Dated 11-05-2022

S/D Asst Regional Transport Officer Shopian

fko

ازنیابت و ترجمان با اجلاس بشیر احمد صاحب نائب تحصیلدار و جام
مضمون درخواست منجانب: افراد جان دختر نذر یا احمد ملک ساکنہ قنچہ تحصیل ضلع انت ناگ
بمعرض حصول RBA سرٹیفکیٹ

استھارہ مراد گاہی ہر خاص و عام۔

معاملہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست بمعرض حصول ٹیکہ وارڈاریا سرٹیفکیٹ دفتر بذائیں پیش کیا ہے جو کہ زیر کاروائی ہے۔ پٹواری حلقہ سے رپورٹ طلب کی گئی جس سے مہماں ہے کہ سائل کا کنہیہ بذیل افراد ہیں۔

نمبر شمار	نام و ولدیت	رشتہ ہمداد	عمر	پیشہ	آمدنی
01	نذر احمد ملک ولد محمد شعیان	باپ	50 سال	زمینداری	10000/=
02	سہارا رفیقہ زوجہ نذر یا احمد ملک	ماں	48 سال	گھر بیٹیکام	
03	افراد جان دختر نذر یا احمد ملک	ساکنہ	18 سال	زیر تعلیم	
04	فلکہ نذر اختر نذر یا احمد ملک	بہن	14 سال	زیر تعلیم	
05	اصحانہ نذر اختر نذر یا احمد ملک	بہن	07 سال	زیر تعلیم	

اس کے علاوہ اور کوئی افراد کنہیہ میں موجود نہیں ہے اور کنہیہ کی سالانہ آمدنی 160,000 ہے۔ سب سرٹیفکیٹ موجود ہیں اجرائی میں اگر کسی شخص کو کوئی عذریا اعتراض ہو تو ایک ہفتے کے اندر اندر دفتر بذائیں پیش کریں۔ معیا گزرنے کے بعد کوئی عذریا اعتراض قابل نہیں ہوگا۔

تحریر الصدر نائب تحصیلدار۔
rna

Office of the Executive Engineer, Mechanical Division Baramulla

Tele fax 01952234426 e-mail, id, executiveengineermdb@gmail.com

Gist of Short Term Notice Inviting e-Tenders

NIT No:-MDB/e-Tender/ 10 of 2022-23 Dated:- 10-05-2022

For and on behalf of the Lieutenant Governor of Jammu & Kashmir, Executive Engineer, Mechanical Division Baramulla, invites online e-bids in Two Cover system on items wise basis from registered suppliers / agencies having experience in similar nature of work for the following works:-

S. No	Name of Work	Estimated Cost (Rs. in Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money Deposit	Time of Completion	Administrative Approval	Technical Sanction
01.	Bush Cutting in and around Workshop Sub-Division and Divisional premises at Mechanical Division Baramulla.	103470/=	200.00	2070.00	10 days	Accorded	Accorded

The tender documents consisting of qualifying information, eligibility criteria, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in as per the schedule given in the 'Abstract; appended to this notice:-

01.	Online tender download / Start Date	11-05-2022 (06:15 PM)
02.	Online tender Submission End Date	23-05-2022 (06:55 PM)
03	Cost of Tender Documents	Rs. 200.00 (Rupees Two hundred only) in shape of e-Challan / e-receipt/mpay-transaction acknowledgement, to be uploaded with the online bid. Tender Id to be written also on the voucher. (MSME certificate holder in the concerned trade is exempted) Bank: J&K Bank. Branch: T.P Baramulla. IFSC Code: JAKAQTESHIL Account No.: 02130102000000051.
04	Date and time of opening of Technical Bid (online) (Cover 1 st)	24-05-2022 at 02:00 PM in office of the Ex. Engineer, Mechanical Division (MED), Baramulla
05.	Date and time of opening of Financial Bid (online) (Cover 2 nd)	After evaluation of cover 1 st in office of Ex. Engineer, Mechanical Division (MED), Baramulla

Instructions to Bidders:

- The bids shall be deposited in electronic format with digital signature on the official website www.jktenders.gov.in in two covers; viz Techno- Commercial / Financial cover.
- Cover 1st shall contain:
 - Scanned copy of Earnest Money Deposit (EMD) in the shape of CDR/FDR equivalent to 2% of value of the advertised cost.
 - Registration Certificate of Sales Tax Department quoting GST No.
 - Scanned copies of PAN Card / GST Registration / latest GST clearance certificate or acknowledgement of latest returns.
 - Scanned copies of the Annexure "A" & "B" duly accepted / signed.
 - Scanned copy of Tender Fee.
- Cover 2nd shall contain:
 - Price bid, as per BOQ uploaded by this department.
 - The department will not be responsible for delay in submission of bids due to any reasons.
 - The cost of tender documents is non-refundable and non-transferable.

DIPK-1836/22

No: - MDB /TS/e-tendering-10/304-08

Dated:- 10-05-2022

Sd/-
Executive Engineer
Mechanical Division
Baramulla

OFFICE OF THE EXECUTIVE ENGINEER PHE DIVISION BIJBEHARA

CORRIGENDUM

Subject: - 1. E-NIT No. 02 of 2022-23 ISSUED UNDER NO;PHB:/451-71 DATED. 18.04.2022

2. E-NIT No. 03 of 2022-23 ISSUED UNDER NO;PHB:/542-62 DATED. 18.04.2022

EXTENSION OF DATES

AS PER THE DIRECTIONS OF WORTHY CHIEF ENGINEER Kmr PHE DEPARTMENT SRINAGAR VIDE No:CE/PHE/2958-85 Dt: 09.05.2022 the dates for above mentioned e-nits is extended as per follows:

S.No.	Description	Existing Clause			New Clause			Time	
		DD	MM	YYYY	DD	MM	YYYY		
	Publishing date of NIT	18	04	2022	10.00 AM	18	04	2022	10.00 AM
	Download start date	18	04	2022	6.00 PM	18	04	2022	6.00 PM
	Bid submission start date	18	04	2022	6.00 PM	18	04	2022	6.00 PM
	Bid submission end date	10	05	2022	4.00 PM.	18	05	2022	2.00 PM
	Bid opening date (Technical Cover)	11	05	2022	11.00 AM	19	05	2022	3.30 .PM

All other terms and conditions as laid down in the said NIT Shall remain unchanged

No: PHB/1410-30
Dated: 10.05.2022

Executive Engineer
Jal shakti Division Bijbehara

DIPK-1808/22



Kachri Mohalla Residents Protest Against VC, LCMA

Agencies

Srinagar: The residents of Kachri Mohalla in the interiors of Dal Lake staged a protest on Wednesday against the incumbent Vice Chairman of Lakes & Conservation Management Authority (LCMA) for allegedly creating hurdles in taking steps towards developing the locality as a model village.

Earlier, the government had stated that six interior localities of Dal Lake here including Kachri Mohalla, Sofi Mohalla, Tinda Mohalla, Mir Mohalla Golden Lake, Estate Karpura and Kani Mohalla will be developed as model villages.

However, scores of inhabitants from Kachri Mohalla took to the streets today to protest against the incumbent VC of LCMA, claiming that he was creating hurdles in the way of developing their locality as a model village as promised by the government.

"In 2014, the Prime Minister Narendra Modi had promised that the Dal dwellers will not face any discrimination. But, time and again the dwellers here have been discriminated against," Ghulam Nabi, a local resident said.

He further stated that although the Chief Secretary during his visit the locality had promised that the model villages will come up within three months, one fails to understand why the process has been unnecessarily delayed by the incumbent VC LCMA.

"We want VC LCMA, Bashir Ahmad to be transferred at earliest and the process be started to develop the locality as a model village," the residents said. (KNO)

Newborn Baby Found Dead At Dal Lake

Observer News Service

Srinagar: In a shocking incident, a newborn baby was found dead at Dal Lake near Nishat garden in Srinagar on Wednesday.

An official said that a new born baby was found floating in Dal Lake near Nishat garden Srinagar.

The body was fished out and taken to a nearby facility, where doctors declared him brought dead on arrival.

Meanwhile, police have taken cognizance of the incident and shifted the body to SMHS hospital for legal medical formalities.

Found Absent From Work, DC Withholds Salary Of 44 Employees

Observer News Service

Srinagar: On the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad, officers of District Administration Srinagar on Wednesday conducted surprise inspections of different offices in Srinagar and checked the attendance of employees.

The inspection teams headed by Assistant Commissioner Revenue, Srinagar, Sub Divisional Magistrate, East and Sub Divisional Magistrate West took surprise inspection of various Government Offices across the District including ACD Office Srinagar, Directorate of

Animal Husbandry, Central Veterinary Hospital Srinagar, SDA office Bemina, RD, S&LR Office Bemina, BDO Harwan Tehsil Office North, Tehsil Office Khanyar, LCMA office Miskeen Bagh, Government Higher Secondary School Rainawari, Directorate of FCS&CA, Tehsil Eidgah, Tehsil South / Recoveries, ICDS Srinagar, PWD Srinagar, Handicrafts and Handloom, Rural Development Department, District Panchayat Office, Assistant Commissioner Panchayat, Chief Agriculture Officer and Tehsil office South.

During the visit, the teams found 44 employees of various offices absent from duties.

Taking serious note of their unauthorized absence, the Deputy Commissioner ordered withholding salary of all 44 employees.

Further explanation was also sought from the all absentee employees.

"Such inspections will continue in future also and dereliction of duty including unauthorized absence will not be tolerated at all" Aijaz said.

He also passed strict instructions to the concerned District heads against allowing any employee without permission. He asked them to adhere to the office timing to avoid inconvenience to the general public.

Poster Competition Held At IASE To Create Awareness About Cybercrime

Syed Mohammad Burhan

Srinagar: The Institute of Advanced Studies In Education (IASE), M. A Road on Wednesday held a poster making competition to make students aware about the increasing cybercrime.

The event was held with an aim to instill good cybersecurity habits that will make it easier for students to avoid falling victim to security threats in the future and facilitate an organizational culture built around threat prevention and mitigation.

The poster competition was titled "Say No To Cybercrime" and around twelve students of the college participated in the event.

The event was held under the patronage of Arshid Sauleh, a prominent artist of the valley, who heads the faculty of Art at the college.

"Art makes it easy for us to understand things, it can be used to make people aware about cybercrime" said Arshid Sauleh.

"As we witness an increase in the number of cybercrimes, it is our responsibility to make students aware about the online fraud", he added.

Breaking traditional barriers of holding competitions under four walls, the event was held in the midst of nature under the shade of



mighty Chinars.

The students thanked the college administration for organizing the event and underscored the need for holding more such events in the future.

"Internet has to be used responsibly, one is vulnerable to Internet frauds", said Izzat Showket, a participant.

"The event will go a long way in creating awareness about cybercrimes" she added.

It is pertinent to mention Cybercrimes include phishing, data theft,

identity theft, online lottery, cyberattacks, job frauds, banking frauds, cyber-bullying, online blackmailing, morphing, cyber grooming, cyberstalking among other crimes.

Kashmir has seen financial frauds that are used by cybercriminals including OTP, vishing fraud and online marketplace frauds. As the number of Internet users increases by the day, fraudsters use every possible method to ditch people who are new to the internet.

Handicrafts Exhibition Inaugurated At Boulevard



Observer News Service

Srinagar: Boulevard is hosting a 'craft mela', handicraft and handloom exhibition showcasing the exquisite art and craft of Kashmir. The exhibition has been put together by the office of the Directorate of Handicrafts & Handlooms Kashmir.

The Director Handicrafts & Handlooms Kashmir Tariq Ahmad Zargar inaugurated the exhibition.

Speaking on the occasion the Director H&H

Kashmir expressed that the Exhibition will give artisans, weavers and Cooperative societies a suitable marketing platform to sell their genuine products directly to the buyers and further will give the tourists visiting Kashmir an opportunity to get a glimpse of the rich art and craft of Kashmir.

"The exhibition will appeal to the connoisseur and the consumer alike as our skilled artisans have been giving creative expression to their rich folklore through this

medium for centuries" Tariq Ahmad said.

The special attraction of the ongoing exhibition is the variety of craft products presenting the rich culture of the valley that are on display and sale.

The ten day exhibition will showcase the finest crafts from Kashmir including Pashmina, Kani and other crafts. Boulevard Exhibition is the 8th physical exhibition of the year 2022 that has been organized by the Department of H&H Kashmir within and outside the UT this year.

Man Injured In LPG Cylinder Blast

Observer News Service

Srinagar: A man was injured in a LPG cylinder blast in Jamalata area of Nawakadal Srinagar on Wednesday

evening.

Reports said that a LPG cylinder blast took place in the house of Sameer Ahmad Ganie resident of Jamalata.

In the incident the owner of the house was

injured and was subsequently shifted to SMHS Hospital for treatment, where his condition is said to be stable.

Meanwhile, local police have taken cognizance of the incident.

Appoint New VC Urgently: KU Faculty Members Appeal LG

Agencies

Srinagar: With Kashmir University campus embroiled in academic uncertainty amid the start of the new academic session in Jammu and Kashmir, the varsity faculty members have reiterated the appeal to LG to make the final selection of the new Vice-Chancellor without any more delay.

"We are confident that J&K administration led by Honorable LG would never wish to see an academic institution as old as Kashmir University decaying vis-a-vis academics and research day by day especially when the new academic session has started after a long disturbance of three years due to Covid19 pandemic", the faculty members spoke on anonymity.

"Keeping the University in a state

of uncertainty would certainly cause its further decay whose disastrous implications can be felt for a very long time by the student community"

They said the J&K LG has dedicated this year as Year of Academic Transformation but the inordinate delay in the appointment of VC KU won't help realize this goal in the University under the prevailing leadership crisis.

"Everything in KU has come to standstill. Not even a paper is moving. All policy decisions concerning teaching and research are pending. We hope orders for the appointment of VC are issued immediately by the Honorable LG".

Like in the case of Jammu University, it is requested that the final appointment order in case of Kashmir University be also expedited and issued immediately.

THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS (BOPEE)

Tele/Fax: 0194-2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
Website: www.jkbopee.gov.in E-mail: coejakbopee@gmail.com/helpdeskjakbopee@gmail.com

Subject: - Extension in time for joining to B.Ed. in IASE, M.A. Road, Srinagar and B.Ed. Special Education in CRC, Bemina, Srinagar.

Reference: - Notification No. 039-BOPEE of 2022 dated 28-04-2022.

**Notice No. 017-BOPEE of 2022
Dated: 10-05-2022**

It is notified for information of all such provisionally selected candidates for B.Ed. Course-2022 who have not completed their joining in Institute of Advance Studies in Education (IASE), M.A. Road Srinagar and B.Ed. Special Education Course in Composite Regional Centre, Srinagar till date, that the date of joining for such Course has been extended **upto 18-05-2022 (mid-night).**

The other terms and conditions shall remain the same as notified in the e-Information Brochure and the Notification No. 039-BOPEE of 2022 dated 28-04-2022.

E & OE.

DIPK-NB-783/22

No. BOPEE/Exam-01/2022

**Sd/-
(Dr. Sunil Gupta)
Controller of Examinations
J&K BOPEE**

Dated: 10-05-2022

DIAL-EMMA



- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

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



HIGHWAY STATUS



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



**HIJRI
CALENDAR**
10 Shawwal
1443

PRAYERS

FAJR	3: 57
ZUHR	12:27
ASR	5:20
Magrib	7:26
ISHA	8: 59

This Day In History

- 1328 - Holy Roman Emperor Louis IV and assembly of priests select Pietro Rainalducc as anti-Pope Nicolaas V
- 1328 - Antipope Nicholas V, a claimant to the papacy, is consecrated in Rome by the Bishop of Venice
- 1459 - Sun City in India founded by Rao Jodhpur
- 1525 - Battle at Biblingen: Zwabische Union beats rebel Wurttemberg farmers
- 1534 - German Duchy of Wurttemberg becomes Lutheran under Ulrich, Duke of Wurttemberg
- 1551 - San Marcos University in Lima, Peru, opens
- 1588 - Catholic League under duke Henri de Guise occupies Paris
- 1588 - Catholic League under duke Henri de Guise occupies Paris
- 1604 - Spanish garrison of Aardenburg surrenders to Mauritius
- 1640 - Uprising against Spanish king Philip IV
- 1689 - England & Netherlands form League of Augsburg
- 1777- 1st ice cream advertisement (Philip Lenzi-NY Gazette)
- 1780- British troops occupy Charleston, South Carolina (Revolutionary War)
- 1797- First Coalition: Napoleon I of France conquers Venice.
- 1821- The first major battle of the Greek War of Independence against the Turks occurs in Valtetsi.
- 1862 - Federal troops occupies Baton Rouge, Louisiana
- 1863 - Battle of Raymond, Mississippi
- 1864 - Battle of Drewry's Bluff, fought in Chesterfield County, Virginia (Peninsula Campaign), Confederate victory (US Civil War)
- 1864 - Battle of Spotsylvania, fought near Courthouse, Virginia (Overland Campaign), inconclusive result (US Civil War)
- 1864 - Battle of Todd's Tavern, cavalry battle fought near Todds Tavern, Virginia (Sheridan's Raid), inconclusive result (US Civil War)
- 1881-Treaty of Bardo, Tunisia becomes a French
- 1890- The first-ever official cricket County Championship match begins. Yorkshire beats Gloucestershire by eight wickets at Bristol.
- 1908- Wireless Radio Broadcasting is patented by Nathan B Stubblefield
- 1925- Uzbekistan & Kirgizistan become autonomous Soviet republics
- 1928- Benito Mussolini ends women's rights in Italy
- 1940- Nazi blitzkrieg conquest of France began by crossing Muese River
- 1941- British forces march into Alexandria
- 1941- Konrad Zuse presents the Z3, the world's first working programmable, fully automatic computer, in Berlin.
- 1942- Russia occupies Crackow, until Aug 23, 1943
- 1943- Axis forces in North Africa surrender
- 1943- German troops in Tunisia North Africa surrender
- 1965-Israel & West Germany exchange letters beginning diplomatic relations
- 1991- A new cancer drug is announced which can only be found in bark of a rare tree in the Pacific Northwest

From KO Archives

UPA Mulling Self-Govt In J&K, Says Mufti

NEW DELHI-The centre is actively considering self-rule for Kashmir, former chief minister Mufti Mohammed Sayeed revealed Wednesday. Sayeed told private TV channel CNN-IBN that the UPA government is considering self-governance in Jammu and Kashmir and Ladakh. According to Mufti, Pakistan government too is considering, a similar move for Pakistan controlled Kashmir.

"Yes, the idea of self-governance is already there. There has been a back-channel discussion on this subject. Self-government should play a visionary role in our part of Kashmir. We have our autonomy and a separate Constitution within the Constitution of India. Moreover the people's verdict should not be negated," he said.

Mufti said the Pakistani government is also considering a similar move for Pakistani part of Kashmir.

(Kashmir Observer, 12 May, 2007)

KASHMIR
OBSERVER

Printed & Published by Sajjad Haider on behalf of the
Kashmir Observer LLP
Published from: # 5- Boulevard, Srinagar-190001
Printed at: KT Press Pvt. Ltd, Rangreth Budgam.
RNI Registration No: 69503/98
Postal Registration No-L/159/KO/SK/2014-16
Editor-in-Chief : Sajjad Haider
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K O V I E W

Ukraine-Hit
Economy

India is among the four nations in Asia that feature in the basket of ‘hot’ economies wherein the inflation rate is on the higher end of the spectrum, according to the research firm Nomura. Other economies are Singapore, South Korea, and Taiwan. This is apparent on the ground also with people complaining of being overwhelmed by the high inflation. According to a recent Reuters poll, India’s retail inflation surged to an 18-month high in April. There has been a record hike in fuel and food prices. The situation has been worsened by the Indian rupee touching an all-time low against the US dollar. Every 5 percent fall in the rupee adds about 10-15 bps to the inflation. So, Rupee’s continuing slide will further push up the prices of goods.

Another guage of the deteriorating health of the economy is the declining stock markets. Foreign investors have pulled out a whopping \$19 billion from the Indian markets in this calendar year so far. On the contrary, the markets witnessed net inflows of \$7 billion in 2021, \$14 billion in 2020 and \$19 billion in 2019.

One major reason for this is the ongoing war in Ukraine. As the war prolongs, the world economy is finding itself under increasing stress. The European Union has been the most impacted. The war has aggravated a shortage of natural gas that has already sent inflation up in most European countries. The bloc is now urging the Gulf countries to compensate for the energy shortfall as a result of the boycott of Russian oil.

Indian economy, as a result, could be severely impacted, although it is too early to predict how deep this impact would be. As things stand, the war has caused higher than expected inflation, supply chain disruptions and volatility in financial markets. And India can’t be immune to this for long if the war drags on. And this is happening at a time when the world economy was gradually recovering from the debilitating fallout of the Covid-19 pandemic. The countries were slowly opening up and letting the economy function normally. International travel was also returning to pre-pandemic levels. India was taking steps toward a self-reliant economy also called Atmanirbharta. This is expected to drive economic momentum and growth. The resumption of economic activity is also important to restore the millions of jobs lost to the pandemic.

More so, in India where the successive virulent waves of the pandemic have hemorrhaged the economy. In 2021, India’s GDP slipped by over 7 percent. The gaping dent in the GDP meant that lakhs of jobs were lost, a disproportionate number of them the people living at the bottom of the pyramid. Therefore it is incumbent on the world to come together to resolve the crisis in Ukraine and find a solution that addresses the concerns of all the parties involved.

O T H E R O P I N O N

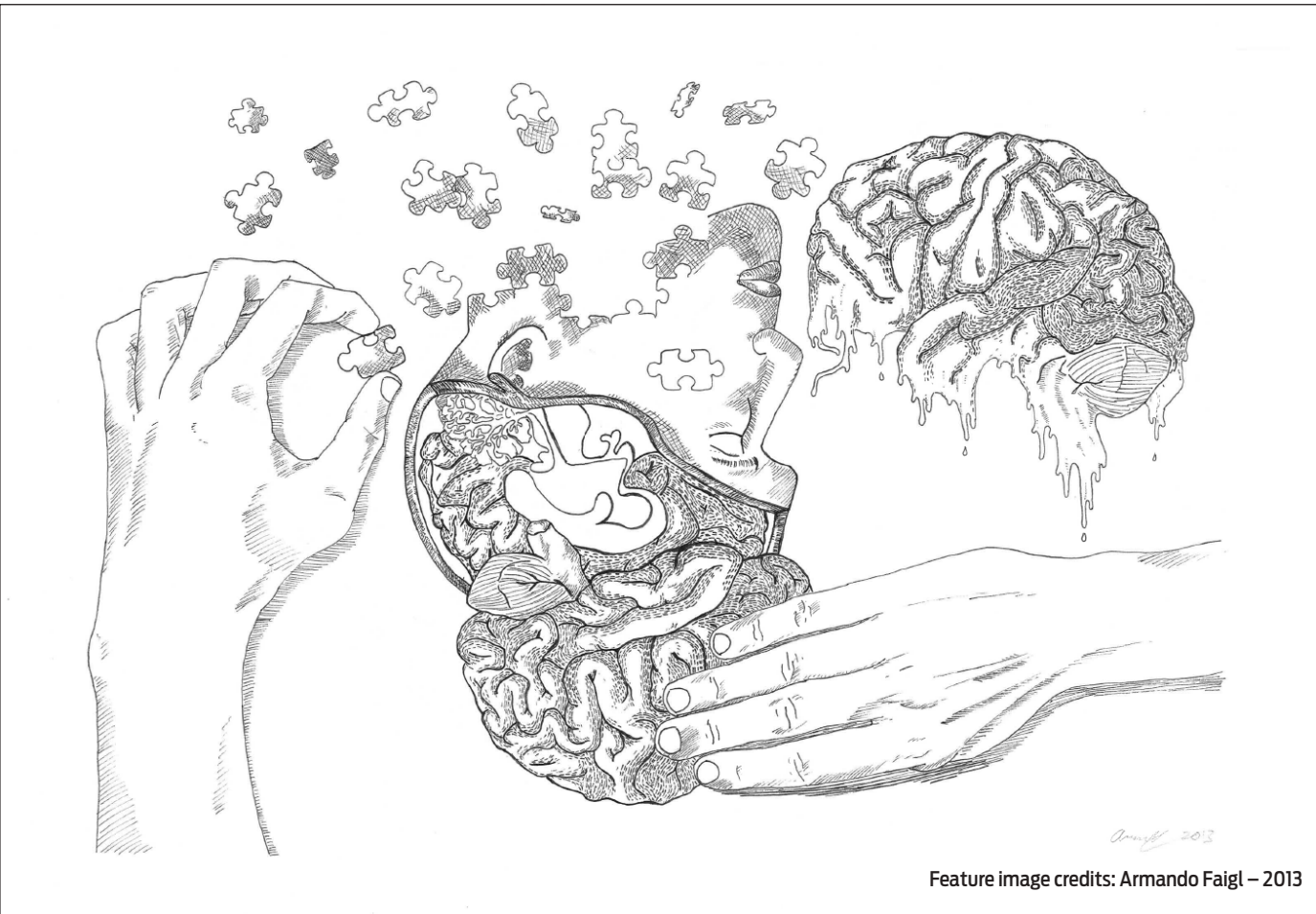
Don’t Step Back

After at least two high courts — Punjab and Allahabad — struck down the sedition law as an exception to free speech in the 1950s, a five-judge bench of the Supreme Court in Kedar Nath Singh vs State of Bihar (1962) upheld its constitutionality. However, the SC restricted it only insofar as seditious speech tended to incite “public disorder”, a phrase the provision itself does not contain but was read into it by the Court. In its “guidelines” on using the new, restrictive definition of sedition law, the Court said not all speech with “disaffection”, “hatred,” or “contempt” against the state but only speech that is likely to incite “public disorder” would qualify as sedition. It is a welcome sign that the government, after its initial defence of the law, has told the Supreme Court that it would re-examine the provision.

On Monday, referring to the prime minister’s views on shedding colonial baggage as the country marks 75 years since independence, the Home Ministry asked the SC to defer the hearing for now till a “competent forum”, presumably Parliament, deliberates on the issue. The sedition law became obsolete in the UK in the 1960s and was finally repealed in 2009. Last year, Singapore, which like India inherited colonial English law, repealed the law stating several new laws can sufficiently address issues that were under the ambit of the sedition law. Hopefully, the government’s changed stance is not meant to foreclose the prospect of review and push reform into cold storage.

The government emphasises the “need for balance” in affidavits before the Court but not while invoking the provision against comedians, journalists and ordinary citizens expressing their dissatisfaction with the government. Successive reports of the Law Commission and even the Supreme Court have reported the rampant misuse of the law. The authority to identify and distinguish genuine expression of speech from seditious speech cannot be the police. Magistrates who are the first defenders of citizen’s rights in the judiciary often allow the pleas of the state as a matter of routine and without proper application of mind. Whether the government decides in favour of repealing the law or not, the Court must take this endeavour to its logical conclusion. The matter is too significant to be put on ice.

Indian Express



Feature image credits: Armando Faigl – 2013

No Band-Aids for Brain?

Sarah Koul

Schools can be tough. Worse now, as students are exposed to a world which is beyond the walls of their homes or their schools. It is evident then that students today face challenges which are not only much more but quite new. In Kashmir, with the political situation serving uncertainties and recent trysts with covid-19; students have at hand, issues that are not limited to home assignments. Adolescent kids especially have very new struggles, most of which can be detrimental to their mental wellbeing.

In schools, we often rush to the health bay or what they’d call a dispensary for a sudden fever, a stomach ache or a game bruise. This is because the school administration recognises the need to ensure safety and physical wellbeing of students. However, little is done to mitigate the effects of life on a student’s mental health. School counselors often double up as the moral police of school administration and are rarely ever trained to counsel students the right way.

Perhaps this complete disregard of mental health stems from an overall ignorance of our society towards mental health issues.

While growing up, everyone has been taught to take care of their health and wellbeing. We have been taught that ‘health is wealth’, taught to eat healthy foods to avoid catching a disease, we tend to adopt lifestyles that aid physical wellbeing. But has anyone ever exactly explained what is meant by ‘health’ and a ‘healthy life’ holistically? Is it a state of physical wellbeing only? Does it simply mean the absence of disease? The World Health Organisation states that the word ‘health’ determines “a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity”.

However, we mostly tend to ignore the part that says “mental and social wellbeing”. As a community, we have stigmatised even the mere suggestion of mental health. We have somehow created an impression that mental health is a hoax and it does not exist. WHO statistics say that over 7,00,000 people die due to suicide every year induced by depression. Suicide is the fourth leading cause of threat in 15–29-year-olds. About 14.3% of deaths worldwide, or approximately 8 million deaths each year, are attributable to mental disorders.

Can we declare coronavirus a hoax while we clearly see millions dying and suffering due to the disease? Then why do we ignore the importance of mental health even after we have data suggesting that millions suffer from depression, anxiety, trauma and people even killing themselves because of it. Our idea of a healthy individual is restricted to physical aspects only even as so many continue to remain mentally crippled.

What is the significance of a healthy body without a healthy mind?

The importance of good mental health reflects in everything we do, think, or say. Our

In schools, we often rush to the health bay or what they’d call a dispensary for a sudden fever, a stomach ache or a game bruise. This is because the school administration recognises the need to ensure safety and physical wellbeing of students. However, little is done to mitigate the effects of life on a student’s mental health. School counsellors often double up as the moral police of school administration and is rarely ever trained to counsel students the right way

habits and prolificacy depend directly upon the ability of our mind to concentrate and interpret. A healthy state of mind promotes productive outputs and thus makes a person more capable of achieving his ends. Living with a constantly anxious and tumultuous mind can be very confusing and at times can take a toll on your daily life chores and even your social life. An unhealthy mind can lead you to struggle for survival, while you could rather be living your best life.

Yet the whole idea of mental wellbeing is an alien concept to most people especially in Kashmir. Our society normalises potentially criminal and unethical behaviour but has unfortunately stigmatised the idea of mental health. Our society views people with mental illnesses as ‘outcasts’, completely oblivious of the fact that it is rarely uncommon in a place like Kashmir. Having a mentally healthy mind does not only mean that there is an absence of a major mental illness such as dementia or bipolar disorder, it also means a mind free of concerns that we disregard as ‘little’ or ‘insignificant’, such as anxiety and depression.

The cause of concern is not the existence of mental illnesses but denial about the significance of a healthy mind. In the 21st century, while humanity has peaked in developmental spheres, it is condemnable that something as important as mental health is still being stigmatised. While we should have been enroute to developing more and better ways to help people cope with illnesses such as depression, anxiety, trauma, psychosis, paranoia, obsessive compulsive disorder, bipolar disorder and other mental health issues, we are still only finding ways to spread awareness about it.

While the process of spreading ample education regarding the importance of psychological wellbeing should have been sped up, it is the

least rapid. It is high time that society de-stigmatises the concept of mental health. While the society may stigmatise or discriminate against a mentally unhealthy individual, at times, it is internalised stigma that affects individuals making them believe that their concerns and problems are invalid.

Moreover, the generational gap also caters to stereotyping of mental health. Generation Z or Gen Z is the only generation that contemporarily emphasises on the issue. Thus, your sibling and friends may be supportive pillars for you to identify and seek help for your mental health issues but your parents don’t. Many people among the older generations may not have even heard about the notion of psychological health, because it is like a little clan of the new generation that keeps talking about it on platforms that older generations mostly don’t even know about. But significantly, generation Z became the largest generation, constituting 32 percent of the global population — or 2.47 billion of the 7.7 billion people on Earth. Which also signifies that many taboos and stereotypes will itself wither away in a set time frame, with the advancement of civilisation, these taboos will no longer remain relevant. It is extremely foolish of us to let ourselves suffer owing to a set of non-permanent stereotypes.

People suffering with any sort of mental disorder, even anxiety or stress should seek help from their family, friends and most importantly professional mental health experts. The stigma around mental wellbeing is diminishing every day, but it cannot end until we pledge to normalise it ourselves, by incorporating ways and means of achieving a healthy mind into our daily lives. We have to normalise the concept of psychological health, visiting a psychiatrist or counsellor, treating mental illnesses, talking about it, raising more awareness, and most importantly acknowledging the importance of keeping a check on our mental health. One should adopt habits that prevent stress, anxiety and depression.

Pleasing someone at the cost of your mental health is indeed a very foolish choice. People in our society, mostly tend to ignore their own psychological needs, and rather cater to people who may at times be responsible for the unhealthy mental state of that person. We have to realise that people-pleasing is not as important as taking care of our psyche. We have to start prioritising ourselves rather than those whose actions affect us negatively. An unhealthy mind will never let a person be at peace, it is almost as if a voice inside your brain constantly repeats all the bad things to you, making you uncomfortable and miserable. Some preconceived notions are not more important than your wellbeing. You have to acknowledge mental health and fight for yourself to lead a happy and healthy life- physically, mentally and socially.

Views expressed in the article are the author’s own and do not necessarily represent the editorial stance of Kashmir Observer
The author is a student



OBSERVER
MAIL

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

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Heavy Bags on Delicate Shoulders

School children in Kashmir are seen carrying heavy backpacks on a daily basis while commuting to school and back home. It seems that the children are burdened with the custom of carrying many heavy-weighted books every day. It may seem like a very normal everyday chore but what most parents ignore and neglect is the fact that a heavy backpack significantly affects children’s posture. It can strain their neck, shoulders, back and result in body pain and sometimes even cause long-term ill effects. Little

children should not be put under so much weight at such a young age, instead measures should be taken to reduce their load. The school authorities should come up with time-tables that do not require students to carry multiple books every day. Schools should provide the facility of lockers to their students so that they don’t have to carry everything back and forth every single day. Apart from books, the school authorities can put up clean and hygienic water purifiers and disposable cups so that children don’t have to carry their heavy water

bottles. Besides that, parents should pay heed to what their children put in their bags, any unnecessary item should be avoided. Parents should in fact raise this issue with their respective school authorities to lessen the burden of these students, especially younger primary class children. The authorities should check and make sure students do not come to school with extremely heavy bags, that way children will become habitual of lessening the weight of their backpacks. It may seem like a small or petty issue to many parents or school

authorities, but heavy backpacks negatively affect children’s spines. The concerned authorities should come up with guidelines regarding the weight of children’s backpacks, so that schools start treating this issue with utmost seriousness. It is the children’s time to play, learn and grow and not to carry heavy backpacks just because adults are too ignorant towards this issue.

Farman Hamid

Words can hurt or heal, think before you utter them

“
For every action,
there is an equal
and opposite
reaction. Newton
was not thinking
about thoughts
and words when
he made his laws
of motion, but
I feel his theory
is very apt for
what we say too.
I will end with
this witty quote
from Sir Winston
Churchill - “By
swallowing evil
words unsaid,
no one has ever
harmed his
stomach”



Shilpa Bhasin Mehra

How easily we say “are you demented, mad, or blind” and not think so much about it. Recently, someone very close to me got a terrible rash, and I promised myself I would not use the phrase “she/he gives me a rash” (is so annoying) anymore.
A man in a rush was bumped into by another. He shouted: “Are you blind?” The stumbling man replied ‘yes’. All the irritation from the angry person disappeared and was replaced by an apology. Another phrase we hear is: “Are you brain dead?”. If we only knew and realized how serious that condition was, we would never utter those words. When I was in the hospital, my neurologist would visit me twice a day. One day on the phone I heard him say rather sadly that there was nothing he could do because the patient was brain dead. The fatality of the words was loud and clear.
Sometimes, when I am on social media, reels just start playing without me clicking. In many reels, I have heard teachers saying how powerful our words are. We have heard this from the time of the Buddha and even earlier.
We need to think before we speak. The

acronym THINK helps us to stay on the right path. Before speaking, just THINK, ask yourself five questions: Is what I’m saying true, is it helpful, is it Inspiring, is it necessary, and is it kind?
T for true: Always make sure what you are saying is true. Don’t try to make something up just because you have something to say.
H for helpful: Helpful words are always appreciated. So, if you have something to say that can be of help to someone, please go ahead and say it.
I for inspiring: Saying something that’s encouraging, motivational, or inspiring is always a good idea. It could be a small compliment or praise.
N for necessary: Speak when necessary or try not to speak. Useless and mundane conversations are best avoided.
K for kind: If you don’t have anything kind to say, don’t say it. Everyone is fighting a battle of some sort, whether evident or not. It’s important and in fact much needed, that we speak kindly to others.
In the last years, we have watched more movies and TV serials than ever before. In many of them, I saw the hurt and complexes that children suffer in school or at home. Comments like you are fat, stupid or ugly

have stayed on in their minds till they were adults and in fact, for the rest of their lives. I don’t think the people who said those words realized the impact their words would have on the young minds.
Words reveal so much about the person saying them. They reveal our personality, character and nature. We can hurt someone, push them away and the worst part is, we cannot take back
So, the excuse, “I am like that only, I just speak whatever comes to my mind” isn’t good enough. Being brutally honest is not a virtue. Like Voltaire so wisely said, “Everything you say should be true, but not everything true should be said.”
When emotions are running high and during formal meetings, take a few seconds (and a deep breath) to gather your thoughts. Speak in a more rational and controlled manner (even so as to make a few changes to thoughts and words depending on the situation and reaction).
Thinking before speaking doesn’t mean you have to always take time to respond. In fact, once we develop this skill, it can make us think quickly as well. Our mind learns to process our thoughts and form the words faster. And if we still need a moment, we can

always ask for it, “I need a minute to gather my thoughts,” is honest.
What we say affects how we think about ourselves and the world around us. Many studies in neuroscience state that this is because our subconscious minds interpret what we say. The constant use of negative words to ourselves or others will see a corresponding mindset linked to the words. On the other hand, positive thinking and consequently positive words can have beneficial impacts on our life as a whole. So, it is all the more important to think before we speak, to prevent feelings of regret, improve our relationships with others, and enjoy a better quality of life by keeping our minds positive. This does not mean we can’t speak our mind to close friends or share a laugh about how we used to be and some crazy childhood tales.
For every action, there is an equal and opposite reaction. Newton was not thinking about thoughts and words when he made his laws of motion, but I feel his theory is very apt for what we say too. I will end with this witty quote from Sir Winston Churchill - “By swallowing evil words unsaid, no one has ever harmed his stomach.”

- Khaleej Times

Four Keys to Well-Being That May Help You Live Longer

As we get older, we become more prone to serious illnesses, like heart disease, dementia, and cancer. We may become frailer and suffer falls and broken bones or other complications, which ultimately cut our lives short.
If we want to live a long, healthy life as we age, it’s important to keep physically healthy by eating right, exercising, and getting enough sleep. But what about our psychological health? Does that matter for our longevity?
A new study suggests it does.
In this study, researchers drew survey data from over 21,000 adults over 50 who’d participated in the University of Michigan’s Health and Retirement Study, where every four years they were asked to report how happy, optimistic, and satisfied with their lives they were, and how much they experienced social support from others and a sense of purpose—all indicators of good psychological health.
Between 2006 and 2020, nearly 5,000 of them died, giving researchers a chance to see how psychological health may have contributed to their longevity. First, the researchers ruled out other things that could have shortened someone’s lifespan, like their gender, race or ethnicity, marital status, education level, and socioeconomic status as a child. They also considered if people drank alcohol or smoked, had mobility issues, or had pre-existing health conditions (like high blood pressure or cancer)—all of which can affect our risk of death.
Then, they compared the psychological well-being of people who had died to people the same age who were still living, averaging their well-being scores prior to their deaths. They found that those who lived had better psychological health—even after controlling for those factors that increased their risk of early death.
“How people feel about the way their life is going is important for their health and survival,” says lead researcher Jennifer Boylan. “Doing things that promote these good feelings and these abilities to function well and effectively have tangible,



How well-being increases longevity is not known for sure. But Boylan says people who are psychologically healthy tend to take better care of themselves by being physically active, sleeping better, and engaging in more preventative health care.

significant effects on how long someone lived.”
Boylan and her colleagues also figured out how much longer someone might live if they had greater psychological health. People with signif-

icantly higher than average life satisfaction, positive feelings, purpose in life, or optimism at age 50 lived an average of five to eight additional years—an advantage comparable to what highly educated people enjoy.

“Achieving high levels of these aspects of well-being have really important impacts on people living longer and healthier lives,” says Boylan. “Their presence is worth focusing on more than it has been.”

How well-being increases longevity is not known for sure. But Boylan says people who are psychologically healthy tend to take better care of themselves by being physically active, sleeping better, and engaging in more preventative health care. Also, being mentally healthy might help people cope better with stress, reducing the harmful physiological responses (like increased heart rate or blood pressure) that come with it.
The aspect of well-being that was most protective was having a purpose in life. Boylan says this is

intriguing, as purpose in life is not necessarily about stress reduction and may, in fact, require facing challenges.
“Sometimes things that give us purpose and meaning might not feel good 100% of the time, but they still tend to be good for us in terms of our health outcomes,” she says.
Having greater social support was the least important contributor to longevity in the study—a finding that seems to contradict past research and surprised Boylan. But, she says, this may have been due to the way she measured social support, neglecting to ask about difficulties within supportive relationships (like strain, criticism, or conflict) that could dampen their helpful effects.
Otherwise, many of her findings are in line with past research showing a connection between psychological health and longevity. In fact, optimism, purpose, and happiness have all been tied to living longer, suggesting we may want to cultivate these in our lives.
Because less educated people tend to die earlier than more highly educated people, Boylan and her colleagues wondered if greater psychological health might mitigate that, helping less educated people to live longer. Unfortunately, having greater happiness or purpose in life increased highly educated people’s longevity but didn’t benefit the less educated. On the other hand, having more social supports, optimism, and life satisfaction were helpful to both more and less educated people.
“These might be good things to target,” says Boylan. For example, she mentions how public policies and individual practices like gratitude, mindfulness, and social skills that foster supportive relationships could help people lead happier lives—and extend them, too.
“Regardless of which aspect of psychological well-being you target, there might be really tangible mortality benefits from achieving high levels of it,” she says. “We should be promoting these in everyone’s life.”

- Greater Good

East coast to receive heavy rain as 'Asani' may become depression

BHUBANESWAR/KOLKATA: Several parts of Odisha and West Bengal are bracing for heavy rain as severe cyclone Asani weakened to a cyclonic storm on Wednesday, barrelling towards north coastal Andhra Pradesh, packing a wind speed of 85 km per hour, the Met Department said.

The weather system is likely to further lose steam and turn into a depression by Thursday morning, it said.

It is very likely to move nearly northwards for next few hours and recurve slowly north-northeastwards along Narsapur, Yanam, Kakinada, Tuni and Visakhapatnam coasts during noon to evening on Wednesday, and emerge into west-central Bay of Bengal off North Andhra Pradesh coasts by night, the India Meteorological Department said in a bulletin.

In this situation, the Odisha government said the system will have no major impact on the state except heavy rainfall in some southern districts.

The Odisha government has put five southern districts - Malkangiri, Koraput, Rayagada, Ganjam and Gajapati - on high alert , as they are likely to be affected

by the system.

It is unlikely to have much impact on Odisha. It is likely to make land-fall between Kakinada and Narsapur of Andhra Pradesh on Wednesday night, Odisha Special Relief Commissioner (SRC) P K Jena said.

IMD DG Mrutyunjay Mohapatra in Bhubaneswar said southern Odisha will experience wind speed up to 40-50 kmph as the cyclone would make the landfall.

Fishermen should not venture into the sea till May 12, he said.

Light to moderate rain or thundershower was experienced in Malkangiri, Koraput, Rayagada, Kalahandi, Ganjam, Gajapati, Kandhamal, Nayagarh, Khurda, Puri, Cuttack and Bhubaneswar, the Regional Meteorological Centre said.

Jena said 60 ODRAF (Odisha Disaster Rapid Action Force) units and 132 teams of fire service personnel have been deployed in the state, considering the emerging situation.

The National Disaster Response Force (NDRF) has earmarked a total of 50 teams for undertaking rescue and relief operations in areas affected by Asani, the federal agency said.

Israeli Troops 'Shoot Dead' Al Jazeera Journalist In Occupied West Bank

Agenceis

Israeli army has shot and killed an Al Jazeera reporter in the occupied West Bank, Palestine's Health Ministry and the Qatar-based news channel said.

Shireen Abu Akleh was "assassinated" on Wednesday by Israeli forces while reporting on a raid in the city of Jenin, which has seen intensified army raids in recent weeks as violence has surged, a Palestinian official said.

The Palestinian Health Ministry confirmed Abu Akleh's killing and said a second reporter, Ali Samodi, working for the Jerusalem-based Al Quds newspaper had been wounded.

The shooting by the Israeli occupation forces on Shireen was deliberate and the bullet hit her below the ear in an area not covered by the helmet she was wearing, the director of Al Jazeera's office in Palestine said.

In a statement, the Israeli army confirmed that it had conducted an operation early on Wednesday in Jenin refugee camp, saying its troops had shot back after coming under



"massive fire" in Jenin.

It added that "there is a possibility, now being looked into, that reporters were hit - possibly by shoots fired by Palestinian gunmen."

"In a blatant murder, violating international laws and norms, the Israeli occupation forces assassinated in cold blood Al Jazeera's correspondent in Palestine," the channel said in a statement, calling on the international community to hold the Israeli forces accountable for their "intentional targeting and killing" of the journalist.

Qatar's deputy foreign minister condemned the killing in a Twitter post called for an end to "state sponsored Israeli terrorism."

Israel has carried out near-daily raids in the occupied West Bank recently.

Tensions have soared in the past weeks after a series of fatal attacks in Israel and deadly Israeli arrest raids across the occupied West Bank.

In Jenin, the Israeli army has blamed some of the attacks on residents and has stepped up operations in the area.

Rampur court issues NBW against Azam's wife and MLA son in fake birth certificate case

Rampur: A special court on Wednesday issued non-bailable warrants against Samajwadi party MLA Abdullah Azam and his mother Tanzeen Fatima here after rejecting their applications for exemption from appearance in a fake birth certificate case against the legislator.

The warrant was issued after the two failed to appear for the hearing in the special court for MPs and MLAs, District Government Counsel Arun Saxena said.

The case relates to the issuance of a fake birth certificate for Abdullah Azam in which an FIR was filed with Ganj police station here by the BJP leader Akash Saxena.

The court fixed May 16 as the next date of hearing, the DGC said.

According to the FIR lodged in 2019, the complainant had alleged that SP leader Azam Khan and his wife had got a fake birth certificate issued for their son Abdullah Azam.

In 2020, after the bail applications of Azam Khan, his wife and son were rejected, they surrendered in court and were sent to jail in the case.

They were lodged in jail for about 10 months, after which the three were granted bail on the condition that they shall not tamper with the prosecution evidence or intimidate or put

pressure on the witnesses during the investigation or trial.

They were directed to cooperate in the trial sincerely without seeking any adjournment.

During the hearing on Wednesday, the witness was present but he could not be examined as Abdullah Azam and Tazeen Fatima failed to appear. The two instead applied for a leave from the hearing, which was dismissed and the NBW was issued.

Abdullah Azam had won the Suar assembly seat in Rampur for the second consecutive time in the recent state polls.

The counsel said the issuance of NBW means the police can arrest the two and produce them in court in the matter.

Meanwhile, the sleuths of the Enforcement Directorate on Wednesday carried out a probe into the allegations of "illegal fundraising" and misappropriation of funds & undervaluation of the Trust property by the Jauhar Trust which runs Muhammad Ali Jauhar University founded by jailed Samajwadi party leader Azam Khan.

Saxena had levelled the allegations in this regard also. A senior district official said that the officials of the Enforcement Directorate have carried out an inspection of the campus of the Muhammad Ali Jauhar University.

CONTD. FROM FRONT PAGE

Supreme Court

cases till the government's re-examination of the penal law is over, the court also spoke of the need to balance the interests of civil liberties and citizens with that of the State.

This Court is cognizant of security interests and integrity of the State on one hand, and the civil liberties of citizens on the other. There is a requirement to balance both sets of considerations, which is a difficult exercise."

The offence of sedition, which was included in Section 124 A of the Indian Penal Code (IPC) in 1890, has been under intense public scrutiny for its use as a tool against expressions of dissent, including on social media. The British government during its colonial rule had used the sedition law primarily to suppress dissent and imprison freedom fighters such as Mahatma Gandhi and Bal Gangadhar Tilak.

The case of the petitioners is that this provision of law pre-dates the Constitution itself, and is being misused, the bench, also comprising Justices Surya Kant and Hima Kohli, said in its interim order.

Taking note of the concerns of the Centre, the apex court said the rigours of Section 124 A (sedition) of the IPC is not in tune with the current social milieu and permitted reconsideration of the provision.

We expect that, till the re-examination of the provision is complete, it will be appropriate not to continue the usage of the aforesaid provision of law by the Governments."

Any affected party is at liberty to approach concerned courts, which are requested to examine the reliefs sought taking into the consideration the present order, the apex court said.

CJI Ramana, writing the order, referred to the attorney general (K K Venugopal) earlier giving instances of glaring misuse of this provision, like in the case of recital of the Hanuman Chalisa .

The Editors Guild of India welcomed the court order.

The Guild welcomes this interim order as sedition law has been used far too often by central and state governments against journalists in an effort to curb independent reporting, it said in a statement.

The Guild was one of the petitioners who had challenged the sedition law. The other petitioners included Major General (Retd) SG Vombatkere, former union minister Arun Shourie and People's Union for Civil Liberties (PUCI). The petitions contended that the law causes a 'chilling effect' on free speech and is an unreasonable restriction on free expression, a fundamental right.

"We are looking for the entire (sedition) law to be struck down," Vombatkere told NDTV.

Senior advocate and former Attorney General Mukul Rohatgi told the channel that the sedition law has outlived its life and that the apex court order was a "very bold step".

The court listed the pleas for further hearing in the third week of July, and said its directions shall continue till further orders.

While the Opposition hailed the decision, saying the voice of truth can no longer be suppressed, the Centre invoked the "Lakshman Rekha" to assert that none of the institutions should not cross the "boundary".

The ruling BJP on its part said the order must be viewed in the context of the overall positive suggestion of the government that it wishes to examine the matter which has been "duly accepted" by the court.

The offence of sedition provides for life term as maximum penalty for creating "disaffection towards the government".

Over the years, the number of sedition cases has been on the rise, with Maharashtra politician couple Navneet and Ravi Rana, author Arundhati Roy, student activist Umar Khalid and journalist Siddique Kappan among those charged under the provision.

The British brought sedition laws to target freedom fighters. A sedition charge was imposed on us just for reciting Hanuman Chalisa. We got justice from the Supreme Court today. I thank the court, the law minister, and the prime minister for this, said Navneet Rana, a

Lok Sabha MP from Amravati.

The court order referred to the Centre's affidavit, which accepted there were divergent views on the law and had also said that Prime Minister Narendra Modi was strongly in favour of protection of civil liberties and respect for human rights.

In view of the above, it is clear that the Union of India agrees with the prima facie opinion expressed by this Court In light of the same, the Union of India may reconsider the aforesaid provision of law."

The order said the interim stay granted to some petitioners by the apex court would continue to operate till further orders.

All pending trials, appeals and proceedings with respect to the charge framed under Section 124 A of IPC be kept in abeyance. Adjudication with respect to other Sections, if any, could proceed if the Courts are of the opinion that no prejudice would be caused to the accused, it added.

If any fresh case is registered, the affected parties are at liberty to approach the courts for appropriate relief and the courts are requested to examine the reliefs sought, taking into account the present order passed as well as the clear stand taken by the Centre, it said.

The court did not agree with the Centre's suggestion that a superintendent of police ranked officer be made responsible for monitoring the registration of FIRs for the offence of sedition.

Solicitor General Tushar Mehta, appearing for the Centre, had also said the registration of FIRs on the matter cannot be prevented as the provision dealt with a cognisable offence and was upheld by a Constitution bench in 1962.

With regard to pending seditious cases, the Centre suggested that hearing on bail pleas in such matters may be expedited as the government did not know the gravity of the offence in all the cases and they may have terror or money laundering angles.

"Ultimately, pending cases are before the judicial forum and we need to trust courts," the law officer submitted.

The bench, which rose for a few minutes to discuss the orders after taking note of the Centre's response, came back to pronounce the directions and said it has considered the issues elaborately.

Between 2015 and 2020, 356 cases of sedition -- as defined under Section 124 A of the IPC--were registered and 548 persons arrested, according to data compiled by the National Crime Records Bureau (NCRB). However, just 12 persons arrested in seven seditious cases

were convicted in this six-year period.

J&K Govt Filed

authorities from registering FIRs, continuing any investigations or taking any coercive measures under section 124A (sedition).

The court also ordered that appeals and proceedings under Section 124A should be kept in abeyance for the time being.

According to the data, one case each under the sedition law was registered in Jammu and Kashmir in 2015 and 2017.

As per data, not a single case was registered under the law in J&K in 2014 and 2016.

The data lays bare that 12 cases were registered in 2018 when the erstwhile State was ruled by the PDP-BJP coalition government for nearly six months before imposition of Governor's Rule on June 20 that year after BJP withdrew support to Mehbooba Mufti-led government citing "deteriorating security situation" in the state.

In the year 2019 when the Government of India abrogated Article 370 and reorganized the erstwhile state of J&K into two Union Territories, 11 cases were registered under sedition law in J&K.

It is worthwhile to mention that section 124A of IPC states that whoever "brings or attempts to bring into hatred or contempt, or excites or attempts to excite disaffection towards the government established by law in India" can be held to have committed sedition.

While IPC became applicable to J&K after its reorganization, the provisions of sedition law were also existing in the Ranbir Penal Code (RPC), which was applicable to J&K till October 30, 2019—(KNO)

Militant Killed

Ahmad Ganai resident of Wussan Pattan, #Baramulla. He #exfiltrated in year 2018 & remained there for 3 years & 6 months before #infiltrating back in the last week of April," Police said.

Earlier, police quoted Inspector General of Police (IGP) Kashmir, Vijay Kumar as saying that a newly infiltrated militant was killed and one AK-rifle and 3 magazines were recovered from his possession.

"Search for other 02 terrorists is in progress: IGP Kashmir," Police posted on its official Twitter handle.

Hours after Bandipora encounter, another firefight broke out between militants and government forces in Bijbehara area of Anantnag district.

The encounter, according to police started in Marhama area on Wednesday evening when a joint team of police and army launched a search operation.

#Encounter has started at Marhamaa #Bijbehara area of #Anantnag. Police and security forces are on the job. Further details shall follow," Police said on Twitter.

The encounter in Bijbehara comes a day after police claimed to have killed two local militants Arif Hussain Bhat & Suhail Ahmad Lone, in an encounter in Dooru area of the district.

Both the militants, according to police, were involved in the killing of cops and a soldier, besides "civilian atrocities".

More Locals

last about two years time.

The share of local militants over these years has been as high as about 60 per cent, the sources said.

Earlier, it used to be reverse with foreign militants comprising about 60-70 per cent of militants operating in the Kashmir valley and parts of Jammu, they said.

This is a cause of concern but it is also to the credit of the security forces that the situation has been under control, the sources said.

The reasons for these high number of local youth joining "terror ranks" can be attributed to radicalisation, including through online means, by operatives from within the country and across the border, they said.

The recruitment of locals in militant ranks has been by-and-large hovering around the same numbers, officials said.

There have been 187 local militant recruits in 2018, 121 in 2019, 181 in 2020, 142 in 2021 and 28 in 2022, as per data updated till May 8.

Officials also said districts in south Kashmir continue to be the "hotbed" of militancy as most local recruits are from this region.

The Central Reserve Police Force (CRPF) has deployed as many as 60 battalions in J&K for undertaking counter-terrorist operations and rendering law and order duties. It is part of the security grid that comprises the CRPF, Army, J&K Police and central intelligence agencies.

As per official data, security forces likes the CRPF, Army and J&K Police killed a total of 71 militants this year out of which 19 were "foreign terrorists".

J&K Witnessing

Prime Minister, UT is witnessing unprecedented industrial investment. The impact of industrial growth will soon reflect in other sectors too. Academic-Industry collaboration and initiatives like CIED will provide an opportunity to promote innovation and ensure market linkage," Sinha said.

"I assure the young innovators that if your idea has potential, the government will extend every possible support to transform your ideas into entrepreneurship ventures," he added.

The spokesperson further said that the LG also congratulated the IUST for the new

Center for Innovation & Entrepreneurship Development (CIED) which aims to accelerate innovation, incubation, entrepreneurship among youth with prime focus on Women Entrepreneurs.

Sinha, he said, urged the representatives of the Industry and Academia to launch an annual Vice Chancellor's Innovation Challenge to encourage and reward new ideas.

Speaking on the recent decision of age relaxation in the upper age limit for the ensuing Jammu and Kashmir Combined Competitive Examination (JKCEE), the LG, as per the spokesperson said that the government is sensitive towards the needs and aspirations of the people, especially the youth of J&K.

As many as 16 startups were provided seed capital funding of Rs 5 Lakh each for a period of two years, besides Training and Development programmes were initiated for local food manufacturing, service and agro-industrial units. More than 125 industrial units of the UT are participating in Food Technology training, Digital marketing, leadership development for budding entrepreneurs, it was informed.

On the occasion, the Lt Governor also interacted with the Innovators who briefed him about their startups developed under the aegis of CIED, IUST. He also handed over sanction letters to Startups and released IUST's Newsletter.

A documentary on CIED start-up innovations was also showcased at the event.

Chief Secretary Arun Kumar Mehta, Padma Shri Prof Anil Gupta, Founder GIAN, Prof. Talat Ahmad, Vice Chancellor, University of Kashmir and Prof Shakil Ahmad Ramshoo, Vice Chancellor, IUST, also spoke on the occasion.

Massive Search

proximity to the border as well as (Jammu-Pathankot) National highway," Deputy Superintendent of Police (DSP), Operations, Samba G R Bhardwaj told reporters.

Bhardwaj, who was leading the search operation, said the coordinated effort of the forces is to sanitize the border villages ahead of the upcoming events like Amarnath Yatra which is scheduled to commence on June 30.

Referring to the detection of a tunnel beneath the IB by BSF in Chak Faquira area of the district on May 4, he said the Amarnath pilgrims use the highways and it is imperative to step up the vigil for their safety as "we are all focused to ensure peaceful conclusion of the yatra".

"The operation was planned to reach out to the border villagers and ask them to immediately report any suspicious movement to the forces. We are also undertaking the anti-tunneling drive," he said.

He said the areas with ravines, rivulets and wild grass are being thoroughly searched as anti-national elements usually use these to hide weapons smuggled from across the border or dropped by drones.

Meanwhile, a joint search operation by the police and Army is also going on in the general area of village Kasbalari in Mankote sector in Poonch district.

The operation started around 8.30 am in the forest area close to Line of Control (LoC) following reports of suspicious movement, the officials said.

Back To Business

Commission in New Delhi for the task.

Moreover, similar trade officers and ministers are being designated in at least 15 countries, to enhance trade relations and agreements with their respective countries.

The decision to resume trade with India is a difficult decision that Shehbaz Sharif has taken because the former Prime Minister Imran Khan had halted trade with India after the Modi government abrogated Article 370 of its constitution and changed the special status of Jammu and Kashmir.

Imran Khan had also downgraded diplomatic ties with India and asked the then sitting Indian High Commissioner in Islamabad to leave the country also.

Previously, the same recommendation of

resumption of trade with India was rejected by then Prime Minister Imran Khan till the restoration of the special status of Jammu and Kashmir.

The current decision has come under severe criticism by analysts and public at large, who accuse the Shehbaz Sharif government for compromising Pakistan's interest and also damaging hopes of the people of Kashmir.

"Any step taken by PM Shehbaz Sharif led government towards trade with India will not only be a sellout of the Kashmiris but also the beginning of a soft surrender to Indian hegemony," said senior journalist and analyst Nazim Zehra.

The decision is also not expected to be of any help to Shehbaz Sharif politically. However, it has certainly given a new point for former premier Imran Khan, who has slammed Shehbaz Sharif for what he called bowing down to India and back tracking on the country's policy, agreed upon after August 5, 2019.

Pakistan's economic condition is moving towards a meltdown, which is coupled with the strict demands from the International Monetary Fund (IMF) for the revival of its loan facility of \$6 billion. (IANS)

Will Accept

a Delhi court, Verma said that they will accept whatever the court decides regarding Malik as his party respects judiciary and its decision.

Notably, the court will hear on May 19 the arguments on the quantum of the sentence for the incarcerated JKLF leader.

Hybrid Militant,

Pulwama, were arrested by a joint team of police, army's 50RR, 2 Para and the personnel of CRPF 183 battalion on the basis of specific information, a police spokesperson said.

Besides incriminating material, he said, arms & ammunition including one Pistol, one magazine were recovered from the accused.

According to the spokesman, during preliminary questioning, it surfaced that the duo were in direct contact with LeT Pakistani handler Ali Sajid and were tasked to carry out militant attacks and target outside labourers in the district.

"Accordingly, a case under relevant sections of law stands registered in Police Station Pulwama and investigation has been initiated," he added.

7 New Corona

Kupwara district in the Kashmir Valley on Wednesday while six others were reported from the Jammu division, taking the number of people infected since the onset of the pandemic in J&K to 454125.

During the same time, the officials said, eight more people, six in the Valley and two others from Jammu recovered from the deadly infection.

The officials further said that the death toll in the pandemic remained unchanged at 4751 in J&K—2328 in Jammu and 2423 in Kashmir Valley, as no fresh fatality was reported during the last 24 hours.

Man Falls Off

He said locals immediately shifted him to SMHS hospital where he succumbed to his injuries, reported news agency KNO.

An official identified the deceased as Nissar Ahmad Parra son of Ali Mohammad a resident of Marwara Budgam and said a case under FIR 144/22 has been registered and further investigation has been started into the matter.

Woman Drug

400 Tramadol capsules and 471 Alprazolam tablets besides Rs 6.70 lakh of drug money were seized from her possession.

Devi was booked under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, the spokesman said.

Terming her arrest as a big success, he said she is being questioned and some more arrests and recoveries are expected at her disclosure. (PTI)

ADG BSF Reviews Situation Along LoC In Rajouri, Poonch



Press Trust Of India

JAMMU: Additional Director General (ADG) of BSF (Western Command) P V Rama Sastry on Wednesday visited forward areas along the Line of Control (LoC) in Jammu and Kashmir's twin districts of Rajouri and Poonch and reviewed the security situation there, officials said.

Sastry's two-day visit to the Jammu frontier, which began on Tuesday, comes in the backdrop of uncovering of a cross-border tunnel in the Samba sector recently.

"On his two-day visit to Jammu frontier, Sastry today visited forward areas of LoC in Poonch and Rajouri sectors accompanied by IG BSF Jammu D K Boora and other senior officers of this frontier," DIG BSF S P S Sandhu said.

He reviewed the security situation along the LoC, Sandhu added.

DIG BSF, Rajouri sector, and battalion commanders briefed the ADG about on the ground complexities of management,

overall deployment of the troops and domination plan of the LoC area under prevailing security scenario, he said.

Sastry also visited the vital areas in Poonch and Rajouri sectors and examined the operational preparedness of field formations, Sandhu said.

He visited sensitive Forward Defended Localities (FDL) and took stock of the security situation and applauded officers and troops for their professional acumen in safeguarding the LoC, the DIG BSF said.

"The relentless efforts of the BSF has foiled evil designs of anti-national elements," Sastry said.

On Tuesday, Sastry reviewed the security situation along the International Border (IB) in Jammu frontier. He visited Samba and Kathua sectors where he took stock of the security situation and operational preparedness of field formations.

He also visited the recently detected tunnel site in the Samba area, officials said

30 Injured As Passenger Bus Overturns In Rajouri

Press Trust Of India

JAMMU: At least 30 persons were injured on Wednesday when a passenger bus turned upside down after it collided with a truck in Rajouri district of Jammu and Kashmir, officials said.

The accident took place near Khandli village and all the injured were rushed to Government Medical College (GMC) Rajouri for treatment, they said. The officials said the bus was on its

way to Rajouri town from Preeri when it collided with a truck.

Deputy Commissioner, Rajouri, Vikas Kundal visited the injured in the hospital and directed the medical staff to provide best possible treatment to them so that they do not face any inconvenience.

He interacted with some of the accident victims and assured all possible support to them from the district administration, the officials said.

First Ever Bird Festival Being Organized In J&K

Observer News Service

SRINAGAR: A first of its kind Bird Festival is going to be organized here in Kashmir soon to promote sustainable ecotourism and give impetus to nature based alternative sources of livelihood to the local people, officials said Wednesday.

This was disclosed in a meeting of officers held here chaired by Secretary, Tourism & Culture, Sarmad Hafeez.

The festival is tentatively being planned to be held in Pahalgam and Dachigam areas and besides the bird watching sessions, awareness camps and conservation drives during the festival it would have pre festival bird watching trails for more than a month all across J&K.

The festival would jointly be organized by the Tourism Department, Forests and Wildlife Departments with the support of Sanctuary Nature Foundation, a Mumbai based organization working for the preservation of birds and other

wildlife.

Addressing the meeting, Sarmad Hafeez termed forests and wildlife important constituents of J&K's tourism and asked all the concerned Departments to work for a synergized approach to preserve these while putting the same to the display of visitors.

The Tourism Secretary advised the constitution of Eco Clubs at schools and colleges at various tourist destinations to work in a coordinated manner for preserving the flora and fauna besides pristine beauty in these ecologically fragile zones.

Sarmad Hafeez also underscored the need for capacity building of the members of these Eco Clubs by the concerned Departments for raising conservation awareness among masses and for strengthening the conservation efforts.

The meeting was attended by Director, Tourism, Kashmir, Dr. G N Itoo, officers from Forests and Wildlife Departments and other representatives.

People Of J&K Have To Unite To Fight Attack On Dignity: Mehbooba

Press Trust Of India

SRINAGAR: PDP president Mehbooba Mufti on Wednesday said people of Jammu and Kashmir will have to unite to fight back the attack on their dignity and identity.

"There is no way out because of the circumstances Jammu and Kashmir is going through after August 2019, these circumstances demand that we unite. People from all walks of life, be it Gujjar, Pahari, Kashmiri, youth, women," Mehbooba said at a party function here.

The former chief minister said Jammu and Kashmir was facing many challenges post abrogation of Article 370 of the Constitution including attempts at disempowerment of the people.

"We have many challenges. Post abrogation of Article 370, the situation is such that laws are being brought here with the aim of ending the land (holding



of locals). What is the purpose of removing stamp duty on land deals? We have to understand these things," she said.

Mehbooba said many government employees were being on the allegations of having terror links.

"This is done without any proof. The affected employees are scared to approach the court as they fear they will be booked and jailed on terror charges if they do so. Vacancies are not being filled as they (administration) are waiting for people from outside to apply for these jobs. We are being disempowered and weakened. They are attacking our dignity," she said.

Mehbooba claimed that the condition of Muslims in rest of the country was worse than Kashmiris.

"Muslims are being attacked and the attacks are rising day by day. Our mosques are under attack. Now they are talking about converting Taj Mahal also into a temple. What can be a bigger misfortune!" she said.

Mehbooba said there was a systematic way in which places of worship of Muslims and historic landmarks created by Mughals were being targeted.

"What's this they are doing. First they broke down Babri Masjid, now they are talking of Varanasi and Taj Mahal. Let them take all the mosques in one go. How would it matter! Allah is where we Muslims prostrate. He is everywhere.

"They are talking about Qutb Minar, Red Fort. What all will they target? Mughals have left an indelible mark on the landscape of the country," she said.

CRPF Men On Yatra Duty Get 'Sensitised' About Sticky Bombs

Press Trust Of India

JAMMU: CRPF personnel, who will be deployed for the Amarnath Yatra in Jammu and Kashmir, are being sensitised about the threat posed by "sticky bombs", a senior officer said on Wednesday, asserting that alertness is the best way to deal with the problem.

In a first of its kind seizure in February last year, the Border Security Force (BSF) confiscated a drone-dropped consignment along the International Border in Samba district which included 14 improvised explosive devices (IEDs) with in-built magnets.

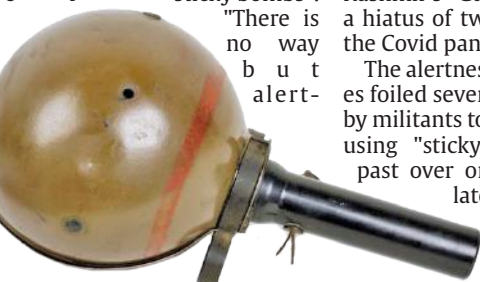
These could be used as "sticky bombs" by sticking them on vehicles and controlling them using a timer and a remotely-held device.

Central Reserve Police Force (CRPF) Deputy Inspector Gen-

eral, Hiranagar Range, Devender Yadav, said alertness is the key to deal with the threat of "sticky bombs".

"There is no way but alertness to deal with the problem. In our area of responsibility, security deployments will be put on alert and jawans will be sensitised about the threat," he told reporters after inaugurating the inter-battalion weight lifting competition of CRPF units here.

The 43-day-long pilgrimage to the Himalayan shrine is scheduled to start on June 30 from the twin routes - the



traditional 48-km Nunwan in south Kashmir's Pahalgam and 14-km shorter Baltal in central Kashmir's Ganderbal -- after a hiatus of two years owing to the Covid pandemic.

The alertness of security forces foiled several other attempts by militants to carry out attacks using "sticky bombs" in the past over one year with the latest being timely detection of one such IED on the Sidhra bypass the outskirts of Jammu on April 28.

Earlier, four IEDs fitted with sticky bombs were seized each from Poonch district in August and September last year.

The CRPF officer said security arrangements related to the Amarnath Yatra are underway and all the agencies are playing their role. Like yesteryears, we will ensure successful culmination of the Yatra, Yadav said.

Transition From Agriculture To Manufacturing Important For J&K: Jitendra Singh

Press Trust Of India

NEW DELHI: Union minister Jitendra Singh on Wednesday said that the transition from the agriculture sector to manufacturing is particularly important for Jammu and Kashmir which has taken up specific steps towards rapid economic growth.

Addressing a workshop on urban governance, he said that small and medium towns of the UT will play an important role to develop municipal infrastructure as an enabler to economic activities particularly in the areas of processing agro-produce, weaving industry, and development of IT services.

Singh, the Minister of State for Personnel, said that transition from the agriculture sector to manufacturing is particularly important for J&K which has taken up specific steps towards rapid economic growth and investments in its economy, particularly during the last three years.

These steps will bring a shift in the economic profile of the state and create more jobs in manufacturing and services, a

statement issued by the Personnel Ministry said.

Singh said, Prime Minister Narendra Modi has great plans for the development of J&K and accordingly, we have established urban local bodies as per 74th Constitution Amendment Act.

He said with elected bodies, the application of urban missions of the government of India like the development of infrastructure, improvement of quality of life, environment, mobility, water and sanitation will achieve full potential.

The minister said, J-K had a 27% urban population in 2011 and this poses a challenge to move towards halfway mark of urbanisation which means more attention on industries and investment in coming decades.

He was addressing the orientation workshop on urban governance for mayors/chairpersons and municipal commissioners/chief executives officers from urban local bodies from Jammu & Kashmir here.

This journey process means acceleration of urban sector reforms effectively for municipal

services and infrastructure as initiated by our urban missions and underlined that the role of elected leaders of municipal bodies will be important to achieve this goal as these leaders constitute a pool of grass root leaders and promote a bottom-up leadership in our federal structure of democracy, the minister said. Singh, a Lok Sabha member from Jammu and Kashmir's Udhampur constituency, said, during the next 25 years India will undergo a transition from semi-urban (25% plus) to an urban majority society and economic growth and urbanisation will go hand in hand.

He said it is visible in the country that the states with the above-average level of urbanisation have much higher per capita income than states with a low levels of urbanisation like Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Odisha etc., according to the statement.

The states from Gujarat up to Tamil Nadu have either achieved the 50% mark (Tamil Nadu) or are closer to the urban majority, the minister pointed out.

Navin Stresses On Full Utilization Of NHM Funds

Observer News Service

SRINAGAR: Principal Secretary Health and Medical Education, Navin Kumar Choudhary on Wednesday stressed on full utilization of funds earmarked for different components under National Health Mission (NHM).

He made these remarks while reviewing the performance of NHM in a meeting here.

The meeting was attended by MD NHM, Muhammad Yasin Choudhary; Director Health Services Kashmir, Mushtaq Ahmad Rather; Director Health Services, Jammu, Shakeel ur Rehman and many other officers and officials of the department.

The Principal Secretary impressed upon the officers of NHM to make a robust action plan for utilization of all the funds earmarked under the mission. He asked them to expend atleast 25% of funds in each quarter reaching the target of more than 75% till the end of 3rd quarter.

He directed them to submit the Utilization Certificates of spent funds at the end of each month for timely release of payments by the central government. He enjoined upon the officers to enhance their capacity for making the expenditure. He directed them to submit weekly reports on the expenditure made by them and hold monthly meetings to review the same.

Navin urged upon the both the Directors to use the manpower efficiently by sparing the medics from doing the managerial jobs. He asked them to improve the health services in far flung areas of the UT. He also directed for conducting mega health

campus in the tribal areas of the UT shortly with the provision of performing small surgeries like cataract removal etc there.

The Principal Secretary further exhorted upon the directors that a health should be generated for each child under the age of 10 years reflecting their vital health parameters along with their medical history. He asked them that the same should be digitized for impromptu reference anywhere. He suggested them to initiate the process by generating these cards for all the new births.

The Principal Secretary implored upon them to prepare a roadmap for minimizing the load of referrals on tertiary care health institutions. He told them to create a responsible system of referrals in each hospital so that unnecessary referrals are avoided for best patient care.

He also took note of high prevalence of cesarean births in the UT and asked the department to curb this practice forthwith. He asked them to prefer institutional births and normal deliveries over these emergency measures.

The meeting was apprised about the achievements made by the NHM in upgrading the medical facilities to the people especially in rural areas. It was also given out that the mission has made tremendous progress in that field in all the cardinal indicators enshrined under the mission. The contribution of the mission was recognized more than once on national level by the appraisal bodies and awarded by the Health Ministry in the recent past, as was informed during this meeting.

Grenades, Bullets Recovered In Ramban Forest

Agencies

JAMMU: Police recovered 179 bullets mainly that of AK-47 rifle, and two UBGL grenades from a forest area in Ramban district of Jammu and Kashmir, officials said on Wednesday.

"During the intervening night, an information was received through reliable sources regarding presence of caché of ammunition and related material in Sumbur area of District Ramban," a police official told a local news agency GNS, adding, "Acting swiftly on this, a special team was constituted which was lead by Inspector Sampaul Gill SHO

Dharamkund, under the supervision of Nihar Ranjan SDPO Gool."

Searches continued in the dense jungles for the entire night and finally after strenuous efforts, 179 ammunition (including AK-47 132 Nos., 7.65 mm 21 Nos., 303 mm 14 Nos., Chinese Pistol Rounds 12 Nos.), two magazines, one Wireless Set, one Binocular and two UBGL grenades with one UBGL Rod/Tube were recovered.

The entire operation was carried out under the overall supervision of Smt. Mohita Sharma, IPS SSP Ramban, they said. "An investigation into the matter has started."

JK Bank Seizes Properties Of Two Alleged Defaulters In Budgam

Agencies

SRINAGAR: The Jammu Kashmir Bank Wednesday seized the property of two alleged defaulters in two villages of Central Kashmir's Budgam district.

Bank sources told a local news agency KNT that an authorized officer from the Jammu and Kashmir Bank accompanied by Naib Tehsildar Sholipora Shabir Ahmed Ganaie and a police party seized the property of Muhammad Jaffar Hajam at Laberl village of Budgam. The said defaulter as per the Bank has failed to repay the loan amount

worth Rs 25 lakh.

The team also seized the house of a borrower Feroz Ahmed Var at Nendwanpora Budgam.

Bank sources said that after the seizure of the properties, security guards were deployed outside these houses.

When contacted, a top official from Jammu and Kashmir Bank said that this is a common occurrence in Jammu and Kashmir after the implementation of the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act. (KNT)

Observer News Service

SRINAGAR: The economy of the Union Territory of Jammu and Kashmir is largely agriculture dependent and approximately 70 percent of the population is directly or indirectly engaged in agricultural and allied, a government spokesperson said Wednesday.

Out of a multitude of crops grown in J&K, rice is a staple crop, both in Kashmir and Jammu divisions, sown in summer (May) and harvested in late September.

In addition to rice, corn, millets, pulses, vegetables like peas, beans, lentils etc. are also grown during the summer season. Wheat is another staple crop and along with barley is planted in winter and harvested in spring season.

The spokesperson said that among all States/UTs, Jammu and Kashmir has been ranked 3rd in monthly income to Agriculture households and 5th best performing State/UT in Agriculture & Allied sector.

He further said that more than a

Agri, Horticulture Sectors Witnessing Rapid Transformation In J&K: Govt

million beneficiaries from J&K received direct financial support of Rs. 1983.29 crores during last three years under PM-Kisan scheme. 12 lakh farmers have been issued Kisan Credit Cards (KCC). Out of this 9.46 lakh KCC are live/operative in UT of J&K.

Mohammad Ashraf, a farmer from Pulwama is elated to share his success story of High Density Apple Plantation.

"My family has been involved in the business of apple cultivation for past more than 50 years and the income realization from per kanal of land was dwindling for past one decade primarily due to lowering productivity of aged apple trees", he said.

He adds that while my family was upset over the declining yield and falling incomes, we came to know about the High Density Apple Plantation Scheme by the J&K gov-

ernment. "About 3 years back, I experimented with around 7 Kanals of land under the new High-density Apple plantation with support from Horticulture department and it produced more than 15Kg of fruit per plant, which was a substantial rise as compared to the earlier scenario", he says.

Ashraf has now planted 1000 more high-density plants in another 7 Kanals about a year ago and encourages others too to take benefit of the scheme. "Apart from higher income per Kanal of land, I am able to provide gainful employment to 5-7 families as well", he said.

Under National Saffron Mission, the spokesperson said that irrigation infrastructure with sprinkler system connected to 126 deep Bore wells has been created. An area of 2598.75 Ha of land stands rejuvenated as on date. He said that the

implementation of National Mission on Saffron has ensured substantial increase in the crop yields from 1.88 kg per hectare to 4.50 kg per hectare which has ultimately doubled the income of Saffron Growers.

"The J&K Government has successfully got the G.I tagging for Saffron and Basmati for effective domestic and international marketing. The registration for G.I tagging for Guchhi (Morchella), Solai Honey, Rajmash (Red Beans) and Muskhbudji is also in the pipeline. It will promote the economic prosperity of the farmers by enhancing their demand in National and International Markets," he said.

He said that the J&K government has also established two J&K Seed and Organic Certification agencies, one each in Jammu and Kashmir Division.

"More so, the government also facilitated the opening of Offices of APEDA and LULU Groups in Kashmir Division and APEDA in Jammu Division," he added.



THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS

Tele/Fax: 0194-2433760, 2433590, 2437647 (Srinagar) 0191-2479371, 2470102 (Jammu)

Website: <http://www.jkbopee.gov.in>

Email: helpdesk@jkbopee@gmail.com / coej@jkbopee@gmail.com

Subject: Extension of date for submission of Online Application Forms for (10th based) Para-Medical Diploma (FMPHW/ MMPHW) Courses, 2022.

Reference: Notification No. 034-BOPEE of 2022 dated 09-04-2022.

**NOTICE NO. 018-BOPEE OF 2022
DATED: 11-05-2022**

It is notified for information of all such eligible candidates who are willing to apply for admission to (10th based) Para-Medical Diploma (FMPHW/ MMPHW) Courses-2022 that the last date for submission of online Application Forms for the said courses has been extended w.e.f 11-05-2022 to 18-05-2022 (mid-night)

The other terms and conditions shall remain the same as notified in the e-Information Brochure and the Notification No. 034-BOPEE of 2022 dated 09-04-2022.

No. BQPEE/Exam-06/2022

Dated: 11-05-2022

DIPK-NB-799-22

Sd/-(Dr. Sunil Gupta)

Controller of Examinations

J&K BOPEE

YSS Cricket Cup Continues On Day 2

Srinagar, Kulgam, Bandipora, Baramulla, Reasi, Gandarbal, Anantnag win matches



Observer News Service

SRINAGAR: In the ongoing Inter-District UT Level YSS Cricket Cup, matches were played at all the four venues, i.e., Amar Singh College Ground, Eidgah Play Field, SP College Ground and Kashmir University Ground on Wednesday.

The first scheduled match for the day was played at Kashmir University ground. The match was won by the district team of Srinagar. Srinagar won the toss and elected to field. On the loss of 9 wickets, the district team of Kishtwar made 163 runs in the allotted 20 overs.

Rubnawaz scored 65 runs from 35 balls while Shahbaz Ahmad scored 34 runs from 34 balls. Replaying strongly with an impressive batting order, Srinagar scored the target in just 16.2 overs for the loss of 5 wickets. For Srinagar, Showkat and Aqib scored 54 and 22 runs respectively.

At SP College Ground Baramulla while batting first scored a huge total of 196 for 6 wickets in the allotted overs. Nazir smashed splendid 46 while as Mushtaq added meaningful 36 runs to the scoreboard. Rajouri was bundled for 98 in 18 over of the second innings. Muzaffar and Saleem from Baramulla took 3 wickets each.

At Eidgah playfield the scheduled first match for the day was

won by Bandipora by 8 wickets; Poonch could merely score 79 runs in 17 overs.

After winning the toss, the district team of Shopian elected to bat but could score just 96 and were bundled. Basit from Shopian though made a brilliant half century but could not save his team from the defeat as Anantnag's Zahid took 5 wickets. Anantnag easily chased the target with 4 wickets in hand.

In another interesting match of the tournament played at Amar Singh College Ground, Gandarbal outshined Samba with the margin of 70 runs as team Samba collapsed on just 100 runs while chasing 170 runs. In one more match played at the same venue Kupwara scored 162 for 9 wickets while following a target of 174 from the opponent Reasi team. Reasi won the match by 11 runs. Third match scheduled at the venue was won by Kulgam.

Kulgam after winning the toss elected to bat first and scored 130 on the loss of 9 wickets in 16 overs. Ashiq Hussain from this team scored 38 runs and took 5 wickets in return Pulwama could only score 74 runs on the loss of 9 wickets in the allotted 20 overs. The 4th scheduled match on the venue being played between Udhampur and Shopian was in progress when this report was filed.

AAI Gets Rs 1 Crore SAI Grant For Para Asian Archery Meet

Press Trust of India

NEW DELHI: The Sports Authority of India on Wednesday sanctioned Rs 1 crore to the Archery Association of India as a financial grant for the upcoming Asian Para Archery Championships.

The meet, slated from May 31 to June 6 at Yamuna Sports Complex, was awarded to India after its original hosts Kazakhstan pulled out citing organisational issues because of the ongoing Russia-Ukraine war.

"The grant, which would be non-recurring in nature, can be utilised for boarding, lodging, transportation, rent of playfields,



cost of the equipment, prize money, hosting and competition sanction fee, and event insurance among others," SAI said.

At the last edition of Asian Para Archery Championships in Bangkok 2019, the derecognised Indian para archers had to represent under the 'World Archery' banner and returned with one gold, one silver and one bronze.

Want To Have Concentration Levels Of Pujara: Rizwan

Press Trust of India

LONDON: Pakistan wicketkeeper-batter Mohammad Rizwan wishes to have focus and concentration levels of his County teammate Cheteshwar Pujara as he looks to improve as a red-ball cricketer.

Pujara has made a strong case for a Test comeback with two hundreds and as many double hundreds in his campaign for Sussex in County Championship Division 2.

The Indo-Pak pairing had shared a 154-run stand against Durham earlier this month and they playing for the same team has also attracted a lot of positive attention on social media.

Rizwan, who was named the ICC Player of the Year for 2021, rates Pakistan's Younis Khan and Fawad Alam very highly when it comes to batting with unwavering concentration but he has now added Pujara to the list.

"...As far as myself and Pujara are concerned, I didn't feel anything strange (on the lines of India-Pakistan rivalry).

"And hopefully, if you ask him, his answer will be the same as mine. Although I do share a laugh with him and tease him (laughs) and everyone in the team knows this," Rizwan told Cricwick when asked about the time spend with the India vet-

eran. Heaping praise on Pujara, Rizwan said: "He is a very nice and loving guy. And his concentration and focus too... If you get a chance to learn something, you should do it.

"In terms of concentration levels and I told this to the coaches



here too. In my whole career, the players with most focus, concentration are Younis bhai, Fawad Alam and his (Pujara's).

"Pujara is second on my list and Fawad Alam on three in terms of pure concentration and focus. I rate these three players very highly."

Regular white-ball cricket can affect your discipline in the longer-format and Rizwan said advice from Pujara helped him on that front.

"...in terms of the focus and concentration levels, there is a time when that starts dropping low ... I will try to figure how these three players have so intense focus and concentration. I keep on talking with Younis bhai, I couldn't talk much with Fawad recently on this.

Jaded Virat Kohli Likely To Be Rested For SA T20s

Press Trust of India

NEW DELHI: Enduring a lean patch, a jaded Virat Kohli, in all likelihood, will be rested for the upcoming five-match Twenty20 series against South Africa.

The break is expected to help Kohli recharge his batteries before the high-profile England tour.

It has been learnt that the national selection committee, headed by Chetan Sharma, would allow India's No. 1 batter to take some time off from the game after spending considerable time in bio-bubble in the last two months.

Kohli has been enduring the worst phase of his career as he has not scored a century in almost three years.

"Virat Kohli in all probability will be rested for the South Africa series. He has been playing a lot of cricket and has been in the bubble for a long time," a senior BCCI official privy to development told PTI on conditions of anonymity.



"It has been a policy decision regarding Kohli and other senior players that they will be given periodic breaks from time to time."

South Africa are scheduled to play a five-match Twenty20 series in India from June 9 to 19. Delhi, Cuttack, Visakhapatnam, Rajkot and Bengaluru will host the matches.

India will travel to the UK in June-July. They will first play a T20 series against Ireland and then compete against England in one Test (5th Test of 2021 series) and six white-ball games.

Kohli is enduring one of his worst IPL seasons for RCB. He has as many as three golden ducks (first ball dismissals) to his name with just one 50-plus score to show in a below-par contribution of 216 runs.

In 12 games he is averaging 19.63 and at a dismal strike-rate of 111.34.

While most of the core team players will be available, rookies such as Umran Malik and Arshdeep Singh, who have been impressive in IPL, will also be in contention for national selection.

IPL 2022: MI To Play For Pride, CSK Survival

Press Trust of India

MUMBAI: Their IPL play-off hopes hanging by a thread, Chennai Super Kings will face their fiercest rivals, a down and out Mumbai Indians, in their bid to stay afloat in the competition on Thursday. This has been a season to forget for both Mumbai and CSK. While Mumbai will be playing for pride, CSK still have an outside chance to progress if they win their remaining games and other results go their way.

CSK will be eliminated if they lose to Mumbai Indians at the Wankhede Stadium. The M S Dhoni-led side would take confidence from their 91-run win over Delhi Capitals in their last outing and hope the batters build on their brilliant showing. Opener Devon Conway is in sublime form and has hit three back-to-back half centuries. He tore apart the Delhi Capitals attack with his whirlwind 87 and would need to provide an aggressive start with fellow opener Ruturaj Gaikwad, who too has found form but can be more consistent.

The season got worse for Ravindra Jadeja who was left out for the last game against Delhi due to an injury after handing back the captaincy to Dhoni. It remains to be seen if he is back in action against Mumbai. If CSK have to post a big score, like they did against DC, all batters will have to fire in unison.

Last time when the two sides met, a vintage Dhoni, 'the best finisher' sealed the game on the last ball of the game.

CSK bowlers were right on the money when they bundled DC for 117. Tweeker Moeen Ali picked three wickets, while young pacers Mukesh Choudhary and Simarjeet Singh also fared well. The trio will need to once again deliver along with key spinner Maheesh Theekshana, whose four overs can also change the game's fate. Another important cog is Bravo,



who has the knack of breaking partnerships.

For Mumbai, all the remaining games are 'dead rubbers' and they would need to give a 'complete performance' with an improved batting show. Skipper Rohit Sharma' (200 runs) will need to lead from the front and Ishan Kishan (321 runs) can build on his half century in the last game. MI's middle order batters, which crumbled against KKR, will also need to get the act right.

End Of An Era: EA Sports Ends Partnership With FIFA



Agencies

ZURICH: The FIFA video game will be disappearing after the maker failed to strike a new licensing deal with world soccer's governing body.

Instead, EA Sports FC will be introduced from 2023 after the company creates the final game in partnership with FIFA later this year.

EA has been producing a FIFA game for around three decades and its fond association with fans worldwide helped the Zurich-based organization's brand when it was tarnished amid a wave of arrests of soccer officials

in 2015.

For many, FIFA means a game rather than a sports politics institution. Now FIFA will have to search for new video gaming opportunities beyond EA.

"We're thankful for our many years of great partnership with FIFA," EA CEO Andrew Wilson said. "The future of global football is very bright, and fandom around the world has never been stronger.

We have an incredible opportunity to put EA SPORTS FC at the heart of the sport, and to bring even more innovative and authentic experiences to the growing football audience."

Liverpool Beat Villa 2-1, Go Level With City

Agencies

LONDON: Liverpool has ensured the Premier League's thrilling title race will stretch into the final week of the season.


A come-from-behind 2-1 win at Aston Villa, sealed by a 65th-minute header by Sadio Mane, showed Liverpool's heart for the fight and moved Jürgen Klopp's team level on points with Manchester City on Tuesday.

City still leads thanks to its superior goal difference of 3 to Liverpool. The defending champions play their game in hand against Wolverhampton on Wednesday, after which the two title rivals will have only two more league games to play.

The earliest City could now clinch the league is on Tuesday, when Liverpool plays its next league game — at Southampton. Before that, City plays twice, against Wolves then West Ham on Sunday.

Villa midfielder Douglas Luiz give his team the lead in the third minute. The Brazilian forced the ball in from close range after his initial header was only parried out by Liverpool goalkeeper Alisson Becker.

Villa held the lead for less than three minutes, with Joel Matip equalizing by converting into an unguarded empty net after fellow center back Virgil van Dijk had a shot saved by goalkeeper Emi Martinez.



CANCER SOCIETY OF KASHMIR

کینسر سوسائٹی آف کشمیر

4-Bagh-i-Islam Colony Lal Nagar, Chanapora Srinagar-190015 TELEFAX 0194-3500478-79 / 2441899
Website: www.cancersocietykashmir.org E-mail: cancersocietyofkashmir@gmail.com
Ref. No. CSK/83/2022-23/1334 Dated: - 06-May-2022

Subject :-

Notice inviting Tenders for ACC Blocks with Masonary work & other allied items.

For & on behalf of Chairman Cancer Society of Kashmir Tenders are invited from registered contractors for Supply & masonary work of Air ACC Blocks of reputed companies/brands along with other allied items in newly constructed building of Cancer Society Building at Lalnagar Chanapora Srinagar.

- The tenders shall be accompanied with CDR for an amount equal to **02%** of the value of the work pledged to cancer society of Kashmir without which tenders shall not be accepted.
- The last date of tenders is fixed as **21-May-2022 upto 04:00Pm** & after the fixed date & time no tender shall be accepted. The details of items (Approximately) is enclosed as Annexure "A" to this notice.
- Cement shall be provided by the society.
The guidelines prescribed by manufacturing companies of Air ACC Blocks shall have to be

Note Below:-

The interested parties can contact office for copy of NIT along with enclosures on any working day during office hours.

Annexure "A"

Detailed Estimate of Quantities

Item No.	Description of Item	Unit	Quantity	Rate	Amount	Remarks
1	Air ACC Blocks in cement mortar. 1:6 mix					
A	8" thick (625x250x200)mm	cft	10600 cfts			
B	4" thick (625x250x100)mm including wire mesh & channel grout, beam & column	cft	160 cfts			
2	Rcc linte l Including shuttering , bending & binding of steel including binding wire etc.	cft	280 cfts			
3	RCC Bond Beam/ Coping beam including stuttering, bending of steel including binding wire etc.	cft	150 cfts			

Sd/-
(SYED MANZOOR AHMAD)
Chairman Finance,
Cancer Society of Kashmir.

Genuine Ads | 9419031137