

Army Chief Reviews Situation Along LoC

Agencies

Srinagar: Chief of Army Staff (COAS) General Manoj Pande who is on a two-day visit to Kashmir, visited forward areas along the Line of Control and formations in the hinterland on Sunday.

During his visit, he was briefed by the local commanders on the existing security situation.

"On the second day of his visit, General Manoj Pande, #COAS visited forward areas along Line of Control & formations in the hinterland and was briefed by the local Commanders on the existing security situation. #COAS exhorted All Ranks to keep working with the same zeal



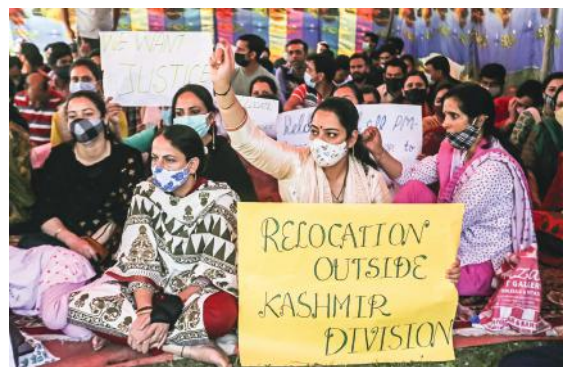
and enthusiasm," ADG PI-Indian Army tweeted.

The COAS arrived in Srinagar on May 21, 2022. On arrival, the Army Chief, accompanied by Lt Gen Upendra Dwivedi, Northern Army Commander, and Lt Gen ADS Aujla, Chinar Corps

Commander proceeded to undertake a first-hand assessment of formations along the Line of Control (LC) in North Kashmir.

He was briefed on the security situation and operational preparedness. The Formation **More on P6**

Fear Among KPs Has Lifted Veil Over Normalcy Claims: Congress



File Photo

Press Trust Of India

Srinagar: Jammu and Kashmir Pradesh Congress Committee (JKPCC) on Sunday said the ground situation in the valley is bad, asserting that fear among the minority community

members has lifted the veil on the government's normalcy claims.

Ghulam Ahmad Mir, JKPCC president who led a delegation that visited the protesting Kashmiri Pandit employees at Sheikhpora in **More on P6**

J&K Govt Issues Advisory After Monkeypox Outbreak In Europe

Agencies

Srinagar: As cases of monkeypox are continuously being reported in Europe and North America, authorities in Jammu and Kashmir have issued an advisory and directed concerned officials to isolate suspected cases immediately.

"As you are aware, there is recent outbreak of Monkeypox cases in Europe as well as United States and Australia. This is Zoonotic disease, first identified in monkeys and it is also spread by rodents. The clinical presentation of Monkeypox **More on P6**

Quote!

What is the truth, but a lie agreed upon

- Friedrich Nietzsche

NEWS DIGEST

Haji Pilgrims Told To Buy Own Luggage

Srinagar: The Haji committee of India on Sunday informed the selected pilgrims to purchase luggage at their own level.

According to an official spokesperson, the HCI through an official communication has intimated that they will not be able to deliver **More on P6**

J&K Closes Eight New Covid Cases

Srinagar: Eight more people tested positive for Coronavirus in Jammu and Kashmir on Sunday while no fresh fatality was reported in the Union Territory during the last 24 hours. According to officials, two new cases of Covid-19 were detected in Srinagar district **More on P6**

Electric Shock Kills PDD Worker

Srinagar: A daily wage earner in the power development department (PDD) died of electrocution in a remote village of North Kashmir's Kupwara district, reports said Sunday. 38-year-old Raja Khalid was repairing an electric transformer in Jada village of Karnah when he received an electric shock, reports said. He **More on P6**

2 Die As Car Rolls Into Ramban Gorge

Jammu: Two people were killed on Sunday and seven others injured when a car they were travelling in, met with an accident in Ramban district of Jammu and Kashmir. A car (JK06A-5525) with at least nine persons on board skidded off the road and plunged into a gorge at Sanasar road in Khud area of the district on Sunday evening, **More on P6**

Panel To Probe Ramban Tunnel Collapse

Press Trust Of India

New Delhi: The Centre has constituted a committee of 3 independent experts to investigate the reasons for recent collapse of a part of under-construction tunnel in Ramban on Jammu-Srinagar highway and suggest remedial measures.

State-owned National Highways Authority of India (NHAI) has already initiated process to handle such emergency situation and also taking all possible measures to avoid such incidents in future, an official statement said on Sunday.

"A committee of 3 independent eminent experts has been constituted by the central government which has already moved to the site to investigate the reasons for slide/collapse and remedial **More on P6**

Bodies Of Labourers Sent To Hometowns

Two local labourers, who were among the 10 killed after a landslide hit an under-construction tunnel here, were laid to rest in their native Ramban district in Jammu and Kashmir, while the mortal remains of eight **More on P6**

Selfless Service Holds Key To Future: LG



Observer News Service

New Delhi: The Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Sunday that voluntary organizations and individuals working together with the administrative machinery have the potential to bring about revolutionary changes in the lives of people, bridging gaps in the systems and contributing

to the progress of society and the nation.

"Selfless service holds the key to our future. In our quest towards nation building, we need to ensure that the growth benefits are equally distributed amongst all sections of the society, especially the poorest of the poor," Sinha said.

He made these remarks while conferring Chetna Awards-2022 **More on P6**

VOLUNTARY ORGANIZATIONS AND INDIVIDUALS WORKING TOGETHER with the administrative machinery have the potential to bring about revolutionary changes in the lives of people, bridging gaps in the systems and contributing to the progress of society and the nation."

22% Students In J&K Have Never Attended School: Report

Zaid Bin Shabir

SRINAGAR: As the fifth and latest round of the National Family Health Survey (NFHS) flagging doubts and questions about various sectors, J&K's education sector is the latest casualty as 22 percent people in Jammu and Kashmir have never attended school, besides the 11 percent population who have attended school for just five years.

Several of J&K's nutritional indicators have worsened since the fourth round of the NFHS, which was held in 2015-16. But the erstwhile state has hit a major demographic

29.9 PERCENT OF FEMALES IN J&K have never attended school while 15.3 percent of men have never attended school in J&K. However, when compared with the National average, both genders have relatively higher rates.

milestone when the percentage of people in J&K without schooling was found to be 22 percent, according to the latest survey conducted by the

Ministry of Health and Family Welfare between 2019 and 2021.

The data in NFHS 2019-21, the fifth in the series, show that among all age groups, around 6.7 percent of the population who have never attended school is of 0-4 age group and 0.8 percent population is above 80 years of age.

As per data, 8.6 percent population is of 5-9 age group, 8.8 percent of 10-14 age group, 8.9 percent of 15-19 age group, 9.1 percent of 20-24, 10.4 of 25-29, 7.9 of 30-34, 7.8 of 35-39, 5.7 of 40-44, 5.5 of 45-49, 5.6 of 50-54, 5.6 **More on P6**



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Treating Sleep Apnea Can Improve Memory In People With Cognitive Decline



The Conversation

There is increasing recognition of the important role sleep plays in our brain health. Growing evidence suggests disturbed sleep may increase the risk of developing dementia.

I and University of Sydney colleagues have published a new study showing treating sleep apnoea in older adults with mild cognitive impairment can improve memory, but not other areas of cognition, in the short term.

As there is no current treatment or cure for dementia, increasing efforts have focused on developing novel approaches to slow its progression. Mild cognitive impairment is the stage between the expected cognitive decline of normal ageing and the more serious decline of dementia.

In mild cognitive impairment, the individual, family and friends notice cognitive changes, but the individual can still successfully carry out everyday activities. Mild cognitive impairment is associated with an increased risk of developing dementia in subsequent years.

Researchers believe this is the optimal time to intervene to help prevent a future dementia diagnosis. Finding new ways to

slow cognitive decline in those with mild cognitive impairment is therefore important.

How is sleep important for our brain health?

Sleep optimises the ability of our brains to stabilise and consolidate newly learned information and memories. These processes can occur across all the different stages of sleep, with deep sleep (also known as stage 3 or restorative sleep) playing a key role.

We also now know the glymphatic system, or the waste management system of the brain, is highly active during sleep, especially during deep sleep. This process allows waste products, including toxins, our brain has built up during the day to be cleaned out.

Toxins in the brain include beta-amyloid, one of the key proteins in the development of Alzheimer's disease. Disturbing sleep could disrupt this cleaning process and lead to more accumulation of beta-amyloid in the brain.

The important role of sleep in these vital processes has led to the investigation of whether sleep disruption, including sleep disorders, could be associated with changes

in our cognition when we age, and a possible link to the development of dementia.

What is sleep apnoea?

Sleep apnoea is estimated to affect 1 billion people worldwide. In Australia, 5-10% of adults are diagnosed with the condition. Sleep apnoea causes the throat (also called the upper airway) to close either completely (an apnoea) or partially (a hypopnoea) during sleep.

These closures or obstructions can range from ten seconds up to one minute and can lead to a drop in blood oxygen levels. To start breathing again, a short awakening occurs without the individual being aware.

In a person living with severe sleep apnoea this process can happen 30 times or more an hour, causing very fragmented sleep. People with sleep apnoea may snore, toss and turn, and others may notice them stopping breathing, choking or gasping for air during sleep.

These repeated disruptions to sleep can cause sleepiness and reduce alertness during the day which, for some people, leads to difficulties performing tasks.

Does sleep apnoea increase our risk of dementia?

The sleep fragmentation, as well as the drops in blood oxygen at night time, are a double blow in dementia risk. Studies have shown sleep apnoea to be associated with a 26% increase in the development of cognitive impairment, as well as greater amounts of beta-amyloid in the brain.

However, it is not clear if treating sleep apnoea could reduce this risk.

The gold-standard treatment for sleep apnoea is continuous positive airway pressure therapy, commonly known as CPAP, in which a mask connected to a pump blows continuous air down the upper airway, keeping it open.

When the machine is being used it stops the airway from closing. It is not known whether treating sleep apnoea will reduce the risk of dementia. Our new research, however, shows CPAP could be beneficial for memory in the short term.

Our study aimed to understand whether treating older adults with both sleep apnoea and mild cognitive impairment could improve thinking and memory skills in the short term.

The trial assessed the effect of CPAP

treatment on memory and thinking skills compared to no treatment. This was a crossover study, which means all participants had both CPAP and no treatment during the trial, but at different times. Some had CPAP first, then swapped.

The others had no treatment first, then swapped. Trained staff helped participants get established with the therapy, and after using it for three months, participants underwent a series of cognitive tests.

The researchers found that compared to not treating sleep apnoea, thinking skills were not improved with CPAP, whereas some improvements in memory were observed. This suggests treating sleep apnoea could potentially improve outcomes in the short term, but it is unknown whether it would have any impact on long-term cognitive decline.

A previous study suggested CPAP could slow cognitive changes over one year in older adults with mild cognitive impairment and sleep apnoea. However, studies of longer duration are needed before we can say what the long-term effects look like.

Kids Who Play Adventurously May Have Better Mental Health



Children who spend more time playing adventurously may have lower symptoms of anxiety and depression, finds a new study.

The study, published in Child Psychiatry and Human Development, indicates that children, aged 5-11, who spent more time playing outside had fewer "internalising problems", characterised as anxiety and depression. Those children were also more positive during the first lockdown.

"We are more concerned than ever about

children's mental health, and our findings highlight that we might be able to help protect children's mental health by ensuring they have plentiful opportunities for adventurous play," said researcher Helen Dodd from the University of Exeter, who led the study.

"This is really positive because play is free, instinctive and rewarding for children, available to everyone, and does not require special skills. We now urgently need to invest in and protect natural spaces, well-designed parks and adventure playgrounds, to support the mental health of our children,"

Dodd added.

The researchers said that the study sought to test theories that adventurous play offers learning opportunities that help build resilience in children, thereby helping to prevent mental health problems.

For the study, the research team surveyed nearly 2,500 parents of children aged 5-11 years. Parents completed questions about their child's play, their general mental health (pre-Covid) and their mood during the first Covid-19 lockdown.

The research was carried out with two groups of parents, a group of 427 parents living in Northern Ireland and a nationally representative group of 1,919 parents living in the UK.

“This is really positive because play is free, instinctive and rewarding for children, available to everyone, and does not require special skills. We now urgently need to invest in and protect natural spaces, well-designed parks and adventure playgrounds, to support the mental health of our children

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Valedictory Session Of Conference On “Contemporary Business Trends” Held At NIT

Observer News Service

Srinagar: Advisor to Lt. Governor on Sunday remarked that the research, technology, innovation and incubation are the main tools for meeting the aspirations of people for an emerging nation like India which is an aspirational society.

He made these comments while addressing the valedictory session of ‘Two-Day International Conference on Contemporary Business Trends (IC-BT)-2022’ at National Institute of Technology (NIT).

Addressing the gathering of eminent researchers, scholars and students from different institutes across the country, the Advisor remarked that the collaborations are essential for any society

temporary business trends across the world.

While talking about the transformation of J&K in the last few years, Advisor Bhatnagar said that UT of Jammu and Kashmir is on an accelerating path of growth and development. He added that in recent years the institutes of academic excellence like IIT, IIM, IIMC, and others have been established here.

“UT of Jammu and Kashmir is the lone UT across the country which has two AIIMS institutes”, the Advisor said.

Speaking on the occasion, Director NIT Srinagar, Prof. Rakesh Sehgal said that due to Covid19 pandemic, the economic landscape has changed drastically around the world. “During the two-day conference, a blend of



to develop and therefore it should be our endeavour to collaborate with government institutions, research organisations and other establishments so that something significant can be contributed towards the society.

He further said that we all must have a problem solving approach and do not refrain from facing problems. He added the problems create opportunities which in turn results in producing something unique and remarkable for the society.

Highlighting about the significance of the conference, Advisor Bhatnagar said that this conference will emerge as the major contributor for contemporary business trends and will broadly address the issues related to marketing and other aspects of the business world. He added that hopefully this conference will generate at least five ideas which will revolutionise con-

rigorously researched papers and live discussions took place with industry experts. It also focused on emerging issues in the new world of business,” he said.

Dr. Rahul Mirchandani, MD, and CEO of Aries Agro and Co-Convenor, ICCBT-2022 said the conference is aimed to educate participants of contemporary business trends and their impacts on the global economy.

Prof. Abdul Liman, HOD, Department of HSS&M in his welcome address stated that this conference aims to reflect, deliberate, and suggest necessary and desired measures in the present challenging business scenario.

In his address, Registrar, NIT, Prof. Syed Kaiser Bukhari said this conference will act as a vibrant platform for young researchers and other participants. He added that the institute will host more such conferences in future also.



Five residential Structures were damaged in the incident.

Blaze Renders 14 Families Homeless At Roni Mohalla Kalan, Mir Behri

Syed Mohammad Burhan

Srinagar: At least five houses were gutted in a fire incident at Roni Mohalla Kalan, in the interiors of Dal Lake on Saturday.

The massive blaze rendered 14 families homeless. The families are now taking shelter in their neighbor's houses.

Locals say that a house caught fire at around 2 p.m. and nearly half an hour it engulfed all the neighboring structures.

As of now the reason behind the massive blaze remains unknown but family people say short circuit might be the reason.

The locals accused the administration of not doing much to help the fire victims.

Tasaduq Hussain who lives in the vicinity said many local youth suffered injuries and one youth was

operated on as he suffered burns.

“The men from the Fire and Emergency Services Department did not reach locality on time and it was because of local youth, they were able to douse the flames” Tasaduq said.

One among the injured was Shubeena Mohiudeen, an orphan who was planning to get married next month.

Shubeena suffered burn injuries as she tried to save her belongings, especially her jewelry.

Around one hundred pigeons were also charred to death in the fire incident.

Locals alleged the administration did not offer relief to the victims and appealed to higher authorities to come to their rescue.

It is pertinent to mention, earlier, five residential houses were reduced to ashes on 18th May. Locals

had rushed to the spot to control the fire and stopped it from spreading to other houses at Lati Mohalla inside the lake.

In view of the rising fire incidents, The J&K administration recently ordered a fire safety audit of all the government buildings “immediately”.

“It is hereby ordered that the Director General, Fire and Emergency Service shall carry out a fire safety audit of all government buildings in the Union territory of Jammu and Kashmir immediately,” reads a government order.

“All the concerned Administrative Secretaries shall take immediate corrective action in light of the Fire Safety Audit Reports so furnished to them for preventing occurrence of fire incidents in all buildings of their Departments,” the order added.

NC Denounces Disengagement Of Rehbar-e-Khel, Other Employees

Agencies

Srinagar: The Jammu and Kashmir National Conference on Sunday denounced the decision of disengaging Rehbar-e-Khel, Zirat, and Janglaat employees, saying the action will further deepen the employment crisis in J&K.

Reacting to the government's order of disengaging Rehbar e Khel, Ziraat and Janglaat employees, JKNC State Spokesperson Imran Nabi Dar said that the decisions are indeed a grave injustice with thousands of professionally trained

“The decision has raised a big question mark on the entire exercise. By disengaging these employees at this juncture the administration has put them, their families to undue duress and sufferings

youth, who worked on meagre salary just relying on the hope of regularization after stipulated time frame of five to seven years.

He said the scheme was framed by the elected governments keeping in view the alarming rates of unemployment rates in J&K. Such decisions have no parallel in democracies and nowhere has this happened that a few bureaucrats have usurped a decision duly approved by the state cabinet which had the sanction of the people of J&K. What this makeshift administration has done is that it has completely disregarded the decision which had people's mandate be-

hind it,” he said.

“The decision has raised a big question mark on the entire exercise. By disengaging these employees at this juncture the administration has put them, their families to undue duress and sufferings,” Imran added.

Questioning the claims of the government on ushering employment bonanza in Jammu and Kashmir, he said that far from enhancing the employability of the region and its youth the incumbent government is leaving no chance to wean off the region and its youth from the already decreasing employment avenues. (KNS)

With No Govt. Jobs In Line, Kashmir’s Special Educators In Limbo

Syed Mohammad Burhan

Srinagar: In absence of government jobs, special educators from Kashmir say the School Education Department (SED) is putting their careers at stake as the Department has failed to advertise posts.

A Special Educator works with children who have a variety of disabilities.

Children with special needs require unique instruction by “specially trained professionals” to help them achieve their highest potential and progress beyond their limitations.

Special Educators from Kashmir say they have a B.Ed. degree in Special Education but in absence of government jobs they are forced to work for NGOs who pay a small portion of money as salary.

They also say the School Education Department is violating the directions of the Supreme Court as the Apex court had long back directed states across the country to recruit special educators in government run Institutions.

According to reports, In Jammu and Kashmir there are around 20,000 specially-abled children, 5,000 of which are enrolled in government schools for which the department has availability of only 70 to 80 special educators.

“In 2016 more 200 posts were advertised and accordingly only 50 were filled, in 2017 154 were again advertised and



Hakim Monis, A Specially-abled boy suffers from Down Syndrome.

more than 100 posts remained unfilled”, said Sajid Rasool, a special educator.

“There are a large number of specially-abled children who need care but in absence of government schools they are forced to get admission to private clinics who charge hefty amounts of money,” he added.

Special educators have pressed for their recruitment as special educators in the School Education Department saying that barring J&K many States in India have implemented SC guidelines for recruitment of special educators.

“In absence of special educators in

schools, specially-abled children are suffering” said Irshad Ahmad who aspires to work for children with special needs.

“Only well-off families can afford to send their children to private schools and NGO’s” he added.

Samagra Shiksha is an Initiative launched by Government of India for the school education sector extending from pre-school to class 12.

It has been initiated with the goal of improving school effectiveness measured in terms of equal opportunities for schooling and equitable learning outcomes. It subsumes the three schemes of Sarva Shiksha Abhiyan (SSA), Rashtriya Madhyamik Shiksha Abhiyan (RMSA) and Teacher Education (TE).

Talking to Kashmir Observer, Deep Raj Project Director Samagra Shiksha said that he heads the project and not the government department.

“It is a project and all the posts are contractual. The validation of the current project is till 2025-2026”. Deep Raj said.

“The number of contractual posts that were available have already been fulfilled. As of now no new posts are available”, he said.

“Around 110 special educators are enrolled in different institutions and giving their services” he added.

Despite repeated attempts, the Commission Secretary Education did not respond to phone calls.



“In 2016 more 200 posts were advertised and accordingly only 50 were filled, in 2017 154 were again advertised and more than 100 posts remained unfilled

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K O V I E W

The Tourist
Second Coming

WITH the third wave abating across India, tourist arrivals in Kashmir have accelerated in recent weeks. According to the official estimate, the arrivals are set to reach a 10-year high this year. Since January alone, more than 340,000 tourists have come. In March, around 1.8 lakh tourists arrived which is an unprecedented number over the last so many years. One of the biggest draws for the tourists is the Tulip Garden, Asia’s largest, and also the resorts like Gulmarg, Pahalgam and Dal lake. Most of the tourists visited Gulmarg where the hotels remain booked ever since January. Similarly, the tourist spots like Pahalgam are seeing the rush. But it is Gulmarg which is the go to place. This is because Gulmarg has received most of the publicity. Prospects for tourism are getting better by the day.

But the excessive focus on fewer resorts are drawing tourists away from other equally scenic places, some of them like Aharbal, Yusmarg, Tosamaidan, Gurez, historic old city in Srinagar have only recently found a prominent place on the tourist map of Kashmir. These places need development of tourist infrastructure and also a wider publicity for people to visit. The Tourism department has said that an advertising campaign across major Indian cities and the opening of new destinations were attracting more tourists.

Tourism, one of the mainstays of the Kashmir economy, is one of the sectors that has been hit the hardest. There is a large section of people who have largely been without employment over the last two and a half years. Their savings have already been depleted. For example, the transporters: the drivers and conductors were among the worst-hit. This includes also the people associated with tourism. In 2021, many cases of suicides and suicide attempts took place as a result. The major cause of suicide attempts was financial distress in the families caused by the turmoil of the preceding two years and also by the extended successive lockdowns, two of them the result of the Covid-19 pandemic. Here’s hoping that with the abating of the pandemic, the economic situation would return to normal, both in the country as well as in Kashmir. This alone will prevent further misery.

Tourism sector forms 6.8 percent of Kashmir’s GDP and employs 2 million people. The sector has the potential to shore up our beleaguered economy. Here’s hoping that things improve from hereon. The waning pandemic wave is once again creating conditions for unhindered tourism in the Valley. This is also the hope of the people associated with the tourist sector. They hope there is no fourth Covid wave so that the tourists continue pouring into Kashmir and help resuscitate the economy and generate jobs.

O T H E R O P I N O N

Not Eggxactly

Who can quarrel with Kangana Ranaut over nepotism. Even her worst detractor, who is revolted by her pushing the victim card beyond its snapping point, would agree that Bollywood’s enfant terrible does the right thing by excoriating the industry’s hallowed circle for its casting choices and discriminating against outsiders. So, when Ranaut pitched into the recent debate on the north-south contest in the country’s tinseldom with a dig at Hindi cinema’s star kids, it seemed par for the course. “Dekhne me ajeeb se lagte hain jaise uble hue ande,” (they look weird, like boiled eggs) she reportedly said. Now that’s no way to refer to your colleagues — however, untalented. Body shaming aside, Ranaut also seems to have got her ande ka funda wrong — the charms of the boiled egg seem to have eluded her.

Agreed, it’s easy to go wrong with a boiled egg. From Julia Child to the newest cooking counsellor on the internet, advice — often conflicting — abounds on how to avoid rubbery whites, stuck-on shells or overcooked yolks. But ask those vendors with a pushcart or a tripod stand who are usually to be found close to bus stops, railways stations or even booze shops. For decades they have been getting the yolks buttery and sweet and the casing, pearly white. Sliced and tossed with chopped onions, coriander leaves, a dash of salt and pepper, and a bit of cumin powder, it makes for a snack that has revived the spirits of countless students, weary travellers and officer goers across generations.

Who can resist the pull of a hard-boiled egg with a spicy deep-fried coating of minced meat, dusted in flour and deep-fried till crispy? Call it by any name — Dimer Devil or Scotch Egg or the rich-gravy-laden Nargisi kofta. Or simply cook it in a pot with onions fried till brown, add tomatoes and your choice of spice and have them with appams, rotis, or parathas. Trust us, Kangana next time, you will look for a better simile for “weird” Bollywood babas and babies.

Indian Express



Regulate Gaming

The sunrise industry needs regulatory clarity to build on the good, minimise the bad and eliminate the ugly associated with it

Ratnakar Shetty

There has been considerable debate on the social impact of online gaming, backed by questions on its legal credibility. Now is the time to segregate what is considered good, bad, and ugly— and also address the perplexity, taboo, and myths shrouding the online gaming industry that is misconceived as an endorser of gambling or betting. It is of prime importance to distinguish between online gaming and online gambling, the former being a game of skill and the latter, of chance

Imposing a ‘ban’ and imposing a ‘rule’ on an activity often meet very distinct ends. A ban, more likely than not, turns out to be a bane than a boon because coercive measures are most likely to breed negative outcomes over time. Society is said to function within what public policy experts define as a ‘critical range’—the limits within which society operates in terms of legalities associated. ‘Absolute’ restrictions trigger humans to behave in a way that defies the norms establishing that critical range. More often than not, people are tempted to do what is prohibited.

There has been considerable debate on the social impact of online gaming, backed by questions on its legal credibility. Now is the time to segregate what is considered good, bad, and ugly— and also address the perplexity, taboo, and myths shrouding the online gaming industry that is misconceived as an endorser of gambling or betting. It is of prime importance to distinguish between online gaming and online gambling, the former being a game of skill and the latter, of chance. Science and a knowledge base underlie games of skill, where outcomes of winning or losing are exclusively determined by practice and awareness of the game one participates in. Besides monetary gain by participants, the intrinsic value lies in sharpening cognitive skills in the process of participation. On the contrary, outcomes derived from games of chance are not determined by any form of statistical analysis, but rely merely on trial and error tending towards addiction. Another noteworthy aspect is that apart from attracting high FDI and ensuring high revenue to the exchequer, online gaming platforms generate employment opportunities for technical experts, which has a ripple effect on bolstering the growth of the animation, visual effects, gaming and comics sector.

There has been a lot of controversy over addiction and financial losses as the extreme ramifications of online gaming. However, one needs to acknowledge that the gains from online gaming outweigh the anomalies

(which stand out as exceptions in the larger spectrum of events). Further, in order to call out what is ugly, there is an urgency for the Centre to identify and impose penalties on real sites where people indulge in betting or gambling. In fact, offshore gambling sites have been misused for money laundering. The unpredictable ‘ugly’, therefore, calls for a regulatory system defined by pro-

India-made games, acknowledging the growth potential of this sector. While the finance minister also spoke in favour of gaming, an inclusive outlook towards online gaming—amendments to the IT Act 2000— would help the sunrise industry thrive with new laws and regulatory frameworks that would enable building on the good, minimising the bad, and eliminating the ugly.

A central law covering the aforementioned aspects is crucial to the future of India’s online skill gaming industry. A clear and well-regulated regime would pave the way for increased FDI. It will not only boost this sector, but also increase transparency and operator accountability to Indian laws. It will also allow consumers to enjoy gaming in a responsible, transparent, and safe environment that is governed by regulations

gressive policies to monitor and control any possibility of damage. This would consequently strengthen the position of online gaming as a mode of entertainment that has its purpose in creating value in the technological space and adding prominence to ‘Digital India’ on the world stage.

Since there are no defined laws to govern online gaming, the ministry of electronics and information technology opined that online gaming platforms must adhere to the IT Rules 2021’s due-diligence requirements. Hopes are pinned on the new Digital India Act, set to replace the country’s IT Act that dates back to 2000. The latter established the foundational legal framework for dealing with cybercrime and e-commerce participants, defining a code of conduct as well as penalties for its violations. Clearly, it was put into effect at a time when most of today’s cyberspace challenges could not be imagined, and it is now ill-suited to continue governing the online realm.

Without a doubt, India is one of the world’s fastest-growing online gaming markets. Despite the uncertainty surrounding the legal aspect of the sector, there is much to commend here in terms of appreciating how the industry has come of age and reflects the best of both Digital India and Make-in-India. Hearteningly, the prime minister called for more

A central law covering the aforementioned aspects is crucial to the future of India’s online skill gaming industry. A clear and well-regulated regime would pave the way for increased FDI. It will not only boost this sector, but also increase transparency and operator accountability to Indian laws. It will also allow consumers to enjoy gaming in a responsible, transparent, and safe environment that is governed by regulations. In fact, for online gaming to thrive in a healthy operating space, the states can take action against illegal betting websites with support from the gaming industry. Besides, if consumer-interest groups were to be involved in anti-gambling efforts, it would spread awareness and provide forums to report and condemn illegal platforms. A thorough classification of varieties of online games could enable targeted rule-making by factoring in any risks involved. Such a solid framework in the form of a revised IT Act would be effective in distinguishing skill-based games from gambling.

Views expressed in the article are the author’s own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by Financial Express

The author is a member, Advisory



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The Looming Hunger Crisis

The article, “The Global Hunger Crisis is Here” (May 21) exposes the danger and vulnerability of the ‘hunger pandemic’ that has gripped the entire world over the last few years.

In fact, World Food Programme (WFP), the world’s largest humanitarian organization, has recently revealed a saddening and painful fact that worldwide up to 811 million people go to bed hungry every night, and

the number of those facing acute food insecurity has more than doubled – from 135 million to 276 million in the last three years.

The seismic hunger crisis has been caused by various deadly factors like conflicts, climate shocks, and the economic consequences in the wake of the Covid-19 pandemic. WFP says that ‘conflict’ is the biggest driver of hunger, with 60 percent of the world’s hungry living in areas af-

fected by war and violence.

And events that have unfolded in Ukraine are further proof of how conflicts feed hunger, forcing people to leave their homes and wiping out their sources of income. The Covid-19 pandemic has only exacerbated the problem and driven hunger to unprecedented levels. Putting an end to hunger and malnutrition worldwide is a moral obligation of humankind, and it is not just the duty of the gov-

ernments alone of various countries that have a hand on this. Ordinary citizens, high net-worth individuals, and youth influencers and celebrities can all play their part and raise their voices against the injustice of global hunger.

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Kashmir and Women in Law

Ayshia Zahgeer

Is it our biological destiny to only exist and then to not, that deserves depiction on our epitaphs which don't bear our names most of the times? Born as someone's daughter and die as someone's wife.

What about our survival stories? Where must they be recorded?

Browbeaten and predictably spoken about as many would like to believe, women and their survival stories in personal and professional space bookended by culturally accepted norms, if reality is anything to go by, can never be browbeaten enough.

Law, as a profession for women, was and is still not considered as naturally suited to our abilities. Reasons bordering patriarchal protectionism myths that women need to be "protected" from the rigors and dangers that the practice entails; majorly for not being considered cerebrally capable, assuming that aggression and tenacity is what this profession demands and simultaneously considering them contrary to a woman's virtues. Both notions misplaced and informed only by a false sense of entitlement.

Not considered a "dignified profession for women", the discouragement a female law student faces, begin from passive suggestions in classrooms of law practice not meant for women, to the struggle of finding a safe place to start our careers. Once graduated and faced with a myriad difficulties and quandaries as to our next right step ahead, even if some of us decide to go against the tide and start with the practice; gender biases and extreme patriarchal encounters run through our everyday professional experiences. All of this happens while we are looking for ways to navigate social and familial pressures to simply do our jobs. Decision to practice law in Kashmir is particularly met with scoff and scorn and at this stage, it is infact, a response both the genders get. However, when such a desire is expressed by a woman, these comments are coupled up with a range of suggestions bordering ridicule to friendly advices only meaning to demoralise you.

My brief experience of 2 years in the court so far, has comparably been smooth and I often rave about it to friends and relatives. When I

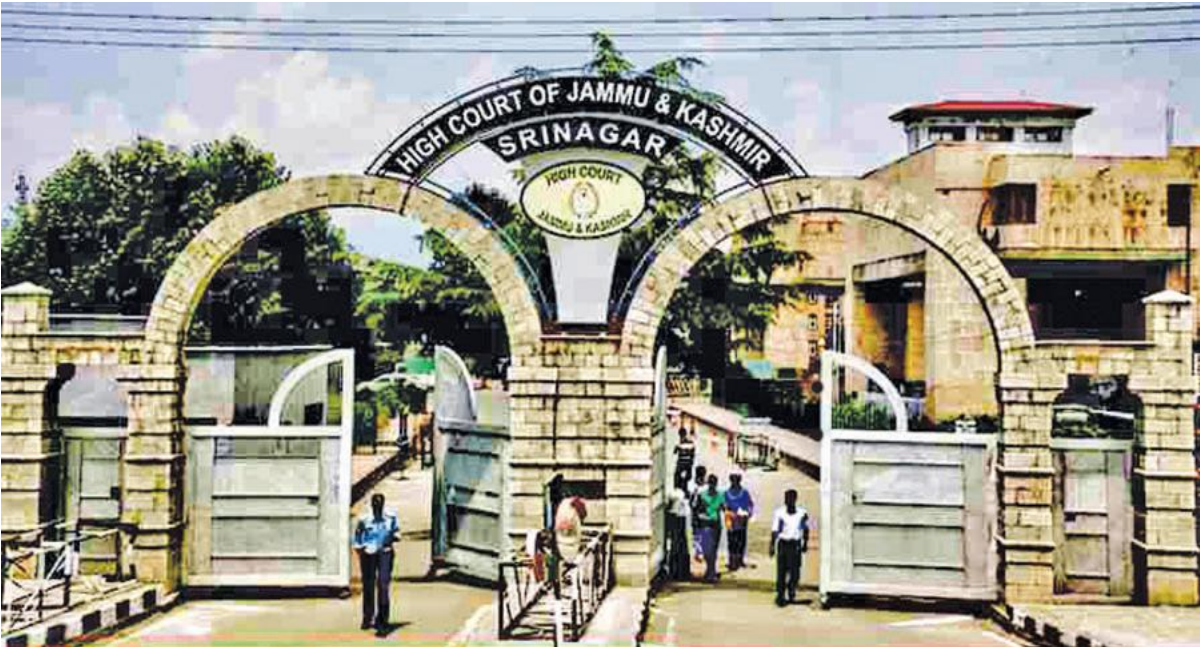
say this, I am quickly but consciously reminded of my privilege of never having to worry about looking for a senior because I knew I had to start practicing with my father. All of this does not qualify me to speak about the struggles of this extremely stressful profession.

However, the obviousness of discriminatory practices against women lawyers in the court exist within and beyond privileges which only goes on to amplify one fact that if all women feel secure, safe and are remunerated proportionally for their hard work; then sky really is the only limit. But there is a reason we speak about the glass ceiling visible only to us that weighs our wings down. Hence, a conversation around it especially in the legal profession is long overdue.

Going back in time, the presence of women lawyers in the courts was scanty in Srinagar and almost nonexistent outside of it. However, today, we have more women choosing to practice law than ever before, and it is heartening, how most of them make it on their own and how far, with all the difficulties that mar their journey. One reason for this increase is also in the fact that the number of female and male law graduates across India have almost equaled over a decade. However, this should have ideally translated into more women coming into the practice and more climbing up the ladder and being designated as senior advocates. The reality however couldn't be further from this.

To begin with, the task of finding a senior lawyer to work with, poses one of the biggest challenges and this is where I have known many female law graduates give up. The challenges are two fold; personal safety /comfort and professional growth. In fact, more often than not one becomes a casualty for the other. Only a handful are lucky to find both and thereafter everyday experiences often run counter to the ideas of a professional life one had harbored.

Institutionally, women are not unwelcome in the courts and a lot of those who practice will vouch for the regard they often receive from the Judges, well-meaning lawyers and clientele; pervasively, there is constant othering. Not only do women lawyers have to work twice as hard to 'prove' their worth, but law practice is metaphorically as much as physically/mentally an over hurried



Institutionally, women are not unwelcome in the courts and a lot of those who practice will vouch for the regard they often receive from the Judges, well-meaning lawyers and clientele; pervasively, there is constant othering. Not only do women lawyers have to work twice as hard to 'prove' their worth, but law practice is metaphorically as much as physically/mentally an over hurried profession

profession. By the time various obstacles are overcome, one misses out on work and recognition.

Women lawyers working in Kashmir, particularly face stereotyping in the kind of briefs they get. Even when they're on an equal footing of merit and experience with their male counterparts; they're still mostly entrusted with family matters and rarely with anything having to do with other civil and criminal matters.

Two factors that play a very important role in success of any lawyer are 'networking and self-promotion', and there is no way that any woman lawyer can afford to do both, without it costing her reputation. It is a tight-rope walk to appear sturdy, and avert constant pontificating on character and reputation. We just cannot afford to ride roughshod.

Every single day, is a struggle in trying to find a balance between not being too assertive and strident, and not too soft and docile, in the former case, we are not well mannered and discourteous and in the latter under

confident and do not have it in us to be successful.

Going back in times, close to a decade or so, women's presence in the courts in the valley was few. While some of them made their way up the ladder, at a time and in an environment determined to push them out of the cadre, some simply couldn't find a harmonious balance between work and life and ultimately quit. (A study by the associated Chambers of Commerce and Industry of India, showed that about a quarter of women do not return to work after childbirth)

Here I try to sum up various accounts narrated to me by women lawyers about their day-to-day experiences in the court these days (*names changed):

The "Good Women Don't Choose Law" prejudice

According to Advocate Subreen Malik, "An oft- heard statement, 'Good Women don't choose law', is an offshoot of patriarchy and Law profession is not immune from it". She is now working independently and runs

an organization by the name 'Meh-ram: Women's cell Kashmir', that works for women in distress.

Another female lawyer from North Kashmir has also had the same experience. According to her, two years into law practice, she's seen less than ten female lawyers "survive" in this unconducive environment for women.

Working with Male Clients and Senior Lawyers

Advocate Mysa*, who has been in law practice for close to 2 years in the Srinagar district court and High Court, opines that, "It's hard for women in litigation and a dearth of female senior lawyers compels them to work with senior male lawyers and the experience isn't always 'pleasant'"

Unequal Wages and Inadequate Facilities

Both Advocate Subreen Malik as well as Advocate Sadiya* from North Kashmir feel that there's the issue of income disparity as well. According to them, male and female lawyers are

paid differently.

Many other female lawyers also complained about the lack of basic facilities such as hygienic washrooms and sitting arrangements for women. According to them, libraries and chambers are still farfetched for lady advocates.

Gradual Improvement in Gender Sensitivity and Work Conditions

On the other hand, Advocate Quratul-ain describes her experience as 'having been through hell and heaven at the same time' but reiterates that there is a huge scope for women lawyers in Kashmir and staying strong is the only way forward.

Interestingly, Advocate Ulfat Jan from District Court Anantnag says that she has been respected and her work acknowledged from well-meaning members of the Bar as well as her clients but emphasizes that women still face problems.

Many other female advocates from other district courts have also felt a gradual change and feel that there are considerable senior lawyers and judges who are supportive and gender sensitive now.

As is evident from varying accounts of women lawyers working across the valley, there is a marked homogeneity in the pattern of struggles.

In J&K, given the unique Geo-political realities, a protracted conflict has had an adverse impact on various aspects of legal profession as well. Even then, our share of concerns must not make us lose sight of hardworking, dedicated and feisty women lawyers who wear their resilience as their armor, spread across the lengths and breaths of valley. All of which also goes on to show that we have some genuine allies across the gender divide.

However, we need to reflect on normalizing one gender being permanently 'othered'. This is because women's presence in law courts presents a unique opportunity to correct the historic disequilibrium that exists in the representative character of our society. It is a valve through which the re-humanisation of what is today more than ever been seen as an unresponsive institution, can be attained.

*Names have been changed on request for anonymity

Ayshia Zahgeer is a lawyer practicing in Srinagar

Intermittent Fasting: Fad or Fact?

McKale Montgomery

What if I told you all you need to do to lose weight is read a calendar and tell time? These are the basics for successfully following an intermittent fasting diet.

Can it be that simple, though? Does it work? And what is the scientific basis for fasting? As a registered dietitian and expert in human nutrition and metabolism, I am frequently asked such questions.

Simply stated, intermittent fasting is defined by alternating set periods of fasting with periods in which eating is permitted. One method is alternate-day fasting. On "fast days," followers of this form of fasting are restricted to consuming no more than 500 calories per day; on "feast days," which occur every other day, they can eat freely, with no restrictions on the types or quantities of foods eaten.

Other methods include the increasingly popular 5:2 method. This form of fasting involves five days of feasting and two days of fasting per week.

Another variation relies on time-restricted eating. That means followers should fast for a specified number of hours – typically 16 to 20 per day – while freely consuming foods within a designated four- to eight-hour period.

But what about eating breakfast and then small meals throughout the day to keep the body's metabolism running? After all, that's the conventional wisdom that many of us grew up with.

To answer these questions, it helps to understand the basics of human metabolism.

HUMAN METABOLISM 101

The human body requires a continual supply of energy to sustain life, and the foods we eat provide us with this energy. But because eating is often followed by periods of time without eating, an intricate set of biological pathways is in place to meet the body's energy demands between meals.

Most of the pathways function at some level all the time, but they fluctuate following a meal in a pre-



dictable pattern called the fed-fast cycle. The time frames of the cycle can vary, depending on the food types eaten, the size of the meal and the person's activity level.

So what happens, metabolically speaking, after we eat? Consuming carbohydrates and fats leads to a rise in blood glucose and also lipid levels, which include cholesterol and triglycerides.

This triggers the release of insulin from the pancreas. The insulin helps tissues throughout the body take up the glucose and lipids, which supplies the tissues with energy.

Once energy needs are met, leftover glucose is stored in the liver and skeletal muscle in a condensed form called glycogen. When glycogen stores are full, excess glucose converts to fatty acids and is stored in fat tissue.

About three to 18 hours after a meal – again, depending upon a person's activity level and size the of the meal – the amount of circulating blood glucose and lipids returns to baseline levels. So tissues then must rely on fuel sources already in the body, which are the glycogen and fat. A hormone called glucagon, secreted by the pancreas, helps facilitate the breakdown of glycogen and fat to provide energy for the body between meals.

Glucagon also initiates a process known as gluconeogenesis, which is the synthesis of glucose from non-dietary sources. This helps maintain the right level of blood glucose levels.

When the body reaches a true fasting state – about 18 hours to two days without additional food intake – the body's stores of glycogen are depleted, and tissues like the heart and skeletal muscle start to rely heavily on fats for energy. That means an increase in the breakdown of the stored fats.

"Aha!" you might say. "So intermittent fasting is the key to ultimate fat burning?" Well, it's not that simple. Let's go through what happens next.

THE STARVATION STATE

Though many tissues adapt to using fats for energy, the brain and red blood cells need a continual supply of glucose. But when glucose is not available because of fasting, the body starts to break down its own proteins and converts them to glucose instead. However, because proteins are also critical for supporting essential bodily functions, this is not a sustainable process.

When the body enters the starvation state, the body goes into self-preservation mode, and a metabolic

shift occurs in an effort to spare body protein. The body continues to synthesize glucose for those cells and tissue that absolutely need it, but the breakdown of stored fats increases as well to provide energy for tissues such as the skeletal muscle, heart, liver and kidneys.

This also promotes ketogenesis, or the formation of ketone bodies – molecules produced in the liver as an energy source when glucose is not available. In the starvation state, ketone bodies are important energy sources, because the body is not capable of solely utilizing fat for energy. This is why it is inaccurate when some proponents of intermittent fasting claim that fasting is a way of burning "just fat" – it's not biologically possible.

What happens when you break the fast? The cycle starts over. Blood glucose and lipids return to basal levels, and energy levels in the body are seamlessly maintained by transitioning between the metabolic pathways described earlier. The neat thing is, we don't even have to think about it. The body is well-equipped to adapt between periods of feasting and fasting.

POSSIBLE DOWNSIDES

If an "all-or-nothing" dietary approach to weight loss sounds appeal-

ing to you, chances are it just might work. Indeed, intermittent fasting diets have produced clinically significant amounts of weight loss. Intermittent fasting may also reduce disease risk by lowering blood pressure and blood lipid levels.

On the flip side, numerous studies have shown that the weight reduction from intermittent fasting diets is no greater than the weight loss on a standard calorie-restricted diet.

In fact, the weight loss caused by intermittent fasting is due not to spending time in some sort of magic metabolic window, but rather to reduced overall calorie consumption. On feast days, dieters do not typically fully compensate for lack of food on fasted days. This is what results in mild to moderate weight loss. Approximately 75% of the weight is fat mass; the rest is lean mass. That's about the same ratio as a standard low-calorie diet.

Should you still want to go forward with intermittent fasting, keep a few things to keep in mind. First, there are no studies on the long-term safety and efficacy of following this type of diet. Second, studies show that intermittent fasters don't get enough of certain nutrients.

Exercise is something else to consider. It helps preserve lean muscle mass and may also contribute to increased weight loss and long-term weight maintenance. This is important, because nearly a quarter of the weight lost on any diet is muscle tissue, and the efficacy of intermittent fasting for weight loss has been demonstrated for only short durations.

Also, once you stop following an intermittent-fasting diet, you will very likely gain the weight back. This is a critical consideration, because many people find the diet difficult to follow long-term. Imagine the challenge of planning six months' worth of feasting and fasting around family dinners, holidays and parties. Then imagine doing it for a lifetime.

Ultimately, the best approach is to follow an eating plan that meets current dietary recommendations and fits into your lifestyle.

By Arrangements with The Conversation

Member of Iran's IRGC Assassinated In Armed Attack In Tehran

Agencies

Tehran: One of the members of Iran's Islamic Revolution Guards Corps (IRGC) has been assassinated in an armed attack by two motorcyclists in Tehran.

According to Iran's official IRNA news agency, the incident took place around 4 p.m. local time on Sunday, when the IRGC member was dismounting his car to enter his home in an eastern neighborhood of the Iranian capital.

The IRGC member, who has been identified as Hassan Sayyad Khodaei, was assassinated after two motorcyclists



shot him five times before fleeing the scene.

IRIB news agency reported that three bullets hit him in the

head and two bullets hit his hand.

The IRGC issued a statement soon after the assassination, saying that its former member

was assassinated in a terrorist attack by counterrevolutionary elements.

The statement condoled with his family, adding that necessary measures have been taken to identify and arrest the assailant or assailants.

Following the assassination, head of Tehran Court of Justice, Ali Alqasi, ordered Tehran prosecutor to speed up efforts to identify and arrest those behind this criminal act.

Alqasi also stressed the need to expedite judicial measures aimed at the identification of the perpetrators of this assassination.

Pakistan's ex-PM Imran Khan calls for march to Islamabad on May 25; seeks fresh elections

Agenceis

Peshawar: Pakistan's ousted prime minister Imran Khan on Sunday asked his supporters to march peacefully to Islamabad on May 25 to press for the dissolution of the National Assembly and fresh elections in the country.

Khan, 69, who served as prime minister for over three and half years, was removed from the position through a no-confidence vote in parliament by the Opposition parties last month. Since his removal, Khan has addressed several rallies in different cities.

Addressing a press conference after his party's core committee meeting in Peshawar, Khan said the march would convert into a

sit-in and continue until his demands are accepted, the Dawn newspaper reported.

The main demands for the march to the capital were the immediate dissolution of the National Assembly and a date for the next general election, he said during the press conference.

Khan said he wants people from all walks of life to participate in the march to raise clamour against his removal as the prime minister which he called as illegal.

"On the 25th [of May] I will meet you in Islamabad on the Srinagar Highway. I want people from all [walks of life] to come because this is Jihad, and not politics. I've decided and told all my team that we have to be ready to sacrifice our lives," Khan said.

Khan has accused the US of conspiring to topple his elected government, citing communication from the country's ambassador in Washington.

The US government has bluntly denied the allegations multiple times. Meanwhile, Interior Minister Rana Sanaullah on Sunday warned the Pakistan Tehreek-e-Insaf (PTI) of action if its protesters were to march towards Islamabad with the "intent to cause anarchy."

Addressing a press conference in Bahawalpur in Punjab province, Sanaullah said the government and its allies were mandated to decide about the line of action against the PTI's planned long march to Islamabad.

Div Com Jammu Visits Rajouri; Reviews Development Scenario Of District

Observer News Service

RAJOURI: Divisional Commissioner Jammu, Ramesh Kumar on Sunday paid a visit to Rajouri and took a comprehensive review of the developmental activities being carried out in the district here in a meeting of the concerned officers.

Officers who attended the meeting included DC Rajouri, Vikas Kundal; SSP, Mohd Aslam; ADDC, Pawan Kumar; DFO Nowshera, Neelima; ADC Rajouri, Sachin Dev Singh; ADC Nowshera, Sukhdev Singh Samyal; ADC Sunderbani, Vinod Kumar Behnal; ADC Kalakote, Krishan Lal; ADC Koteranka, Surinder Mohan Sharma; Commander 31 BRTF, KRJ Reddy; ACR, Imran Rashid Kataria; SDM Thanamandi, Vikas Dhar; SE Jal Shakti, JP Singh; SE PWD, Nissar Hussain; CPO, Mohammad Khurshid and others.

At the outset, the DDC briefed the meeting in detail about the physical and financial progress

achieved in various schemes and programs being implemented by different departments in the district.

Taking stock of the financial progress under District Capex budget 2021-22, against the total outlay of 91959.16 lacs, the total expenditure incurred as of now is 83.87 percent. While taking note of meagre expenditure by some sectors, the Div Com directed to achieve the financial targets with the shortest possible time, and directed for 100 percent expenditure under different schemes.

Similarly, while reviewing the sector wise physical progress under District Capex budget 2021-22, the meeting was informed that out of 3956 works, 2629 works have been completed.

While reviewing the progress made under the PWD sector, it was informed that out of 06 schemes under CRF including three bridges and equal number of roads, the work on 01 scheme

is complete while the rest are under different phases of execution. Giving details of the progress under NABARD, it was apprised that out of 84 schemes, the work on 18 schemes is complete.

Discussing the progress under the PDD Sector, the Div Com took detailed stock of various schemes including PMDP-R, PMDP-U, DDUY and IPDS.

The Div Com asked the SE PDD to ensure that the unscheduled power cuts are avoided and proper schedule should be maintained while providing power supply to the general public so that they don't face any inconveniences.

He also asked to rectify the faults in electrical equipment as soon as possible as and when they occur. He also advised SE PDD to shorten the response time, and ensure that the Officials should be made available for the at gross road level.

The Div Com also set 30th May as deadlines for floating

tenders of the projects under District Capex budget.

Under Ayushman Bharat, it was informed that 443472 beneficiaries have been registered under the scheme. While taking stock of the progress under SBM, against the target of 4658 units, the work on 4100 units is complete. Similarly, while reviewing the progress regarding the construction of a community sanitary complex, the Div Com asked to take appropriate measures for the proper maintenance of the CSC.

Seeking the progress regarding the registration of the labourers on e Sharm portal, it was informed that 184592 labourers have been registered on the portal as on date.

The Div Com also reviewed the progress on various schemes being implemented in the district under Mission Youth and asked the concerned officers to ensure that maximum unemployed and educated youth of the district are covered under

these schemes.

Discussing the restoration of water bodies and water conservation efforts, He also asked the concerned officer from the RDD to make dedicated efforts to conserve and preserve water and also achieve the targets under the Amrit Sarovar Mission at the earliest.

Regarding the progress under PMAY-U, it was apprised that against the Target of 2155 houses, the work on 298 are complete. The Div Com instructed the EO MCs to expedite the progress and make sure that the set targets are achieved within the shortest possible time.

Taking stock of the progress under PMAY-G, it was informed that against the target of 30661, as many as 14428 houses have been constructed.

While reviewing the livelihood generation activities being carried out under NRLM, the Div Com asked the concerned officer to provide better market linkages to the SHGs so that they can sell their

products in a hassle free manner.

Regarding the implementation of JJM, the meeting was informed that as many as 293 schemes have been approved for the district at an estimated cost of Rs 1723 crores under the Mission out of which the work on 01 scheme is in progress. He also said that the work on the rest of the schemes would be started shortly.

Taking stock of the progress under languishing projects, it was informed that out of 222 projects, the work on 122 projects is complete in all respects.

Reviewing the measures being taken to curb the menace of drug abuse from the district, the Div Com asked the concerned officer to take effective measures to keep the youth away from the drug abuse and channelise their potential towards positive direction.

Similarly, the Div Com also reviewed the progress made under other schemes like PM Kisan, KCC, Soil Health Card, PMDP, PMKSY, PMSSS, PMAGY,

ISSS, NSAP, Bunkers, scholarship schemes, BAPD etc.

Issues impeding the developmental projects were also discussed threadbare in the meeting wherein the Div Com said that interdependent coordination is a must to resolve developmental bottlenecks and timely completion of works. He asked the officers to work in tandem to achieve set targets in set timelines for the larger public interest.

While addressing the officers in the meeting, the Div Com asked them to make dedicated efforts to provide prompt and hassle free services to the general public and also take effective measures to redress their genuine grievances in a timely manner.

Stressing on the better implementation of the welfare schemes and programs on ground, He directed them to publicise welfare initiatives and ensure that maximum people are covered under the schemes and no eligible beneficiary is left out from availing the schemes.

CONTD. FROM FRONT PAGE

Army Chief

Commanders also briefed the COAS on the existing Ceasefire Agreement on the LC, development works on field fortifications, counter-infiltration grid, operational preparedness, and Army-citizen connect in border areas.

The Army Chief, while interacting with Formation Commanders, laid special emphasis on being vigilant and maintaining the sanctity of the Line of Control. During his interaction with the troops, the COAS complimented them for their high morale and professional competence. (ANI)

Fear Among KPs

Budgam, also said most of the issues raised by the government staff were genuine.

The protesting employees have been demanding their relocation to safer places in view of the recent killing of their colleague Rahul Bhat.

We all feel that the ground situation is bad, the law and order (situation) is bad. The J-K government as well as the (Union) Home Ministry has been making statements that the state has headed towards normalcy and development in the past about two years.

But, the apprehensions, the fear, these people (Kashmiri Pandits) have, have also lifted the veil on those claims. They are demanding relocation to secure places, which means there is insecurity here, Mir told reporters in Sheikhpora.

He said in the last about a year, targeted killings of minority community members have taken place even inside schools and government offices.

If this is (Prime Minister Narendra) Modi's Naya Kashmir', then let him have it. We then want the same old Kashmir where there was brotherhood, in which we used to live safely, he said.

Meanwhile, filmmaker Ashoke Pandit also visited Sheikhpora and demanded the relocation of the Kashmiri Pandit employees working in the valley under the PM's package.

It was a heart wrenching experience listening to stories of agony & pain of our #KashmiriPandit brethren who are living under threat. The relocation of #KashmiriPandits employees from Kashmir to Jammu is a must (sic), he wrote on Twitter.

J&K Govt Issues

resembles that of Smallpox," reads the letter issued to Chief Medical Officers of Jammu division by Dr. Harjeet Rai Epidemiologist/SSO IDSP Jammu Division.

"On 20" of May, 2022, Ministry of Health & Family Welfare (MoHFW) Gov issued interim Health Advisory regarding the Monkeypox. This office has prepared a Power point presentation in detail on the subject. You are requested to kindly disseminate the advisory among all health care workers of your district for their sensitisation and further necessary action," it adds.

As per the advisory, the key points about the disease include that Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of Central and West Africa and is occasionally exported to other regions.

"Monkeypox typically presents clinically

with fever, rash and swollen lymph nodes and may lead to a range of medical complications and it is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases can occur. Case fatality rate may vary from 1-10%.

Monkeypox can be transmitted from Animal to Humans as well as human to human. The virus enters the body through broken skin (even if not visible), respiratory tract, or the mucous membranes (eyes, nose, or mouth). Animal-to-human transmission may occur by bite or scratch, bush meat preparation, direct contact with body fluids or lesion material, or indirect contact with lesion material, such as through contaminated bedding, it reads.

"Human-to-human transmission is thought to occur primarily through large respiratory droplets generally requiring a prolonged close contact and it can also be transmitted through direct contact with body fluids or lesion material, and indirect contact with lesion material, such as through contaminated clothing or linens of an infected person."

Similarly, the advisory said the clinical presentation of monkeypox resembles that of smallpox, a related orthopoxvirus infection which was declared eradicated worldwide in 1980.

"Incubation period is usually 7-14 days but can range from 5-21 days and the person is usually not contagious during this period and an infected person may transmit the disease from 1-2 days before appearance of the rash and remain contagious till all the scabs fall off," it adds.

As per the advisory the recommended public health actions include that health facilities to keep heightened suspicion in people who present with an otherwise unexplained rash and who have travelled, in the last 21 days, to a country that has recently had confirmed or suspected cases of monkeypox or report contact with a person or people with confirmed or suspected monkey pox.

"All suspected cases to be isolated at designated healthcare facilities until all lesions have resolved and a fresh layer of skin has formed OR until the treating physician decides to end isolation and all such patients to be reported to the District Surveillance Officer of Integrated Disease Surveillance Programme."

"All infection control practices to be followed while treating such patient, laboratory samples consisting of fluid from vesicles, blood, sputum etc to be sent to NIV Pune for Monkey pox testing in case of suspicion and in case a positive case is detected, contact tracing has to be initiated immediately to identify the contacts of the patient in the last 21 days," reads the advisory—(KNO)

Panel To Probe

measures thereof... Further action will be taken based on report of committee," it said.

According to the Ministry of Road Transport and Highways (MoRTH) office order, Professor JT Sahu of IIT Delhi will be the chairman of the committee, and it will submit the report to the ministry within 10 days.

According to the official statement, the stretch between Digdole and Khooni Nallah of Ramban Banihal section is prone to frequent landslide and shooting stones due to fragile

geology. Considering the strategic importance of maintaining all- weather connectivity to Srinagar and after assessing the challenges in ensuring stability of hill slopes on existing alignment, tunnels, viaducts are proposed under 3 packages in Ramban-Banihal section, it said.

"On 19.05.2022 around 10.30 to 11 PM, land slide and shooting of stones started while the execution of portal support installation work of adit at Khooni Nallah was also being done. Before workers could be moved out, suddenly huge rock mass fell above the false steel portal erected for construction of adit which caved in leading to trapping of 12 workers at that spot," the statement said.

Senior NHAI officers immediately reached the site and rescue work was immediately started by SDRF, NDRF, J&K Police, the statement said adding two workers were rescued immediately and were hospitalized; and all possible medical aid is being extended to them.

It said the trapped workers did not survive and bodies of 10 trapped workers were recovered by last Saturday evening.

Those whose life could not be saved are being given workman compensation and additional ex-gratia of Rs 2 lakh by EPC contractor which amounts to at least Rs 15 lakh.

The injured are also being adequately compensated and in addition, the UT administration has announced ex-gratia relief of Rs 1 lakh.

It is yet to be determined whether the incident occurred due to work being executed or due to natural reasons, the statement added.

The twin tube tunnel work in 4-laning from Digdole to Panthyal on Jammu-Srinagar highway was awarded to Ceigall India Limited in JV with Patel Engineering Limited. The construction work started on February 1, 2022.

Bodies Of Labourers

others were dispatched to their hometowns outside the union territory, officials said on Sunday.

Ten labourers – five from West Bengal, two each from Jammu and Kashmir and Nepal, and one from Assam – died after a landslide hit the mouth of the adit tunnel to T4 on the Jammu-Srinagar national highway near Khooni Nallah in Ramban on Thursday night.

While the body of one of the labourers was recovered on Friday, those of the nine others were retrieved during the day-long rescue operation on Saturday. After the landslide on Thursday, three injured workers had been rescued.

Deputy Commissioner, Ramban, Mussarat Islam said bodies of the two local labourers – Muzaffar Sheikh (38) and Mohammad Ishrat (30) – were handed over to their family members within a few hours after being pulled out from under the debris.

Both were laid to rest at their ancestral graveyard near Panthiyal village in Ramban district late on Saturday, he said.

The remaining eight bodies -- Jadav Roy (23), Gautam Roy (22), Sudhir Roy (31), Deepak Roy (33) and Parimal Roy (38) of West Bengal, Nawaraj Chowdhury (26) and Khushi Ram (25) of Nepal and Shiva Chowhan (26) of Assam were shifted from Ramban to Jammu.

Nodal officers were contacted in West Bengal, Assam and Nepal, and accordingly, the

bodies of the deceased were separately moved to Delhi. They are being handed over to their family members in their respective home towns, the officials said. (PTI)

Selfless Service

to honour the contribution of change makers in social transformation, at IHC New Delhi on Sunday, an official spokesperson said.

Sinha, he said, stressed on the need to strengthen the interface between administration and voluntary citizens' group for efficient delivery of services and giving focused attention to social sector priorities such as environment, women empowerment, tribal welfare and care for the aged and specially-abled.

"Voluntary organizations and individuals working together with the administrative machinery have the potential to bring about revolutionary changes in the lives of people, bridging gaps in the systems and contributing to the progress of society and the nation," the LG said.

According to the spokesperson, the LG expressed gratitude to Prime Minister Narendra Modi and said that the PM has introduced unsung heroes as new inspirations to the society.

The LG, he said, also released the Coffee Table Book titled "Chetna Heroes-Spreading Goodness" and made a special mention of Nazia Hurra, a resident of J&K's Bandipora who is working for the well-being of specially-abled children and the people belonging to poor & marginal sections of society.

"Despite numerous challenges in her personal life, Nazia has succeeded in creating conducive environment for less privileged in Bandipora and Ganderbal and motivating others to follow the path of Seva," Sinha said.

On the occasion, the LG handed over awards to around 32 change-makers for rendering their continuous selfless services to the society.

"It was an honour and a privilege to felicitate India's best and most deserving changemakers. All these men and women devoted to constructive social work are the real heroes of national development. They form the backbone of our social sector and are truly inspiring others, especially the younger generation, to participate in selfless service to the society," the LG added.

According to the spokesperson, the Parliamentarians, K.J. Alphons and Smt Locket Chatterjee also spoke on the occasion and lauded the spirit of selfless service to the society of all who received the Chetna Award today.

Alphons, he said, appreciated the unprecedented development works going on in Jammu Kashmir under the present LG -led UT Administration.

22% Students In J&K

of 55-59, 3.7 of 60-64, 2.6 of 65-69, 1.7 of 70-75, 0.8 of 75-80 and 0.8 percent of 80 and above age group in Jammu and Kashmir.

Besides this, NFHS noted, 22.4 percent of the population has never attended school, 11.3 percent has attended school for five years, 26.3 percent of the population has attended school for 5-9 years, 14.5 percent have attended school for 10-11 years and 25.5 percent of the population has attended school for more than 12 years.

Pertinently, 29.9 percent of females in J&K have never attended school while 15.3 percent of men have never attended school in J&K.

Dr Sehrish Reviews Progress Of Jal Jeevan Mission



Observer News Service

BARAMULLA: The District Development Commissioner (DDC) Baramulla, Dr Syed Sehrish Asgar who is also Chairperson of District Jal Jeevan Mission Committee, on Sunday convened a meeting to review the implementation of Jal Jeevan Mission (JJM) across the district.

The DDC reviewed the status of progress of under construction Water Supply Schemes, Detailed Project Reports, revising of Detailed action plan, tendering, work allotments under JJM.

On the occasion, a threaded discussion was held with regard to various important schemes being implemented in the district for the augmentation of the water supply.

Dr Sehrish reviewed the physical and financial progress of the works being executed under JJM.

The meeting was informed that 238 schemes shall be implemented at a cost of Rs. 820 crores under JJM project across the district including Pattan, Baramulla, Rafiabad, Sopore, Tangmarg and Uri.

Elaborating further, the meeting was informed that 109 ret-

rofitting and 129 new schemes were introduced in the district which include 19 production walls and 02 overhead tanks.

The DDC impressed upon the concerned to ensure fool-proof implementation of the JJM. She also took the detailed review of estimations, rate revisions, tendering, allotments for construction of filtration plants and laying of pipelines and other related works.

Asserting that JJM is a major flagship programme to cover all households, the DDC directed all the officers to work in coordination and ensure smooth execution of JJM works in their areas.

She directed that besides all households be connected through tap water, all pending schools, aganwadi centres, health centres and panchayat ghars shall also be provided with tap water connections under JJM scheme across the district.

The meeting was attended by Joint Director Planning M Yusuf Rather, Superintending Engineer M.Haneef, District Social Welfare Officer, Divisional Forest Officer, Chief Medical Officer, Executive Engineer PHE, District Information Officer besides other dignitaries.

Foxglove Bloom In Bhaderwah Fails To Attract Tourists

Locals Blame BDA For "Failing" To Showcase The Valley

Press Trust Of India

BHADERWAH: The 'Valley of Flowers', which was a major attraction for visitors to Bhaderwah between May and mid-June before the Covid outbreak, wears a deserted look this season, much to the dismay of tourism stakeholders.

The striking view of the Foxglove, a flower that grows in the woods and high-altitude meadows of Bhaderwah, failed to draw tourists this time around.

The tourism players have put the blame squarely on the Bhaderwah Development Authority (BDA) for "failing" to showcase the valley to tourists. A native of temperate Europe, Foxglove is a delicate and fragrant bell-shaped flower that looks like wind chimes in pink and white. It presents a rare view to the visitors who in the past used to throng the valley every year, marking the beginning of the tourism season.

"We were relying heavily on the Foxglove for the increase in the footfall of visitors and revival of tourism after the pandemic.

"But for unknown reasons, authorities did not project this major attraction to the flower lovers and skipped one of the most important events of Bhaderwah's tourism calendar," Secretary of Tour and Travels Association, Bhaderwah, Sheikh Mohd Ishaq said.

Bhaderwah was virtually out of bounds for tourists for three years in a row. First, following the abrogation of Article 370 in 2019 and then there were the two years of the Covid pandemic.

This season, people associated with tourism were hopeful of an increased footfall of visitors.

"The failure of the BDA to project the 'valley of flowers' severely dented the prospects of a revival of tourism," Ishaq said.

"Now our only hope rests on the Indian Army as they helped in projecting Bhaderwah as a winter sports destination by organising a mega snow festival at Jai valley in February this year. We hope they will come to our rescue again by doing the needful."

Small-time tourism players who rely solely on the visitors during this season to make a living are the worst sufferers.

"There is hardly any person making it to the Valley of flowers this year as well. Before Covid, this season used to be the most productive for us," pony ride provider Saif-din-Dhakar said.

He said the tourists enjoy the view of the foxglove flowers, which last for just a month.

On September 3 last year, Lieutenant Governor Manoj Sinha launched the Jammu and Kashmir Tourist Village Network under Mission Youth to transform 32 areas of the Union Territory which are known for historical, picturesque beauty and cultural significance into tourist villages.

Out of 32 areas, Dhara, Khelani, Lanchar, Mounda, Noorihanga and Thanala are in Bhaderwah.

Elected Panchayati Raj Institution members are also concerned about the present state of affairs of tourism and expressed their dismay about the functioning of BDA. "Earlier, BDA used to organise flower festivals in Noori-Hanga and Jai.

"The government declared Hanga-Noori, Dhara and Thanala as tourist villages because of this flower, but the BDA officers concerned have made a mockery of the government order," said Thakur Yudhvir Singh Baloria a District Development Council (DDC) member from the BJP.

He alleged that the "failure" of the BDA has dented the prospect of a good tourism season and therefore responsibility should be fixed and the officers concerned should be taken to task.

"From hoteliers, guest house owners, and tour operators to ponywallahs and street vendors, all were relying heavily on Foxglove for the revival of tourism in Bhaderwah.

"But official apathy and indifferent attitude of BDA has left everyone here high and dry. The BDA failed to cash in the platform provided by the Army by organising a snow festival earlier this year," Sarpanch of Kursari Sajid Mir said.

Pakistani National Arrested Along IB

Press Trust Of India

JAMMU: A 21-year-old Pakistani national was arrested when he intruded into the Indian territory from across the International Border (IB) here, officials said on Sunday.

Saber Nawaz, a resident of Malik Chak, crossed into Akhnoor

sector in the outskirts of Jammu on Saturday and was noticed by the alert Indian army guarding the border, the officials said.

They said Nawaz was challenged and subsequently taken into custody. He was handed over to Khour Police station on Sunday for interrogation, the officials said.

Employees Protest Re-Advertising Of Posts, Demand Regularisation

Press Trust Of India

SRINAGAR: Scores of people employed under three schemes staged a protest here on Sunday demanding revocation of the Jammu and Kashmir government's decision to re-advertise the posts they were engaged in for fresh appointments.

The government had on Friday re-advertised 'Rehbar-e-Janglat', 'Rehbar-e-Zirat' and 'Rehbar-e-Khel' posts through the Service Selection Board.

It said additional weightage and age relaxation will be given to those already working on these posts.

Scores of those employed under the schemes assembled at the Press Enclave here and held a protest demanding the rollback of the order.

"We, the Rehbar-e-Khel teachers, are protesting here because the government has ordered re-advertising the posts we were engaged in. The government has gone back on its own order which had said that our services will be made permanent after seven years," one of the protesting employees said.

She said they demand the order's revocation.

"Whatever work they wanted us to do, we did it. We rendered our services even during Covid. Now, they are backstabbing us. We will stay put here and sacrifice our lives if they do not roll back the order," said another protester.

The employees said they were to be made permanent after seven years in August this year, but unfortunately their services have been terminated and the posts are being re-advertised.

"We want the revocation of the order so that justice is done with us and our families," said the second protester.

Meanwhile, political parties and leaders also denounced the government's decision.

PDP chief Mehbooba Mufti called the order "absurd" and demanded its rollback. She said re-advertising the posts was a malicious move initiated to facilitate non-residents' employment in these posts.

The National Conference (NC) also denounced the lieutenant governor administration's decision, saying the undemocratic action will further deepen the employment crisis in Jammu and Kashmir.

Its state spokesperson Imran Nabi Dar said the decision is indeed a grave injustice with thousands of professionally trained youths who worked on meagre salary just relying on the hope of regularisation after five to seven years.

He said the scheme was framed by the elected governments keeping in view the alarming rate of unemployment.

"Undoing of the decisions taken by democratically elected governments by a bureaucrat setup is unfair and unjust. Such decisions have no parallel in democracies and nowhere has this happened that a few bureaucrats have usurped a decision duly approved by the state cabinet which had the sanction of the people of J-K. What this makeshift administration has done is that it has completely disregarded the decision which had people's mandate behind it, he said.

"Behind the fig leaf of promoting transparency, it seems that the incumbent administration is working on a plan to engage outsiders in J-K and keep the youth of J-K out of such job opportunities. By disengaging these employees at this juncture, the administration has

put them, their families to undue duress and sufferings," he added.

Expressing serious concern over the decision, CPI(M) leader Mohamad Yousuf Tarigami said after the special status of Jammu and Kashmir was revoked, the government is yet to create job opportunities.

"Instead it has announced to re-advertise Rehbar-e-Janglat, Khel, Zirat posts afresh who have been serving the government for years together. These schemes were framed in view of the rising unemployment for technically qualified youth launched by the successive governments.

"These youth had been appointed on merit basis through proper recruitment procedure. Most of them have now crossed the age limit and are not in a position to compete at this stage with the fresh pass outs in their respective fields, he said.

The government's decision is unfortunate as, instead of providing employment, it is even snatching the limited opportunities, the CPI(M) leader said, adding it should be revoked as soon as possible.

The Peoples Conference also denounced the decision and termed it absolutely wrong and unjustified.

"We are totally against this decision. Governments are about consistency and continuity. The soul and essence of governments in any democratic setup is a continuous chain of decisions which are carried on by new governments in the interest of the people.

"If every government is to challenge and undo the actions and decisions of the previous governments then it would certainly be a recipe for disaster, party spokesperson Adnan Ashraf Mir said in a statement.

Bijbehara Youth Becomes Overnight Millionaire, Wins Rs 2 Cr Jackpot

'Now I Can Treat My Ailing Mother'

Agencies

SRINAGAR: A youth from south Kashmir's Bijbehara area became an overnight millionaire by winning Rs 2 crore on the online fantasy cricket platform Dream11.

Waseem Raja from Shalgam Bijbehara said that he was deep asleep on Saturday late night, when some friends called him and informed him that he is placed at first number in Dream 11 following which he realised that he has won around Rs 2 crore.

As the news broke out, people started congratulating him and his family. "I have been trying my luck since last two years by



creating fantasy teams in IPL," he said.

"Becoming a millionaire overnight is like a dream. This will

help us to overcome poverty as we belong to financially weak section," he said. My mother, he said is ailing. "Now I will be able to treat her."

Videos went viral on social media in which people can be seen congratulating Waseem Raja. There is a wave of happiness in Raja's village with the news of him becoming the winner in Dream XI.

Dream11 is an Indian fantasy sports platform that allows users to play fantasy cricket, hockey, football, kabaddi, and basketball.

In April 2019, Dream 11 became the first Indian gaming company to become a unicorn—(KNO)

RFID In Offing For Pilgrims Visiting Mata Vaishno Devi Shrine

Press Trust Of India

JAMMU: Radio Frequency Identity card (RFID) will be soon introduced for pilgrims planning yatra to Mata Vaishno Devi shrine atop Trikuta hills in Reasi district of Jammu and Kashmir to keep a check on flow of devotees and ensure all necessary steps in case of emergencies, officials said.

They said that work on 'Durga Bhawan', which can house around 2,000 yatis, was also being expedited to prevent any congestion at the revered temple complex as the rush of pilgrims was increasing by every day.

Officials in the know of the developments said that Jammu and Kashmir administration, through Shri Mata Vaishno Devi Shrine Board, is planning to introduce RFID for all the pilgrims visiting the temple.

This would help to see the flow of yatis and also ensure remedial measures in case there is any congestion visible during the yatra route, the officials said.

The measures come in the wake of a stampede on New Year's Day in which 12 people lost their lives and 16 others were injured.

It was the first such tragedy at the shrine, where pilgrims reach after a 13-km trek, following which Lt Governor Manoj Sinha had announced several decisions to ensure the safety of the devotees, including a provision for 100 per cent online registration.

Sinha had issued directions for physical and systematic improvements wherever required after critical examination, augmentation of infrastructure, decongestion of the entire track, appropriate use of technology for effective crowd and queue management and introduction of RFID tracking.

RFID is based on a wireless technology used for tracking through radio waves.

The tags can carry encrypted information, serial numbers and short descriptions.

In a bid to cater to the large crowd at Bhawan (sanctum sanctorum), work on the proposed 'Durga Bhawan' was be-

ing expedited so that devotees coming to the shrine who get stuck due to inclement weather can be accommodated, the official said.

The yatra registered a footfall of over 55.77 lakh in 2021, compared to 17 lakh the previous year due to the coronavirus pandemic.

The National Green Tribunal has put a cap of 50,000 pilgrims per day keeping in view the COVID-19 situation.

From 13.95 lakh in 1986, when the shrine board took over the affairs of the shrine for better management, there has been a steady increase of pilgrim footfall with each passing year, touching the all-time high of 1.04 crore turnout in 2012 against 1.01 crore its preceding year.

However, only 17 lakh pilgrims, the lowest in over three decades, visited the shrine in 2020 when it, for the first time in its history, remained closed for five months due to the outbreak of the COVID-19 pandemic and reopened for the pilgrims on August 16 (2020).

AMARNATH YATRA

DIG Central Kashmir Calls For 'Highest Level Of Alertness'



Observer News Service

SRINAGAR: Ahead of the annual Amarnath Yatra scheduled to begin next month, the Deputy Inspector General (DIG) of police Central Kashmir, Sujit Kumar on Sunday directed the officers to maintain highest level of alertness and ensure proper access control and all necessary facilities to Yatries at transit and Base camps.

Kumar passed these directions during a meeting with Police officers of District Ganderbal at the Transit Camp Manigam, to take stock of arrangements made with regard to the forthcoming Amarnath Yatra; a police spokesperson said. SSP Ganderbal Nikhil Borkar also attended the meeting.

During the meeting, the

spokesperson said that detailed arrangements and security review of all locations enroute including Transit camp Manigam was discussed in detail.

He said senior officers also reviewed traffic management for smooth passage of Yatra convoys and availability of parking places.

Moreover, the spokesperson said that SSP Ganderbal briefed in detail about security arrangements to be put in place on yatra route and Transit camp Manigam for smooth upcoming Yatra-2022.

"Further, DIG CKR directed all the officers to maintain highest level of alertness and ensure proper access control and all necessary facilities to Yatries at transit and Base camps," he added.

MoH&FW Team In J&K, Holds Series Of Meetings With Choudhary

Discusses India Newborn Action Plan, Situational Analysis Of Newborn Health In UT



Observer News Service

JAMMU: Additional Commissioner, Child and Adolescent Health, Union Ministry of Health and Family Welfare, Dr Sumita Ghosh, who is on monitoring visit to Jammu and Kashmir, on Sunday convened meeting with Mission Director, National Health Mission J&K, Yasin M Choudhary, to discuss India Newborn Action Plan and situational analysis of newborn health in the UT.

The meeting was attended by Head of Department Paediatrics, Government Medical College Jammu/Srinagar, HoDs of New Government Medical Colleges, Programme Director Norway India Partnership Initiative and representative of UNICEF and Programme Managers of National Health Mission, J&K.

Pertinently, India Newborn Action Plan (INAP) is India's committed response to Global Every Newborn Action Plan (ENAP) at the 67th World Health Assembly to advance the Global Strategy for Women and Children's Health. The ENAP sets forth a vision of a world that has eliminated preventable newborn deaths and stillbirths. INAP lays out a vision and a plan for India to end preventable newborn deaths, accelerate progress, and scale up high-impact yet cost effective interventions. INAP has a clear vision

supported by goals, strategic intervention packages, priority actions, and a monitoring framework.

Earlier, a meeting was also conducted at NHM office Srinagar to discuss the District Health Action Plan for improving the key performance indicators identified by NITI Aayog for Srinagar district under the chairmanship of Additional Commissioner, Child Health, MoH&FW, Dr Sumita Ghosh, and Mission Director, NHM J&K, Yasin M. Choudhary.

The health action plan was prepared by Norway India Partnership Initiative (NIPI) in consultation with NHM J&K and Chief Medical Officer Srinagar. A detailed presentation regarding the situational analysis of various indicators and proposed strategies to improve the same in time bound manner was presented by Dr. Ashfaq Bhat, Program Director, NIPI. All the indicators were discussed threadbare and inputs were taken from all the stakeholders present in the meeting in order to draft a holistic action plan.

Mission Director, NHM, J&K while speaking on the occasion said that to bring rapid improvement in Key Performance Indicators in time bound manner the Government will work together in mission mode with the support of identified lead development partners for improving the status of the health indicators.

RASM-E-CHAHNUM

Your memories are still fresh and we always feel your gardous presence around us & teaching us the lesson of honesty & obedience towards our duties.



With profound grief and sorrow we inform the sad demise of our beloved Mohd Ishaq Ganai S/o Mohd Ramzan Ganai. R/o Gund Hassi Bhat Srinagar Charum will be on Wednesday 25 May 2022 .

BEREAVED

BASHIR AHMED
SAJAD HUSSAIN
ZAHID FIRDOUS
CONTACT 8899010549

IPL 2022

'Thank You, Mumbai': Virat Kohli After RCB Seal Play-Off Berth



Press Trust of India

MUMBAI: "Thank you, Mumbai, we will remember this one," said Virat Kohli after Royal Challengers Bangalore sneaked into the play-offs following Mumbai Indians' thrilling five-wicket win over Delhi Capitals in their last game of the IPL here.

On Saturday, MI chased down a victory target of 160 in 19.1 overs to knockout Delhi from the competition and paved the way for RCB's entry as the fourth and final team in the knockout stage.

"It was unbelievable. The emotions in the changing room were unbelievable. Thank you, Mumbai, we will remember this one," Kohli said in a release.

RCB had defeated table-toppers Gujarat Titans by eight wickets in their final league match to keep their hopes alive for a play-off, which depended on the clash between DC and MI.

Delhi needed to win the match to make it to the play-offs but they came a cropper against bottom-placed MI.

RCB skipper Faf Du Plessis said the entire team watched the match together and was cheering each and every move made by the Mumbai team.

"It was so good, I think first of

all it was really nice to see that everyone was here from the start of the game, so we watched it together," he said.

"We were all shouting for every wicket that Mumbai got and then when they are chasing every boundary. It's good for everyone to watch together and then the celebration towards the end was awesome to be a part of."

RCB will now take on third-placed Lucknow Super Giants in the Eliminator at Edens Gardens on May 25.

"The last game we played we felt almost like we played our best game of cricket of this campaign so far and that is how you want to enter the knockout stages, so we needed someone to do us a favour and Mumbai did that for us, we are very thankful for that," Du Plessis said.

"Obviously now the work starts again, and we get our work mode back on."

RCB has never ever won the IPL and all-rounder Glenn Maxwell feels the team is very close to achieving that dream.

"Amazing result for us tonight. There is just one small step in us going further, we are that close to making history for RCB in this tournament. We needed another team, but from now on it's all us."

Nor'wester Damages Eden Gardens Press Box Ahead Of IPL Play-Offs



Press Trust of India

KOLKATA: Rain and thunderstorm on Saturday evening caused some damage at the Eden Gardens Stadium ahead of two IPL play-offs and also delayed the arrival of table-toppers Gujarat Titans here.

The Nor'wester, which is locally called Kalbaisakhi, lashed parts of the state, including the metropolis, causing damage to the stadium which is slated to host back-to-back IPL matches on Tuesday and Wednesday.

The squall shattered the glass covers of the press box, while few hoardings and the cover were also blown away by the thunderstorm which was "accompanied by wind speed of 90 kmph" according to the Met department.

A CAB official said the "damages were minor" and will not affect their preparation for the matches.

"We still have two days in between. Everything will be ready and the press box glass will be fixed in time," said an official.

BCCI president Sourav Ganguly also visited the venue after the thunderstorm to take stock

of the situation.

Gujarat Titans flight delayed The turbulent weather also disrupted air operations which were suspended for one and half hours, delaying many flights including that of Hardik Pandya-led Gujarat Titans.

"Air operation was suspended for close to one and half hours during the squall and GT flight might have got delayed because of this," an ATC official told PTI.

The Gujarat Titans flight, which had a scheduled landing at 5pm, reportedly went over the Bangladesh air space and finally landed after a two-hour delay.

"The players were scared but everyone landed safely and checked into the team hotel," said an official.

The first Qualifier between the top two teams will be played on Tuesday, while the Eliminator, between the third and fourth placed teams, will be on the next day.

As per report, at least two persons were killed in West Bengal because of the Nor'wester on Saturday evening.

According to the Met department, more rains are forecast in the coming days.

Gavaskar Lands In Soup For Unsavoury Remark On Shimron Hetmyer & His Wife

Press Trust of India

MUMBAI: The legendary Sunil Gavaskar landed himself in an unnecessary controversy after making an unwarranted remark about Rajasthan Royals batter Shimron Hetmyer and his wife.

Gavaskar made the comment after Hetmyer, who returned to the playing XI after spending time with his wife for the birth of their child, came out to bat after the loss of five wickets with RR chasing 151 runs against Chennai Super Kings on Friday.

Gavaskar, sitting at the commentary box, said: "Hetmyer's wife delivered, will Hetmyer deliver for the Royals now?" This



statement did not go down well with Twitterati, who blasted the former India skipper for his unsavoury remark.

Hetmyer was blessed with a baby boy on May 10.

After the birth of his child, Hetmyer returned to India and joined the RR squad.

J&K's Umran Malik Named In India Squad For SA T20Is

Press Trust of India

NEW DELHI: Jammu and Kashmir pace sensation Umran Malik on Sunday earned an expected call-up in the Indian team for the upcoming five-match T20 International home series against South Africa starting June 9.

Umran has picked up 21 wickets in 13 games for Sunrisers Hyderabad in the IPL but it's his ability to bowl consistently at 95 miles per hour that has caught the imagination of all and sundry with calls for his immediate selection in top-flight cricket.

Along with Umran, Punjab Kings' death overs specialist Arshdeep Singh has also earned his maiden national call-up.

Regular captain Rohit Sharma, star batter Virat Kohli, pacers Jasprit Bumrah and Mohammed Shami have all been rested for the white-ball series in which Rishabh Pant will be the vice-captain.

Rohit, Kohli, Bumrah, Ravichandran Ashwin and Ravindra Jadeja will all fly to England on June 15 for the one-off Test against England at Edgbaston from July 1-5 and will be joined by Cheteshwar Pujara, who has earned a recall to the 17-member Indian Test team after a stupendous show in English County Championship for Sussex.

Ditto for all-rounder Hardik Pandya, who has successfully led new franchise Gujarat Titans into IPL play-offs and has been consistent with the bat, besides bowling a few overs at brisk pace.

Umran pips Mohsin among bowlers but Tripathi misses out

While former players and experts have all spoken in unison about Umran's selection in the national team, it wouldn't have been a cakewalk had Lucknow Super Giants pacer Mohsin Khan been fully fit.

While Umran has 21 wickets (before Sunday's game), most of which came in the first phase when batters were getting used to his pace, it is understood that the selectors were far more impressed with Uttar Pradesh left-armers Mohsin, who has 13 wickets from 8 matches at an astounding economy rate of 5.93 compared to Umran's 8.93 in 13 games.

However, Mohsin's dodgy hamstring made the decision easier for Chetan Sharma's committee, which also picked Arshdeep especially for his death overs bowling for Punjab Kings.

Arshdeep bowls at early to mid 130s and has only 10 wickets in 13 games (before



Sunday's game) but his ability to bowl the change-ups along with wide yorkers and deliveries in the block-hole has earned him a place in the squad.

Arshdeep was with Indian team as net bowler in an away series against Sri Lanka last year while Umran was in the UAE, assisting the national team during T20 World Cup.

The selectors more or less picked up players who have played in last two T20I series for India with Dinesh Karthik, at 36 years of age and 18 years after he first played for India, making his umpteenth comeback.

Karthik's inclusion will certainly put Rishabh Pant under a bit of pressure as both are designated middle-order finishers unlike third keeping option Ishan Kishan, who is a specialist opener. As per indication in the team sheet, Karthik is second keeper and Ishan is a pure batter.

If there was one player, who would feel a bit let-down, it has to be Rahul Tripathi, who, before Sunday, had scored 393 runs at a strike-rate of above 160 and had three fifty plus-scores to his credit.

Tripathi, who has been consistent in the IPL, may get his chance sometime during the season but he might feel hard done by, considering Suryakumar Yadav was left out due to hand injury.

Hardik back in the mix, Venkatesh remains back-up

In the case of Hardik Pandya, it was never a question of how he will make a comeback for one of India's guaranteed game-changers but as to when that recall will come.

The Gujarat Titans skipper scored 413 runs in 13 games at a strike-rate of 131-plus but more importantly bowled nearly 25 overs (24.3 overs), which is around a couple of overs per game.

He worked up good pace, got a few wickets but more importantly will give Rohit a sixth

bowling option going into the World T20 in Australia.

India's spin department for the T20I series also looks menacing with three wrist spinners -- Kuldeep Yadav, Ravi Bishnoi and Yuzvendra Chahal -- in the mix along with left-arm orthodox Axar Patel.

Pujara back in Test squad after bagful of County runs

The 34-year-old Cheteshwar Pujara scored 720 runs in five Division two games for Sussex, which included two double hundreds and two hundreds, which forced the selection committee to give him a call-up for the 'fifth' Test of the last series. The squad doesn't have any new face from the one that was picked last year.

Prasidh Krishna, who had been drafted into the Test squad during the course of last series, is back while KS Bharath is now the official second keeper in Tests after 37-year-old Wridhiman Saha was shown the door earlier this year.

Shreyas Iyer and Hanuma Vihari, who have done well for India in the little chances that they got, are there.

India's Test squad: Rohit Sharma (captain), KL Rahul (vice-captain) Shubman Gill, Virat Kohli, Shreyas Iyer, Hanuma Vihari, Cheteshwar Pujara, Rishabh Pant (wk), KS Bharat (wk), Ravindra Jadeja, Ravichandran Ashwin, Shardul Thakur, Mohd Shami, Jasprit Bumrah, Mohd Siraj, Umesh Yadav, Prasidh Krishna.

India's T20I squad: KL Rahul (Captain), Ruturaj Gaikwad, Ishan Kishan, Deepak Hooda, Shreyas Iyer, Rishabh Pant (vice-captain)(wk), Dinesh Karthik (wk), Hardik Pandya, Venkatesh Iyer, Yuzvendra Chahal, Kuldeep Yadav, Axar Patel, Ravi Bishnoi, Bhuvneshwar Kumar, Harshal Patel, Avesh Khan, Arshdeep Singh, Umran Malik.

LG, Leaders Congratulate Umran Malik

Press Trust of India

SRINAGAR: Jammu and Kashmir Lieutenant Governor Manoj Sinha and political parties and leaders Sunday congratulated pace sensation Umran Malik on his selection in the Indian team for the upcoming five-match T20 International home series against South Africa starting June 9.

"Heartiest congratulations to Umran Malik for selection in Team India for T20 Series against South Africa. It is a proud moment for Jammu Kashmir. Well done & best wishes," the lieutenant governor tweeted.

Congratulating Malik, former chief minister and National Conference vice president Omar Abdullah said he would be keenly watching the series.

"Well done Umran Malik. We will be watching the forthcoming T20 series against the Proteas very keenly," he said in a tweet.

The PDP said Malik was an inspiration for youngsters in Jammu and Kashmir.

"Congratulations to Umran Malik on being named in India's 18-member T20Is squad. Umran has trailblazed his way all the way to the top despite so many odds. He is an inspiration

for a generation of youngsters in J&K, the party said on its official Twitter handle.

"The day has come. Umran Malik makes it to the Indian cricket team. Very few from J and K have made it to the squad. Congratulations. Best wishes, Peoples Conference chairman Sajad Lone said.

Umran Malik has picked up 21 wickets in 13 games for Sunrisers Hyderabad in the IPL but it's his ability to bowl consistently at 95 miles per hour that has caught the imagination of all and sundry with calls for his immediate selection in top-flight cricket.



it difficult to express his feelings of that moment which is a bit of a blur.

"People were just coming in hoards to congratulate me. I am now going home and would join the celebrations. Just saw the news on internet. What could be a bigger achievement than

Man City Clinches 6th Premier League Title In 11 Seasons



Agencies

MANCHESTER: Manchester City clinched a sixth Premier League title in 11 seasons on Sunday by scoring three times in five minutes to come from behind to beat Aston Villa 3-2 in the finale to avoid being toppled by challenger Liverpool.

City was trailing 2-0 to Villa until Ilkay Gundogan began the comeback in the 76th. Rodri equalized two minutes later and Gundogan put City in front in the 81st.

At one point even when City was losing, it was still set to defend the title as Liverpool was only drawing 1-1 to Wolverhampton. But Mohamed Salah then put the second-place side in front in the 84th minute, which would have taken Liverpool into first place had City not mounted its fightback at the

Etihad Stadium. Andy Robertson then sealed Liverpool's 3-1 win.

Had City conceded a late equalizer, Liverpool would have snatched the trophy away but Pep Guardiola's side held on for the win in a thrilling climax.

Arsenal finished the season with a 5-1 win over Everton on Sunday but it wasn't enough to dislodge archrival Tottenham from fourth place in the Premier League.

Arsenal had to settle for fifth place — and Europa League football next season — after Tottenham grabbed the last Champions League spot with a 5-0 win at Norwich on the final day of the campaign.

Manchester United finished sixth after a 1-0 away loss to Crystal Palace. The red side of Manchester sealed a Europa League spot after West Ham lost 3-1 to Brighton and landed the seventh spot. (AP)

French League Celebrates As Mbappé Decides To Stay With PSG



Agencies

PARIS: Kylian Mbappé's decision to stay with Paris Saint-Germain was widely celebrated in the French league, even by coaches who still have to defend against the prolific forward next season.

Mbappé ended months of speculation when he signed a new three-year deal on Saturday. He again snubbed Spanish giant Real Madrid, which failed to buy him in 2017 as he joined PSG from Monaco for 180 million euros (\$190 million). Madrid had the same offer for Mbappé knocked back by PSG last year, when he had only one year left on his old contract.

"I would have been sad to see him go," Nantes coach Antoine Kombouaré said. "It's brilliant that he's in the French league. It would have been a big blow for us if he had left. It's important for French football."

Nice coach Christophe Galtier's side eliminated PSG from the French Cup, drawing and beating the French champion in the league and without conceding a goal in the three games.

The French league's president Vincent Labrune joined in with

the feelgood factor.

"Mbappé's decision to stay is a strong sign for the present and future of our league. Top scorer and passer (in the league), a world icon of football, (he) will continue to make history in Ligue 1. It's a source of immense pride," Labrune said.

France has long been known for producing outstanding young players, like Mbappe, who then join big clubs in financially far stronger leagues like the Premier League in England.

However, none of the other French clubs could afford to keep Mbappé and offer him huge wages the way PSG can.

While Mbappé came through the French league's outstanding youth academies — considered the best in Europe along with Spain — others like striker Anthony Martial left the country at a younger age.

The latest to go this time is 22-year-old Marseille midfielder Boubacar Kamara, recently called up to the France squad for the first time. He announced his departure from Marseille on Sunday, without saying which club he will join.

Croatian Police Fire Live Ammunition During Football Fan Clash

Agencies

ZAGREB: Outnumbered Croatian police officers fired warning shots into the air and ground with live ammunition when soccer fans returning from a match in the capital attacked them on a highway with iron bars, bats and flares, authorities said Sunday. At least 35 people were injured, including four fans with bullet wounds.

The violence late Saturday happened when a convoy of more than 260 cars and buses was transporting Hajduk Split fans under police escort after their team lost 3-1 to Dinamo Zagreb. The two teams have a fierce rivalry — Split is Croatia's second-largest city after Zagreb — and Hajduk fans may have been angry because police barred them from entering Zagreb's stadium with flares and banners.

About 2,000 fans refused to enter the stadium and remained outside throughout the match, police said. As they were traveling back to Split, which is about 355 kilometers (220 miles) south of Zagreb, a group of fans blocked traffic and started at-

tacking officers on a section of the highway on the outskirts of the capital, police said. The road is the main Croatian highway leading from Zagreb to the Adriatic Sea coast. Police said the fans ignored orders to disperse.

"There were no signs something like this could happen," said Damir Baric, a senior police official in charge of public security. "They blocked traffic, suddenly ran out of their vehicles and advanced on the police who were 10 times outnumbered."

Zagreb police chief Marko Rasic said that three officers tried to find shelter inside a police van, but that the fans hurled a burning flare inside the vehicle forcing them to evacuate. He said the three police officers discharged their firearms, shooting about two dozen shots mainly into the air but also into the ground. These bullets apparently ricocheted and wounded the attackers, he said.

One fan struck by a bullet was seriously wounded and none of the other injured, including the police officers, were in life-threatening condition, police said.