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P3 CITY

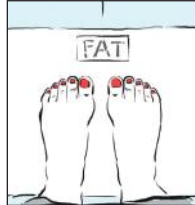
J&K TO WITNESS GOLDEN PERIOD IN MATERNAL & CHILD HEALTH SECTOR: ADVISOR BHATNAGAR

Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Tuesday said that Jammu and Kashmir would witness a golden period in Maternal and Child Health by putting into service the

THINK

FANGS OF FAT PHOBIA

The pandemic and the subsequent lockdown that was imposed altered our lives in several ways. As the covid cases surged, stringent lockdowns were imposed across the world, and quarantine became the new necessity. It was an unprecedented event and people took to several new activities and



P7 STATE

MELA KHEER BHAWANI : AMID TIGHT SECURITY, OVER 200 KP'S LEAVE FOR KASHMIR

Amid tight security arrangements nearly 250 devotees, mostly migrant Kashmiri pandits, left Jammu on Tuesday in a fleet of government arranged buses to pay obeisance



Quote!
Doubt kills more dreams than failure ever will
-Suzy Kassem

NEWS DIGEST

'Hizb Militant' Arrested In Bengaluru

Bengaluru- A suspected Hizbul Mujahideen militant has been arrested here in a joint operation by the Karnataka and Jammu & Kashmir police. The accused, Talib Hussain was arrested on June 5, police sources said on Tuesday. According to police sources, Hussain had fled Jammu and Kashmir with his wife and children as the **More on P6**

LG Grooms People On Mela Kheer Bhawani

Srinagar: Lieutenant Governor Manoj Sinha has extended his warm greetings to the people on the eve of the auspicious occasion of Jyeshtha Ashtami. According to an official spokesperson, the LG in his message said that the auspicious occasion is a celebration of righteous living, love, compassion and harmony. "It holds immense religious and cultural **More on P6**

Four Held Over Shopian IED Blast: Police

Srinagar: Four persons have been arrested in connection with an improvised explosive devices (IED) attack that took place in Shopian district of Jammu and Kashmir last week, in which an army soldier was killed, police said on Tuesday. #ShopianPolice cracked recent #terror attack case in which terrorists used IED in a vehicle at Shedow Shopian, in which one **More on P6**

Driver Killed After JCB Overturns

Srinagar: A JCB operator was killed as the vehicle turned turtle while extracting sand from Rambhara Nallah in south Kashmir's Shopian district on Tuesday morning. News agency GNS reported that the JCB operator identified as Bilal Ahmad Lone of Ganapora Balpora was critically injured in the accident and was shifted to hospital where **More on P6**

Man Kills Father In Udhampur

Jammu: A 28-year-old man allegedly murdered his father Tuesday following an argument over some issue in Udhampur district of Jammu and Kashmir, police said. Joginder Kumar attacked his father Gopi Ram in his sleep with a hammer on his head at their house in Kagot village of Ramnagar, a police official said, adding that Ram died on the spot. He said the father-son duo had an **More on P6**

3 Militants Killed In Twin Gunfights

Student Turned Militant Killed In Shopian Was Missing Since March 2020



File Photo

Observer News Service

Srinagar: Three militants, including a Pakistani national on Tuesday were killed in two separate encounters with government forces in the twin districts

of Kupwara and Shopian in the Valley, police said.

Police and army's 47 RR launched a cordon and search operation in the Kandi area of Kupwara on the basis of specific input about **More on P6**

Over A Dozen Arrested Over Militancy Links

Over a dozen people have been detained by police during raids across Jammu and Kashmir for allegedly being in touch with militant commanders in Pakistan, officials said on Tuesday. The police said many recent target killings and other militancy-related incidents have taken place at the behest of these commanders using local hybrid militants. J&K Police has rounded up a number of individuals and initiated legal action **More on P6**

200 KP Teachers Shifted To Safer Locations In Kashmir

Auqib Javed

SRINAGAR: The Jammu and Kashmir administration has transferred around 200 Kashmiri Pandit teachers from vulnerable areas to "safer locations" in Srinagar and elsewhere following a spate of targeted attacks in the Kashmir valley.

An official from Directorate of School Education Kashmir (DSEK) told Kashmir Observer that majority of these teachers have been posted in Srinagar.

The teachers, who have been recruited under the Prime Minister's special employment package have been posted in high security zone areas such as Badambagh, Batwara and

Athwajan, Jawahar Nagar, Rajbagh and Barzulla, he said.

"Other non-teaching staff will also be posted in secure areas," the official said, wishing not to be named.

He said the decision was taken to ensure the safety of the Kashmiri Pandit employees.

Earlier, the administration directed all the departments to shift the KP employees, working in interiors of the valley's 10 districts, to the more secure district headquarters.

KP employees have been staging protests and threatening mass exodus since the killing of Rahul Bhat, a clerk, who was shot dead by militants on May 12 in **More on P6**

Suspended BJP Leader Gets Police Summon, High Security

Amid Mounting Int'l Backlash, Govt Asserts 'Good Relations' With Countries Will Continue

Press Trust Of India

New Delhi: Suspended BJP functionary Nupur Sharma was on Tuesday summoned by Maharashtra Police in the case against her for controversial remarks on Prophet Mohammad that have drawn mounting backlash in India and abroad, while security was provided to her by the Delhi Police after she complained of receiving death threats.

The Opposition has been demanding strict legal action against Sharma and has accused the ruling BJP of harming India's image with its "politics of hatred" after many Muslim countries lodged protest and issued statements criticising the alleged derogatory remarks made by the former party spokesperson during a TV debate.

Even as Malaysia, Iraq, Türkiye and Libya joined over a dozen Muslim nations in



I DON'T THINK THAT THIS STATEMENT was made by any government functionary and, therefore, it has no impact on the government and necessary action has been taken by the party."

condemning the comments by Sharma and now-expelled leader Naveen Kumar Jindal,

Union Minister Piyush Goyal said action has been taken against the persons and

asserted that "good relations" would continue with the countries.

Delhi-based Sharma has been summoned by the Mumbai police in Thane, neighbouring Mumbai, to record her statement before the investigating officer on June 22 in connection with an FIR registered against her, a Thane police official said.

Also, the Mumbai Police has asked a news channel to hand over the video clip of Sharma of the alleged objectionable statements made by her during a TV debate in connection with another FIR at Pydhonie police station.

A Delhi Police official, meanwhile, said that Sharma and her family have been provided police security after she alleged that she has been receiving threats and was being harassed over her remarks. Police said that its cyber cell unit received **More on P6**

Depriving People From Benefits Of Public Projects A Crime: LG

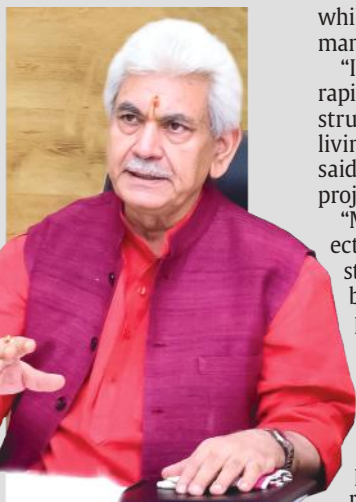
Observer News Service

Srinagar: Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Tuesday that depriving common people from the benefits of public projects is a crime and that the benefits of the development works must percolate to every citizen.

Sinha made these remarks after inaugurating nine projects of Jhelum & Tawi Flood Recovery Project (JTFRP) funded by the World Bank, an official spokesperson said.

"Depriving common people from the benefits of public projects is a crime. The benefits of the development works must percolate to every citizen. Available resources and funds must be utilized to meet people's aspirations," Sinha said.

The LG, as per the spokesperson said that the new projects will have a positive impact on the lives of people,



EXPERTS MUST BE DEPUTED TO CONDUCT a detailed study, make necessary interventions and find solutions to develop a strong Disaster Risk Mitigation mechanism for Jhelum and Tawi River."

while strengthening disaster management system in J&K.

"It is our commitment to rapidly modernize infrastructure and ensure ease of living for the people," the LG said, while dedicating new projects to the public.

"Many infrastructure projects of JTFRP, which were stalled for years, have been completed. It will pave way for rapid expansion and modernization of far-flung areas, strengthening of rural healthcare and enabling emergency service department for effective response," he added.

The LG, as per the spokesperson said that installation of 29 Oxygen Generation Plants in CHCs and SDHs of various remote areas of the UT will add 11,000 LPM to the existing capacity.

"The vital road projects will strengthen road connectivity to flood-prone areas and provide **More on P6**

Heavy Security In Place For 'Kheer Bhawani Mela' Today

SRINAGAR: Heavy security bandobast has been made for the annual 'Kheer Bhawani Mela' which is being celebrated on Wednesday at Tulmula area of Central Kashmir's Ganderbal district.

J&K administration has given go ahead for the Mela even as Mata Kheer Bhawani Asthanan Trust (MKBAT) had appealed to devotees, particularly Kashmiri Pandits (KPs) to cancel the annual Mela in view of recent targeted killings.

Deputy Commissioner (DC) Ganderbal, Shyambir said that all the arrangements for the annual Mela have been made by the district administration.

He said that Langer and other facilities have been established by the people, adding that the festive look could be witnessed at the place a day ahead of the annual celebrations.

He said that some of the devotees have reached the place today while others will reach there tomorrow. "The administration has made free bus services available at eight places across Kashmir," he said.

DC Ganderbal said that the annual event has **More on P6**

AMARNATH YATRA

Plug Loopholes, Keep QRTs On High Alert: DGP Tells Officers

Observer News Service

Srinagar: The Director General of Police, Dilbag Singh on Tuesday asked his men to ensure strict compliance of the directions to plug any loopholes during the upcoming Amarnath Yatra, and to keep quick response teams on high alert so that necessary help and assistance is provided to the pilgrims as and when required.

The police chief passed these directions during his visit to base camps at Baltal and Domail where he reviewed the security arrangements put in place at these important points and en route for Amarnath Yatra, a police spokesperson said Tuesday.

Singh, who was accompanied by Special DGP CID J&K R.R. Swain, also interacted with officers and personnel of police and CRPF at Baltal. The DGP, according to the spokesperson, directed for better coordination among all the agencies for the smooth conduct of the yatra.

"He said that strict compliance of the directions should

be ensured to plug any loopholes. The DGP also directed for strengthening of communication network and real time co-ordination and dissemination of information," he said.

He further said that the DGP also directed that that quick response teams be put on high alert so that necessary help and assistance is provided to the pilgrims as and when required.

Singh, he said, also stated that sufficient manpower from different security agencies is being put on the pilgrimage duty to strengthen the deployment grid.

During the visit, the spokesperson said that the DGP reviewed security and logistic arrangements at Baltal, Domail and enroute and also inspected parking facilities for Yatri vehicles.

"He gave directions for making adequate parking arrangements for the yatra, for better management of traffic and security. He directed for increasing the space for parking by leveling the ground at important locations to avoid inconvenience to the pilgrims," he said. **More on P6**

'We Take It Lightly'—But Caste Discrimination Ruins Lives In Kashmir

TABIA MASOODI, AL MISDA MASOOM

Lost in his thoughts, Faiq stares into the nothingness. The nothingness that surrounds him from the outside is resonating with the nothingness he feels from within. He breaks the impasse by recalling how brutally his hopes were shattered.

Ten years ago, Faiq got admitted into the college and started a new phase of life. Not only did he get friends but among them was a special friend. Over those three years of college, they both became extremely attached to each other. After college, they joined the same university together for their masters, dreaming of life and future together. Once done with masters, they were hoping to get married. But little did they know destiny had some other plans for them.

The girl's family didn't approve of Faiq. The girl belonged to the Syed family while the boy was of a non-Syed



Representation Photo

background. The reason for breaking the bond was that the girl's family said they would have to hear the complaining tones of the extended family. "They brutally said that this marriage will bring disrepute to their name," Faiq laments.

Not being able to handle and process whatever was happening, the whole situation turned traumatising for Faiq. He couldn't even make sense

of my surroundings.

Lost in his agony, he used to roam around Shehr-e-Khas wearing an old pheran. Every day at around 6 in the evening he used to sit in front of her home on a small stall and look at her window just to get a glimpse of the "love of his life". Without a miss, this became his routine that continued for months.

Just when Faiq thought that nothing worse than this could

happen to him, there was more brutality in store for him. All his hopes were shattered on the day when the girl's brothers beat him mercilessly. After this incident, he understood that there was nothing left to do but to give up.

"This discrimination based on castes ruined our lives," lamented Faiq. "We take it lightly. But it takes a mental, emotional as well as physical toll to overcome something in which you have an emotional investment of more than ten years."

While Faiq was lucky enough to push through his trauma many people are not able to transit through the world of insanity to sanity. Salim's story is not different from Faiq's except he wasn't lucky enough to come back to the so-called world of wisdom. He has been on psychotropic drugs for the last 12 years.

Casteism has always been a monster lurking in the shadows of societies, making its discriminatory existence known to the **More on P6**

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Yes, You Have Control Over Your Healthspan: A Nutrition PhD's Advice For Optimizing Longevity

Ashley Jordan Ferira | MBG Health

Once upon a time, I had a pretty awkward and comical date in Santa Monica. I was new-ish to Los Angeles and decided to try out a dating site that was famous for its robust matching algorithms. However, on this particular evening on Pico Boulevard, their matching science was, well, not so robust. I probably should have known something was awry when the handsome maitre d' wished me "good luck" in a distinct, you're-gonna-need-it kind of tone before taking me to the table where my date was already seated. In lieu of a warm salutation, my date stood up, scanned me from toes to head (yes, in that particular order), and proclaimed with some audible disappointment, "You're taller than your dating app profile said." I replied, "It's nice to meet you too" like any gracious Southern lady would, and proceeded to sit my tall self down. (I'm actually a not-so-tall 5-feet-6-inches, but as my dating profile clearly stated, "I like to wear heels," so you know...do the math.) The rest of that date could inspire a Saturday Night Live skit, but allow me to cut to the nutrition-relevant chase (since this article is about nutrition principles for a long and healthy life—I promise). A nutrition Ph.D.'s long-range nutrition philosophy. After asking my date the obligatory question about what he did for work, I kept the convo flowing by sharing that I was a dietitian and nutrition research scientist. As with lots of strangers, my occupation immediately inspired my date to share his personal foraging and dietary practices with no prompting at all. Specifically, he shared that since he works best in the wee hours of the morning, he eats supper at around 2 a.m. Rotating between three particular fast food joints, he picks up the food earlier in the day and refrigerates it to enjoy later (you know, at 2 a.m.). To be clear, he does not work a night-shift job. He then went on to say with adamance that he did not like or consume

fruits, vegetables, fish, or most "healthy stuff." Why? His rationale: "Life is too short. I'll worry about eating healthy later." While the daily video gaming and other hobbies he mentioned were never going to fit with my interests and use of time, his eating habits specifically were sounding alarm bells in my dietitian head. Given his nutrient-depleted diet, it took me everything not to convert our date into an emergency nutrition counseling session that at least covered vitamin C, omega-3s, and fiber for everyone's sake. (OK, I'm 80% joking). You see, our nutrition philosophies and game plans for the long term were categorically opposed. I threw a bright yellow mental penalty flag down on the dating field and called it quits (in my mind of course—after all, I needed to finish my salmon and vegetables first!). And while a date might just be a date, its future potential certainly plays a role in deciding whether to prolong said dating journey. The longevity of our hypothetical relationship was doomed for a variety of dating site algorithm failures, but like any research-minded Ph.D. nutritionist might ruminate (OK, maybe just me): This man's lack of actual longevity potential flashed before my eyes as his shocking nutrient-lacking lifestyle was revealed. It was like he had zero dollars in his nutrition 401(k) account, and I'm sorry, but that just doesn't add up to a lengthy partnership. Healthspan is not fixed (it's malleable!). Whether you're looking for a good nutrition life match or simply cooking dinner for yourself, do we actually know what constitutes longevity food? And do we have the luxury to worry about eating healthy later, as my date suggested? The science is quite clear on that: Nope. At least not if the goal of living on this earth is thriving (instead of just surviving). Regardless of your life stage, now is always the time to prioritize nutrition and other healthy lifestyle practices (i.e., restful sleep, physical activity, healthy body composition, smoking cessation, moderate or scant alcohol consumption, etc.). But is starting earlier best? Absolutely. And as it turns out, we even know that certain



patterns of macronutrients, micronutrients, and phytonutrients (i.e., plant bioactives) and their timing of consumption are tied to longer healthspan. It's so important to note that healthspan is malleable! Like the ultimate alley-oop basketball move: Your genes might be the setup, but nutrition is definitely the follow-through. Suboptimal nutrition can be a weak-sauce layup that barely makes it into the net, while a nutrient-dense lifestyle is like a fabulously confident dunk with some impressive hang time. Smart nutrition: the ultimate power play for longevity. Beyond the obvious role of taking in enough nutrients every day (i.e., get serious about nutritional sufficiency, whether that means a truly comprehensive multi, effective vitamin D3 supplement, filling your omega-3 gap, or more), our body is nutrient-responsive. That's because nutrients are fabulously multi-

functional. Aside from being delicious, nutrition has the ability to positively affect so many physiological pathways and outcomes. Here are just a few that come to mind: boots-on-the-ground antioxidant fighting power against oxidative stress via an array of antioxidant vitamins, minerals, and phytonutrients from plants (fruits, vegetables, herbs, and more) anti-inflammatory marine omega-3s for resolution of inflammatory pathways prebiotic fibers and probiotic microbes for robust gut health 24/7 cellular cleanup and rejuvenation activities like detoxification and autophagy (think glutathione, milk thistle, CoQ10, etc.) adaptogens and nootropics for mental resilience and cognitive performance normocaloric intake of plant-centric carbs, proteins, and fats within a defined intermittent fasting window (e.g., 12 hours each day) for healthy body composition and cardiometabolic

health intricate interplay of food and nutritional bioactives with your genes and DNA via precision nutrition solutions (e.g., for MTHFR gene variants) and epigenetic mechanisms Smart nutrition is like a strategic biohacking strategy you tap into daily to thrive for the long haul. A recent, comprehensive research review examined this fascinating area of longevity nutrition, so you'll want to check out the highlights and key nutritional pillars that represent a literal investment in your future. Longevity nutrition is core to mbg philosophy, too. Of course, if you've read mindbodygreen content for any period of time, you'll probably know the pragmatic power of nutrition for health and longevity. This is not just something we cover in a journalistic sense. Longevity nutrition is actually core to the mindbodygreen philosophy, our portfolio of products, and the way we live. In fact, the suite of premium products in mbg's longevity & vitality collection were created with your healthspan in mind. By taking longevity support to the next level, these bioavailable nutrients, botanicals, and bioactives transform your daily regimen for healthy aging.* From the 30 trillion cells that make up the human body, to how we look and feel—the fact is the amounts, types, and timing of nutrients and phytonutrients we choose to consume are absolutely pivotal to our health today and tomorrow. Nutrition isn't sitting on the sidelines. It's a versatile quarterback calling the plays. Whether that "play" is to keep your brain sharp as a tack, maintain strong muscles and bones, promote insulin sensitivity and blood glucose balance, elevate gut microbial abundance and diversity, bolster your resilience to stressors, ensure your immune defenses are game for inevitable challenges that will come, or nurture collagen production—ultimately, these are all longevity plays, individually and collectively. They all rely on smart nutrition rooted in science.

محمد امین بٹ انتقال کر گئے

فاتحہ خوانی 10 جون انجام دی جائیگی



پھر انتہائی دکھ اور افسوس کے ساتھ دی جاتی ہے کہ انجمن شیعہ اہلکاران سرینگر میونسپل کارپوریشن کے سابق صدر محمد امین بٹ 6 جون 2022ء بروز سوموار کو انتقال کر گئے، اللہ تعالیٰ مرحوم کو جنت الفردوس میں جگہ عطا فرمائے، مرحوم انتہائی شریف انش اور صوم وصلو کے پابند تھے، مرحوم کی اجتماعی فاتحہ خوانی 10 جون 2022ء بروز جمعہ المبارک کو ان کے آبائی مقبرہ واقع سیتاج الدین صاحبہ کا کہ محلہ متصل پولیس سٹیشن نو ہند بعد از نماز جمعہ 2.30 بجے انجام دی جائیگی۔

سو گوار: عادل امین، بٹ، ہجر، یعقوب بٹ، فائق احمد بٹ

فون نمبر: 9596388043

Inf

الذیات دیگام با اجلاس نایب تحصیلدار دیگام

مقبول درخواست نمائند: بلیکس جان دختر محمد یوسف بٹ ساکن گنورہ تحصیل ضلع اننت ناگ

بعض حصول RBA سرٹیفکیٹ

استخارہ ابراہیم گاہی ہر خاص و عام۔

معاملہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست بعض حصول بیک واڈ اریا سرٹیفکیٹ دفتر پرائس پیش کیا ہے جو کہ زیر کاروائی ہے۔ پڑاوی حلقہ سے رپورٹ طلب کی گئی جس سے عیاں ہے کہ سائل کا کوئی بیڑل افراد ہیں۔

نمبر شمار	نام و ولدیت	عمر	پیشہ	آمدنی
01	محمد یوسف بٹ ولد محمد بٹ	53 سال	مزدوری	7000/=
02	شہید بانو زوجہ محمد یوسف بٹ	51 سال	گھر بیگام	
03	جوسف یوسف دختر محمد یوسف بٹ	28 سال	گھر بیگام	
04	عمر اللہ بٹ ولد محمد یوسف بٹ	26 سال	مزدوری	2000/=
05	بلیکس جان دختر محمد یوسف بٹ	25 سال	زیر تعلیم	
06	خالد احمد بٹ ولد محمد یوسف بٹ	22 سال	زیر تعلیم	

اس کے علاوہ اوکوئی افراد کوئٹہ میں موجود ہیں۔ اب سرٹیفکیٹ منسوخ کر کے اجرائی میں اس کی تھیں کوئی نذر یا اعتراض ہو تو ایک خط کے اندر اور دفتر پرائس پیش کریں۔ معیار کارڈ نے کے بعد کوئی عذر قابل قبول نہیں ہوگا۔

تحریر: صدر اننت ناگ تحصیلدار۔

RNA

Plumbing Jobs

AH Tube wells-	9419006446
Amriz Services-	7947411032
Valley Plumbers -	7947130027
Shah Constructions-	7947130111
Electric & Plumbing -	7947130256
Ajaz Plumber-	6008402994

Carpenter Jobs

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Mohammad Yaseen-	9419502845
Mohammad Ishfaq -	6064850094
Wasta Aashiq-	606480982
Kuljit Singh-	9906480421
Naijar Furniture Works-	9906598910
Umaid & Company-	7889686402
Suraj Joinery Works-	9906698804

Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE ENGINEER

PWD(R&B) DIVISION QAZIGUND

CORRIGENDUM

Subject: Amendments/Updatons made in Class of Contractor as per Circular issued vide No.PWD/DCW/DB/572-75/22 Dated: 20-05-2022

Ref: This Office Fresh No.16 OF RNB/Qazigund/2022-23 /E-TENDERING/1696-1710 DATED: 01-06-2022

Kindly read the Class of Contractor for the below works as under:

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Class of Contractor Please Read This	Instead of This
1.	Upgrdation of Road surface by way of providing and laying of 100 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat and emulsion as Tack Coat and supplying and filling Khakh Bajri on Road from Manigam Ziyarat Sharief to Chandian Pajan.	29.13/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
2.	Macadamization of Chowgam Wobber Link	48.64/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
3.	Upgrdation of Road surface by way of providing and laying of 100 mm wet Mix Macdum, 50 mm thick bituminous Macdum and 25 mm thick Semi-dense with Seal coat and supplying and filling Khak Bajri on Khrewan Lassipora to Wanpoh Including Ganjipora to Sakloo	53.40/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
4.	Upgradation of Road surface by way of providing and laying of 75 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat on Tumboorpora Mehmoodabad Road and Tackpora Road.	48.67/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
5.	Macadamization of Lammer Paray Pora, Lammer Malik Pora and Lammer Jaibal.	48.32/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
6.	Upgrdation of Road surface by way of providing and laying of 75mm wet Mix Macdum, 50 mm thick bituminous Macdum and 25 mm thick Semi-dense with Seal coat and supplying and filling Nallah Muck on Larkipora Lukbawan Shyapora including temple Link and Kralpora Link.	58.54/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
7.	Upgradation of Road surface by way of providing and laying of 75 mm wet Mix Macdum, 50 mm thick bituminous Macdum and 25 mm thick Semi-dense with Seal coat and supplying and filling Khak Bajri on Ziyarat Sharif Road including Sheikh Mohalla Mantipora.	43.68/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
8.	Upgradation of Road surface by way of providing and laying of 100 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat and emulsion as Tack Coat and supplying and filling RBM/GSB in Berms on National Highway to Brankher Road and Sangran Gudkhah Road.	63.11/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
9.	Upgradation of Road surface by way of providing and laying of 75 mm wet Mix Macdum, 50 mm thick bituminous Macdum and 25 mm thick Semi-dense with Seal coat and supplying and filling Nallah Muck on Darpora Hakura (Gulab Road)	33.98/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
10.	Upgradation of Road surface by way of providing and laying of 100 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat and emulsion as Tack Coat and supplying and filling RBM/GSB in Berms on Railway Bridge to Kewa Hajam Mohalla Road.	29.16/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
11.	Upgrdation of Road surface by way of providing and laying of 100 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat and emulsion as Tack Coat and supplying and filling RBM/GSB in Berms on Wanpora Cherpora Road.	38.95/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
12.	Upgradation of Road surface by way of providing and laying of 75 mm wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with Seal coat and emulsion as Tack Coat on Old National Highway and Court Complex at Qazigund.	51.76/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
13.	Macadamization of Cheyan Hardendar Road and Berigam Dankard	87.38/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only
14.	Upgrdation of Road surface by way of providing and laying of 100 mm thick wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with 6mm thick Seal coat on Dooru Khudhamam iddgah Road.	29.13/=	AAY with HMPO/ HMPO/ AAY/BEE Class	AAY with HMPO/ AAY Class Only
15.	Upgrdation of Road surface by way of providing and laying of 75 mm thick wet Mix Macadam, 50 mm thick bituminous Macadam and 25 mm thick Semi-dense with 6mm thick Seal coat on Anantnag Dooru Verinag Road Km 10th to KM 19th	87.23/=	AAY with HMPO/ HMPO/ AAY Class	AAY with HMPO/ AAY Class Only

The civil contractors of applicable class shall be required to furnish an undertaking stating therein the Name of work with reference to e-NIT and the source of procurement of material.

If card renewal is under process then submit affidavit from IST Class Magistrate showing card renewal is under process.

All other terms and conditions shall remain same as laid down in above said NIT.

No. 1965-74
Dated: 06-06-2022

DPK-3491/22

Executive Engineer,
R&B Division Qazigund

PUBLIC NOTICE

My name has been wrongly written in my Electricity Bill bearing Consumer ID No: 0204040016554, Installation No: 9408, as Mehraj Ud Din Darzi while my correct name is Mehraj Ud Din Bhat which needs to be corrected if any body having any objection in this regard he/she may file his/her objection in the office of the concerned PDD Office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mehraj Ud Din Bhat
Cell No: 9906883650, 7006366612

iko

Public Notice

The mother's name of my son, Mujtaba Mehraj in school records has been wrongly written as Seerat while her correct name is Fehmeda which needs immediate correction. If anybody having any objection in this regard he/she may file his/her objection in the office of the EMM's, Tiny Tots Teaching Institute at Hazari Bazar Sriangar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mehraj ud din Bhat
F/o Mujtaba Mehraj

INF

NAME CORRECTION

My son's Name has mentioned wrongly in school record as Mohammad Zeeshan Ali Mir. The actual name of my son is Mohammad Ali Mir. Now it's changing if anybody have any objection may contact to Tyndale Biscoe School Sheikh Bagh Srinagar, within seven days. After that no objection will be accepted.

Amjad Hussain Mir
F/O Mohammad Ali Mir
R/O Zadibal Near Ali Park Srinagar

INF

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TECH WORLD

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Sannat Nagar Srinagar

Contact:-9149965005/ 9682370979



J&K's First Maternal & Child Health Conclave

J&K To Witness Golden Period In Maternal And Child Health Sector: Advisor Bhatnagar

Observer News Service

Srinagar: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Tuesday said that Jammu and Kashmir would witness a golden period in Maternal and Child Health by putting into service the best practices of the health sector.

Advisor Bhatnagar stated this while addressing the valedictory session of two day first Maternal Child Health Conclave held at SKICC.

While noting that the conclave would pave way for better services for J&K citizens, the Advisor said that for the health services and medical education, the UT would soon witness a golden period and MCH Conclave will bear fruitful results with respect to child and mother care through which J&K will be able to serve the citizens of J&K in a better way.

He said that J&K UT has kept very ambitious goals and objectives, while seeing the energy and enthusiasm, the



region will certainly be able to achieve all these goals and objectives that we have set for ourselves.

On the occasion, he also expressed his gratitude to the

Government of India for supporting J&K in every aspect and said that "both GoI and J&K govt have worked very closely together and GoI has always supported us generously

in every field."

Appreciating the organizers for this conclave, the Advisor observed that all the sessions of the conclave were purposeful as there was a lot

of value in the discussions that were going on.

"I am sure that the views and best practices that were discussed here in this conclave will help us to better our services in future. During this conclave not only we discussed it from a medical point of view but also from a societal point of view how" he said.

On the occasion, Advisor Bhatnagar felicitated the best performing districts on MCH Parameters and Kayakalp awards to the best performers.

Lieutenant Governor Manoj Sinha inaugurated two day J&K's first Maternal and Child Health Conclave On 6th June.

On the occasion, the Lt Governor had also dedicated Paediatric wards, ICUs, Maternal ICUs to the public.

Mission Director National Health Mission J&K, Yasin M. Choudhary, Joint Secretary (RCH) Ministry of Health & Family Welfare, GoI, Dr P. Ashok Babu among other experts and panellists also spoke on the occasion.

Appointment Of SMC Commissioner Govt Issues Order To Do Away With 15 Year Service Requirement

Agencies

Srinagar: In a bid to nullify legal challenge to the appointment of incumbent commissioner of Srinagar Municipal Corporation, the Jammu and Kashmir Government has done away with the statutory requirement of 15 years' service for an officer to be posted as administrative head of Srinagar Municipal Corporation and Jammu Municipal Corporation.

According to an order, the Housing and Urban Development department has issued an executive

order to do away with the requirement of 15 year service for any officer to be posted as commissioner of Srinagar Municipal Corporation and Jammu Municipal Corporation.

The order has been issued by invoking a provision in the Municipal Corporation Act which empowers the government to issue executive orders to remove difficulties in implementation of the law.

According to the order, the government shall post a suitable officer as commissioner of the civic bodies irrespective of his or her years of service. (KNO)

Gung Bugh, Hyderpora Residents Urge SMC To Install Street Lights

Syed Mohammad Burhan

Srinagar: The residents of Gung Bugh, Hyderpora have urged the Srinagar Municipal Corporation to install street lights in the locality.

Locals say authorities have failed to address the issues of the locality and are turning a blind eye to their problems.

Ateeb Bashir, a local resident said due to the non-availability of the street lights it gets difficult to

venture out during night hours.

"In absence of street lights, it is scary to go out for prayers" he said.

Residents said the locality is a victim of official apathy and no one is paying heed to their woes from the last many years.

"In absence of proper street lighting, there is always a chance of people falling in potholes" said Farooq Ahmad, another local resident.

Locals complain the entire area remains under a blanket of

darkness after the sunset causing inconvenience to the people.

SMC Corporator Hyderpora Ashiq Hussain Bhat said that they were not provided with adequate street lights by the Corporation.

"Gung Bugh, is the only locality in my ward which lacks street lights, I will try my level best to get it from the higher ups".

"Lighting will be done, it is just a matter of time" he said.

Div. Com Kashmir Inaugurates 3 Day Trade Festival

Agencies

Srinagar: Divisional Commissioner Kashmir P K Pole on Tuesday inaugurated the 'first' three day bakery, food & Hospitality expo in Srinagar in which industrialists, manufacturers of bakery, and food processing machinery from different parts of the country participated.

Divisional Commissioner Kashmir P K Pole on

the occasion appreciated the organizers and said that the event is an opportunity for bakers, and food processing unit holders to directly interact with the machine manufacturers.

"The purpose of the exhibitions is to create awareness and this exhibition is an opportunity for the stakeholders associated with bakery and confectionery to see the machines they require in front of them", P K Pole said.

DIAL-EMMA

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200



AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

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



HIGHWAY STATUS



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



HIJRI
CALENDAR
08- Zil- Qaddah
1443

PRAYERS

FAJR	3: 35
ZUHR	12:30
ASR	5:29
Magrib	7:43
ISHA	9: 24

This Day In History

- 452 - Italy invaded by Attila the Hun
- 536 - St Silverius begins his reign as Catholic Pope
- 793 - Vikings plunder St Cuthbert's monastery on Lindisfarne
- 979 - Louis V de Luie, crowned King of France
- 1191 - King Richard I of England arrives at Acre in modern day Israel to join the Siege of Acre during the Third Crusade.
- 1405 - Richard le Scrope, Archbishop of York and Thomas Mowbray, Earl of Norfolk, are executed in York on Henry IV's orders.
- 1551 - Pope Julius III excommunicates Duke Ottavio Farnese of Parma
- 1624 Earthquake strikes Peru
- 1632 - Frederick Henry, Prince of Orange, conquers Sittard
- 1663- Battle at Amegical: English & Portugese fleet beats Spanish
- 1690- Siddi general YadiSakat, razes the Mazagon Fort in Mumbai.
- 1694-English troop landing at Brest attack (300 killed)
- 1783- Laki Volcano in southern Iceland begins 8-month eruption
- 1786- Commercially made icecream 1st advertised (Mr Hall, NYC)
- 1789- James Madison introduces a proposed Bill of Rights in the U.S. House of Representatives.
- 1815- 39 German states unite under Act of Confederation
- 1824- Washing machine patented by Noah Cushing of Quebec
- 1405 Richard le Scrope, Archbishop of York and Thomas Mowbray, Earl of Norfolk, are executed in York on Henry IV's orders.
- 1551 Pope Julius III excommunicates Duke Ottavio Farnese of Parma
- 1624 Earthquake strikes Peru
- 1905- US President Roosevelt sends identical notes to Japan and Russia urging them to negotiate and end hostilities, offering his personal services

From KO Archives

Salahuddin Tosses Pandit Ball Into Geelani's Court

SRINAGAR- Expressing solidarity and sympathy with Kashmiri Pandits who elected to stay back in the valley, the supreme commander of the Hizbul-Mujahideen and chairman of the United Jihad Council, Syed Salahuddin, today said that the section of the community that, according to him, fell prey to the conspiracies of former governor, Jagmohan, and left Kashmir, had hurt the Muslim community and the mutual trust and fraternity that existed between the two communities.

"On the other hand, those who did not fall for Jagmohan's plots, and stayed back, deserve our deepest gratitude for upholding communal harmony and proving their pro-movement credentials," Salahuddin said.

"The world is a witness that while over 37,000 communal riots took place in India since 1947, the state of Jammu and Kashmir remained immune to the virus," he said.

"Jammu and Kashmir is the only state where the Muslim majority has always cared for the Pandit community, protected its honour, and shared its joys and sorrows," he said.

"Some of the Pandits who left the valley started anti-movement activities and hurt the trust of the Muslim community," he said.

The UJC chief made a strong appeal to all pro-freedom forces, particularly to Syed Ali Shah Geelani, to take personal interest, and in cooperation with the public, try to solve every problem of the Pandit community staying back in the valley.

He appealed to the leaders to make direct contact with the community and address its difficulties.

"The dignity and honour of the nearly 4000 persons of 952 families, and the Protection of their ilk and Property is our responsibility, and we should discharge that duty," he said.

Salahuddin warned against what he described as the "possibility that communal Hindu organizations in India, who regard the Pandits staying back as traitors, might carry out terrorist attacks to distance the Pandits from the Muslims and to label the freedom struggle as a terrorist campaign."

"The Kashmiri people and mujahideen must always stay on guard against this Indian conspiracy, and maintain communal harmony and fraternity," he said. (CNS)

(Kashmir Observer, 08 June, 2007)

SHER-E- KASHMIR UNIVERSITY OF AGRICULTURAL SCIENCES AND TECHNOLOGY OF KASHMIR

Shalimar, Srinagar-190025

COUNSELLING FOR SELECTION /ADMISSION TO VARIOUS UNDERGRADUATE DEGREE PROGRAMMES UNDER NRI-NRIs/OTHER STATES-UTs/Foreign NATIONAL CATEGORY (ACADEMIC SESSION-2021)

NOTICE

In continuation to Admission Notice No. /AU/Acad/UT-2021/3746-3810 dated 02.7.2021 read with Information Brochure-2021, Notice No: AU/Acad/UT-2021/N-2/10619-68 dated 18-02-2022, No. AU/Acad/UT-2021/11531-50 dated 28 -03-2022, & AU/Acad/UT-2021/680-700 dated: 02-05-2022 and No.AU/Acad/UT-21/2022/861-64 dated 16-05-2022, the Final Round of Counselling for admission to various Undergraduate Degree Programmes available under NRI-NRIs/Other States-UTs/Foreign Nationals category only in respect of Academic Session-2021-22, shall be conducted as per the following schedule at Directorate of Education, Main Campus Shalimar, Srinagar as per the following schedule :

Date	Time	Stream	Category	
13-06-2022 (Monday)	9.30 a.m	PCB/ PCM	NRI-NRIs/Other States- UTs/Foreign Nationals	All eligible candidates

The candidates are advised to report alongwith the filled in prescribed Counselling Form (downloadable from University website: www.skuastkashmir.ac.in). The following Original documents with their self-attested Xerox copies should also be carried for the Counselling as per the above schedule:

- Matriculation Certificate (D.O.B)
- Marks Sheet of qualifying (10+2) examination
- Character Certificate from the Institution last attended
- Recent Pass port size photographs (04 Nos)
- Migration Certificate from the School/Institution last attended

Please note that the NRI Sponsored candidate(s) shall have to produce at the time of Counselling, the Certificate of Sponsorship (In original) from the Sponsor NRI on the prescribed format (only) duly attested by Solicitor/Competent Legal Authority in the country of NRI's residence by or before last date of submission of online Application Form, failing which the concerned candidate(s) shall automatically forfeit the claim for admission. Photocopy or scanned copy of the Certificate of Sponsorship from Sponsor NRI will not be entertained under any circumstances.

Candidates must fulfil all other criteria as laid down in the Information Brochure-2021 of SKUAST Kashmir notified vide No. AU/Acad/UT-2021/3746-3810 dated 02.7.2021. It is hereby notified for the information for all that the submission of application and/or calling for Counselling shall not confer upon him/her any right for admission to Degree Programme he/she has applied for. Any other condition/s as the Competent Authority may deem proper, shall also apply. The University reserves the right to defer and/or withdraw this notice for Counselling at any time without assigning any reason.

By order

Sd/-
Registrar

AU/Acad/UT-2021/Counselling/1630-79
Dated: 07-06-2022

Government of India Department of Telecommunications O/o the Controller of Communication Accounts, J&K Telecom Circle, HUDCO Bhawan, Rail Head Complex, Jammu (J&K)-180012 Website :- www.ccajk.gov.in Email:- ccaik@nic.in, Tel.No: 0191-2477298, Fax. No. 0191-2475858

No. 9-24/CCA/JK/2022-23/Pen Ada Attention DoT/BSNL Pensioners Dated:- 06.06.2022

PENSION ADALAT NOTIFICATION

A Pension Adalat will be organized by O/o Controller of Communication Accounts, J&K Telecom Circle, Jammu-180012 on 21st June 2022 for prompt & quick redressal of pensioners' grievances of DoT/BSNL Jammu & Kashmir Circle within the framework of extant pension policy/guidelines as per the schedule given below.

Aggrieved pensioners of DOT/BSNL are requested to submit their grievances/complaints, if any, mentioning therein details of their grievances/complaints, PPO No., PPO Code, Contact No. on email ccaik@nic.in & cao.penjk@nic.in / Landline number 0191-2479283.

Station	Last date of receipt of grievance/complaints	Venue	Date & Time of Pension Adalat
Srinagar	12.06.2022 (17:00 Hrs)	Auditorium of the Directorate of Information & Public Relations, Media complex, Opp. Sher-i-kashmir Park, Srinagar	21.06.2022 at 10:00 Hrs

Sd/- Accounts Officer (Pension)
O/o CCA, J&K Circle Jammu-180012

UNIVERSITY OF KASHMIR Office of the Executive Engineer, Construction Division

NOTICE INVITING E-TENDER

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

S. No	Name of Work	Est. Cost (Rs. in Lacs)	Cost of T/Doc in shape of E-Challan (in Rs.)	Time of completion	Time and Date for Submission of E-Tender.	Date & Time of Opening of Bid	Class of Contractor
1	2	3	5	6	7	9	10
1	Up gradation of Zabarwan Guest House by way of raising 1, of 1 st Floor and complete renovation of Ground Floor (damaged portion of Phase II by way Steel Truss balance work) at main campus.	9.06	Rs.600/-	02- Months	06-06-2022 to 14-06-2022 (6.00 PM)	15-06-2022 (11.30 AM)	"CEE" & "DEE"

The bid forms and other details can be obtained from the web site www.kashmiruniversity.net / www.jktenders.gov.in.

NIT No: - F(Fresh)(UCD)(E.tend)/KU/15/22
DATED:06/06/22.

Executive Engineer

DIPK-NB-1481/22

KASHMIR
OBSERVER

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K O V I E W

A deadend in Ukraine

In a major setback in its ongoing invasion of Ukraine, Russia lost a high-ranking general Roman Kutuzov on Sunday to the attack by Ukrainian forces. , adding to the string of high-ranking military casualties sustained by Moscow. Britain's defence ministry said on Monday that Russia has likely suffered significant losses amongst mid- and junior-ranking officers in the war. In recent days, Russian forces have intensified attacks to capture Sievierodonetsk, a key city in Ukraine's eastern Donbas region. Moscow has so far failed to take the capital Kyiv.

Russia, however, has termed its campaign in Ukraine a "special military operation" designed to demilitarise Ukraine and rid it of nationalists threatening the Russian-speaking population. But Western countries have rejected Russia's claims as a pretext to invade.

As things stand, the war seems destined to prolong even though Kremlin has failed to overwhelm Ukraine as it was expected to do. Ukraine, armed to the teeth by the NATO weapons, has succeeded in stalling the Russian advance, though there is no evidence that Moscow has lost its upper hand in the campaign. On the contrary, Russia has maintained the tempo of its military campaign in the country, having controlled a vast swathe of land towards east of Ukraine. But it is difficult to assess where the war is headed in the medium future. Surprisingly there have been no serious efforts by the west to broker peace, nor has the United Nations been so pro-actively involved in the peace making. As a result, the war looks likely to linger on with the west currently being more intent on keeping Russia bogged down in Ukraine than finding a solution to the crisis. This is because even the resolution and the terms under which it would be agreed are likely to have far-reaching geopolitical fallout.

Russia too has shown no signs of being mellowed by the sanctions. But the war so far seems to have not gone according to Putin's calculations. Russia appears far from taking control of Kyiv, the capital of Ukraine. The West has, meanwhile, armed Ukrainian forces with the latest weaponry which is believed to be mainly responsible for halting Russian campaign. The West has also been cautious not to join the war directly, so as not to expand the conflict which could culminate in a nuclear exchange, a frightening scenario that could bring about doomsday for the world. This makes it urgent for the world powers to climb down from their hubris and work together to find a way out of the ongoing war.

OTHER OPINON

Boost for Boosters

A trial by the Christian Medical College, Vellore, too found the same result. As expected, Bio E's phase-3 heterologous booster vaccine trial using Corbevax in people who have received two doses of either Covaxin or Covishield did produce significantly higher immune responses. But with the control group not receiving a homologous booster shot but only a placebo, the trial failed to bring out the enhanced immune responses by using Corbevax as a heterologous booster. Any vaccine administered as a booster — immaterial of being homologous or heterologous — months after primary vaccination will, by default, increase the immune responses. The trial has thus only shown that Corbevax as a heterologous booster increases the immune responses but failed to show that heterologous boosting with this vaccine produces superior immune responses than homologous boosting with Covishield or Covaxin. It is all the more surprising that the booster trial used a placebo for the control arm as even the phase-3 clinical trial to study the immunogenicity of Corbevax for primary vaccination used the comparator vaccine Covishield for the control group.

With Corbevax being approved as a heterologous booster based on a poorly designed heterologous booster trial, the drug regulator can be expected to soon greenlight Covishield and Covaxin as heterologous boosters based on the results of the CMC Vellore trial. Especially as the trial clearly demonstrated the advantages of heterologous boosting compared with using the same vaccine for primary vaccination and boosting. While the National Technical Advisory Group on Immunisation (NTAGI) is quite likely to approve Corbevax as a heterologous booster shot without much delay, it remains to be seen whether it greenlights it for all adults above 18 years. Given the greater likelihood of NTAGI approving Corbevax as a heterologous booster, the Government is not likely to side step the expert group, as in mid-March. As booster shots have been rolled out for all adults above 18 years, the Government should not hurry to approve Corbevax without NTAGI's nod.

The Hindu

Maximilian Hess

100 Days of Economic War



Since the beginning, the West's primary weapon on the economic front has been sanctions – severing key banking linkages, barring Russian businesses from dollar markets, and freezing a significant portion of Russia's war chest. Russian exports, especially coal exports, have also been targeted

tions, to the Netherlands' refusal to pump more gas in Groningen, to the opposition in the United States from the Trumpist right as well as the far left to allocating more aid for Ukraine.

And while the West has had significant success building a sanctions alliance, including Singapore and Switzerland, the Global South – at risk from Russian threats to global agricultural markets and wary of previous Western policy disasters – is hesitant to fully put its weight behind a sanctions regime. To increase the success of its sanctions regime, the West needs the support of more nations, and to achieve this, it needs to ensure it has developed strategies to protect not only itself but any potential allies from costs. There is no way that the West can expect would-be allies such as Serbia to refuse Russian gas deals when no genuine alternative is on offer.

Nearly one-quarter of the funding authorised in US President Joe Biden's Ukraine aid bill is earmarked for mitigating the war's economic impact on Ukraine and third countries. It is a start, but it does not go far enough – Ukraine's own reconstruction bill is already in the hundreds of billions of dollars. It is a band-aid approach, whereas what is required is the grafting of a new limb to replace the Russian one Putin has severed, for Putin's war on Ukraine is a war against the current world order.

Several Western nations have already taken significant steps to try and preserve the status quo and protect themselves from potential future aggressions by Russia. For example, many European states re-embraced defence spending and Germany even altered constitutional debt limits to do so.

However, even this newfound sense of Western unity is insufficient in such a globalised era – India, for example, is happy to buy Russian oil at a discount to global prices. Furthermore, the longer the war drags on, the more enticing Moscow's offers to jointly challenge the US-led order may seem to Beijing, which has so far refrained from offering Russia direct economic support.

The West needs to adopt a new "neomercantilist" approach to sanctions, embracing "the need for strategic trade protectionism and other forms of government economic activism to promote state wealth and power". The nature of the geo-economic war is to remove Russia's state wealth and power while avoiding the same for the West and its allies. That does not mean the ultimate aim should be to end liberalism



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

MAIL YOUR LETTERS

P.O.Box # 337, GP0, Srinagar-190 001
email: editpage.ko@gmail.com

Lack of Opportunities

Unemployment is a very serious problem for the young people in Kashmir. There are thousands of people who do not have any work to do and are not even able to find work for themselves. Unemployment refers to the situation where a person wants to work but cannot find employment in the labour market, and that is a phenomenon which is widely common in Kashmir. There are so many young dynamic and talented people who deserve to hold good positions but are not being provided with the right opportunities. It is ironic how jobs and opportunities are still achievable only through sifarish even in the 21st century and it might sound surprising or people might argue that it is not the case anymore, but truly it is. Besides the lack of jobs, lockdowns to contain the coronavirus for two consecutive years forced many industries to shut down thus increasing unemployment, making the scenario even worse. Also, an unemployed person is more likely to do socially unacceptable work to earn bread. Thus, very often in a society where there are a huge number of unemployed people, there will be a great proliferation of thieves, snatchers, bank-robbers and much more serious anti-social elements. Unemployment has aided to the deteriorating mental health condition of the youth, many young people nowadays are committing suicide owing to a spectrum of social deprivations including unemployment. The government needs to pay heed to the plea of qualified young people and find more ways to create jobs. Moreover, people should focus on becoming job creators and not job seekers and they should not lose hope on not finding a job but rather work towards building their own ways of income so that they overcome unemployment for themselves and for people who would eventually work for them and their venture. The deserving students of Kashmir have been deprived of the right opportunities for long enough, now it is time for the authorities to stand up and create a productive platform for the talented youth of the valley.

Hameeda Mir

Fangs of Fat Phobia

Fat phobia and diet culture is an evil that is only worsening by the body image standards being encouraged online

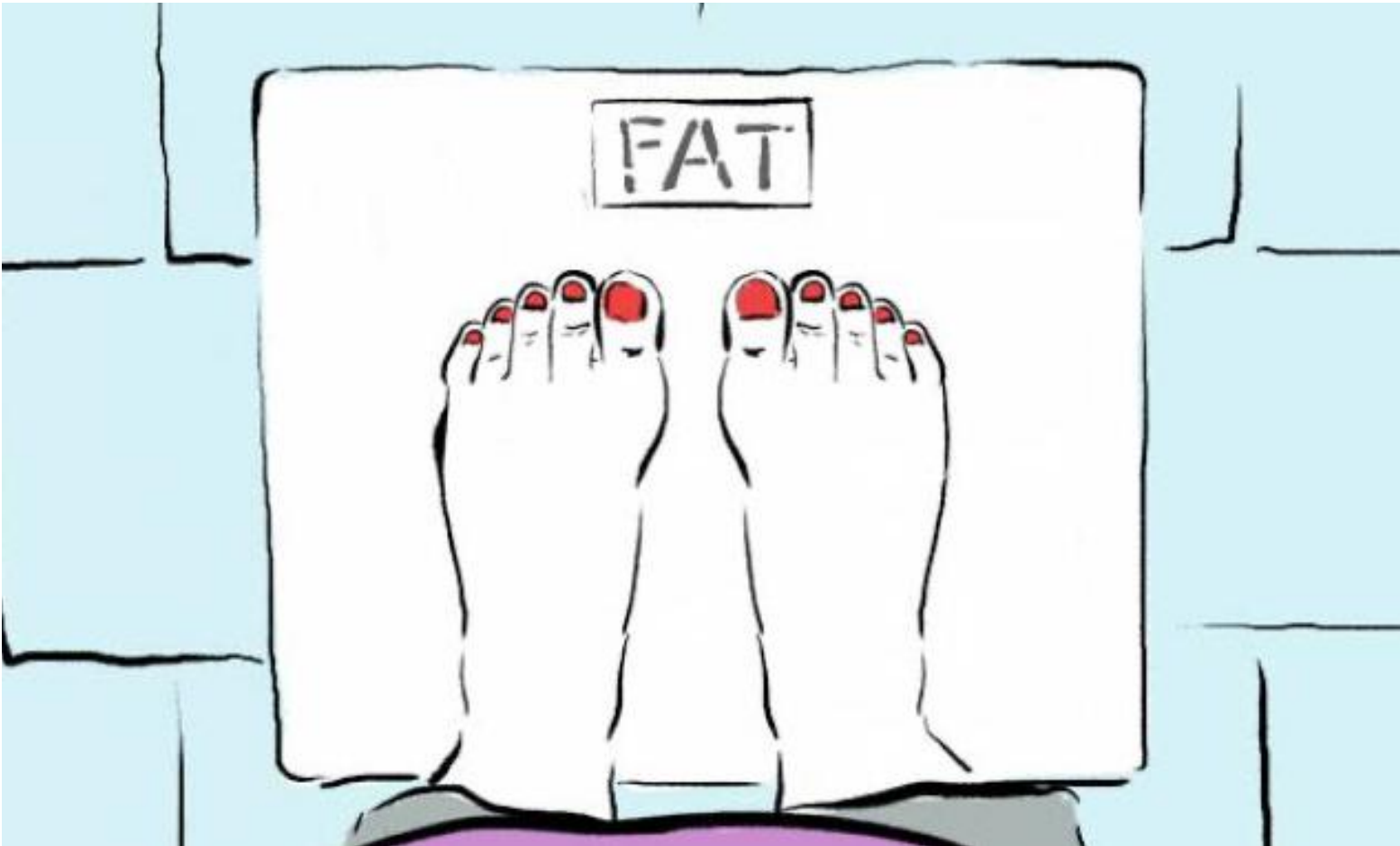
Dania Sheikh

The pandemic and the subsequent lockdown that was imposed altered our lives in several ways. As the covid cases surged, stringent lockdowns were imposed across the world, and quarantine became the new necessity. It was an unprecedented event and people took to several new activities and hobbies to keep themselves engaged. Social media was flooded with aesthetic pictures of dalgona coffee and quarantine bakes. There was an increase in social media consumption as people had a lot of free time on their hands. Memes were circulated to get through the monotony that was brought about by the lockdown and one particular meme which caught everyone's attention was the 'Barbie charbie' meme, it mockingly implied how our appearances would drastically change because of all the quarantine cooking, baking and immobility during the lockdown. While such memes might seem harmless but they are extremely problematic and can have grave repercussions on our physical and mental health. These memes perpetuate fatphobia and make us believe that weight gain is something that we must dread.

While these memes are directed towards everyone regardless of their age and gender but women especially are targeted. Women suffer this double jeopardy of living in a patriarchal and capitalistic society.

From quite early on in their lives women are indoctrinated with the socially constructed notions of beauty and are told that it is a prerequisite for a happy life. Their worth is reduced to how they look, they are made to derive their confidence from their looks and their physique. Young girls begin to idealize the barbies they play with, the female actors they see on television, and the mannequins they see in stores.

Exposure to such unrealistic and homogenous standards of beauty in the formative years of children has grave repercussions for their physical and mental well-being. Studies have shown that children who are not confident about their physical appearances lag behind their peers in academics and extra circular activities. A recent study reveals that 40-60% of elementary school-aged girls are dissatisfied with their



Capitalism takes advantage of these insecurities that are engendered especially among girls. Brands capitalize on this dissatisfaction and exploit our sentiments to expand their markets and aggrandize their profit. They come up with myriad products ranging from fat loss pills to fairness creams which only seem to validate these distorted notions of beauty and exacerbates the existing insecurities

weight and anxious about putting on weight.

Capitalism takes advantage of these insecurities that are engendered especially among girls. Brands capitalize on this dissatisfaction and exploit our sentiments to expand their markets and aggrandize their profit. They come up with myriad products ranging from fat loss pills to fairness creams which only seem to validate these distorted notions of beauty and exacerbates the existing insecurities.

'Fat-phobia is defined as the 'irrational fear of, aversion to or discrimination against, obesity or people with obesity. Fat-phobia establishes the need for diet culture, and the

consequences this unhealthy obsession with diet culture has are frightening. It ruins a person's relationship with one's body and with food. Eating disorders like Anorexia nervosa, Bulimia nervosa, and binge eating are at an all-time high. Anorexia Nervosa mortality rate supersedes that of depression or any other psychiatric illness. Over the years these habits get so solidified that it becomes extremely difficult to rectify these habits, and these eating disorders if left untreated lead to suicides, deaths due to malnutrition, and cardiovascular diseases. A study reveals that every 62 minutes someone dies as a direct result of an eating disorder. It is, therefore, nec-

essary to dismantle these toxic and misleading notions of what constitutes health and beauty.

The US weight loss market is worth a whopping \$72 billion, diet culture is so well marketed that it clouds our rationality and demands to be followed. People feel obligated to make these 'unhealthy healthy' choices.

The pandemic has exacerbated fat-phobia and the obsession with clean eating. There is an urgent need to apprise people about what being healthy means, healthy is not a size, and more importantly healthy looks different on different bodies, it cannot be gauged by a weighing scale. The recent body positivity move-

ments by plus-size models have been successful in helping people to embrace their bodies and to overcome their fears of eating.

Eating disorders are lethal, they can wreck a person's physical and mental health and are emotionally draining, if not taken into account and not given the attention it requires, it could become the next epidemic. Abandoning a diet culture should not translate into consuming inordinate amounts of junk and processed food either, healthy choices are choices that make you energetic and enable you to live a happier life.

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The Art of Digital Well-being

Kostadin Kushlev

Apple and Google in 2018 announced features in their forthcoming mobile operating systems designed to "reduce interruptions and manage screen time." Android and iOS users alike will soon be able to guard their sleep against digital temptations, easily activate "Do Not Disturb" mode when needed, and get prompted to stop when they have used their favorite apps beyond a personally chosen time limit.

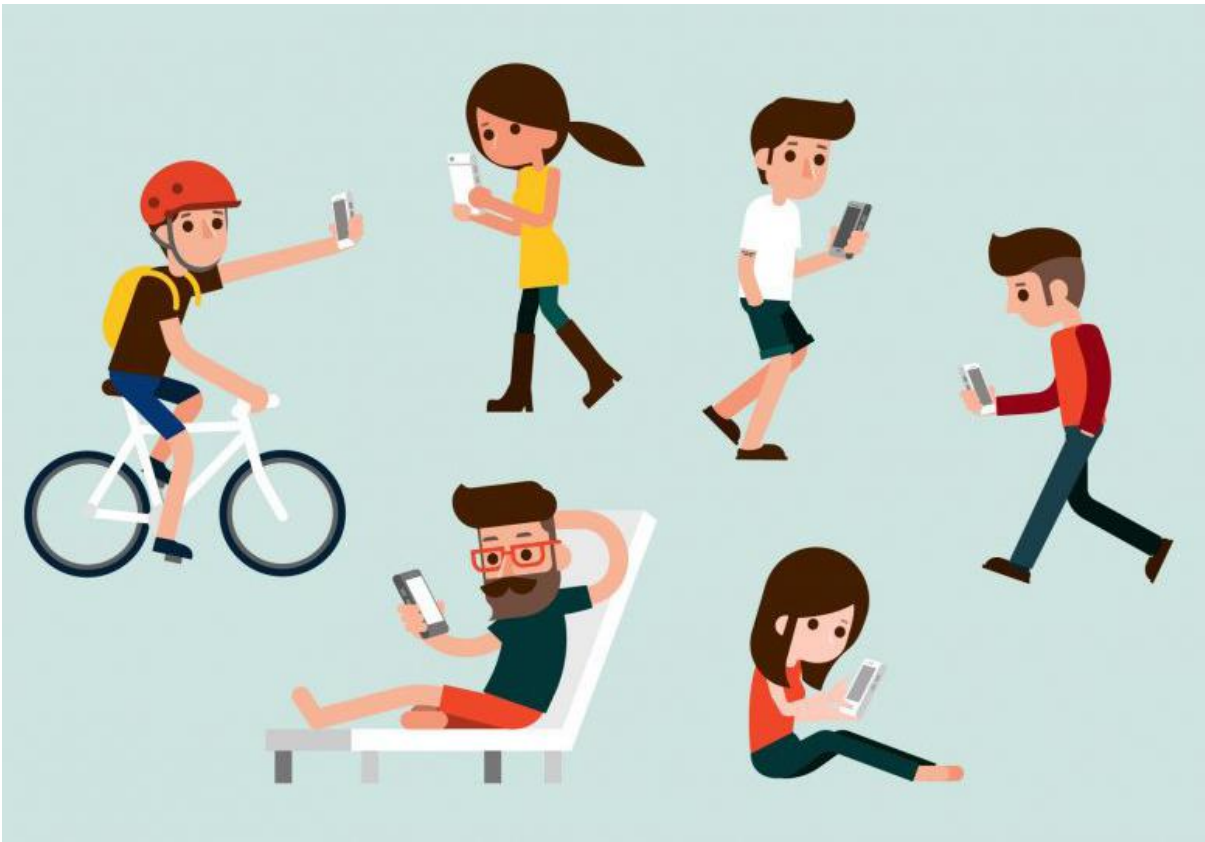
As a psychological scientist who has been studying the effects of mobile technology on well-being for the past five years, I can only welcome these new tools. Indeed, a great deal of research has documented how smartphones might be harming people's sleep quality or distracting them from nondigital activities. In my own experimental research, my collaborators and I have found consistent evidence that smartphones can also distract users from the family and friends right in front of them, such as when sharing a meal or spending time with their children.

In situations that clearly call for limiting digital distraction – like playtime with kids – Apple's and Google's new tools will offer a convenient solution. Yet, my research suggests that smartphones may be making us less happy in a much wider range of social situations than we might expect.

THE LIMITATIONS OF CHOICE

The crux of the matter is that people, as it turns out, fail to judge what economists call "opportunity costs" – the value of what someone gives up when they make a choice to do one thing and not another.

For example, in a series of studies I conducted with Jason Proulx and Elizabeth Dunn at the University of British Columbia, we found that people neglect a key side effect of relying on their phones for information: They miss out on chances to



boost their sense of social connectedness. Using a mobile map app, for example, obviates the need to rely on other people, removing the opportunity to experience the kindness of a stranger who helpfully provides directions to a store or movie theater.

JUST PUT THE PHONE DOWN

It is easy to see how completely forgoing social interaction for technological convenience can hurt someone's social well-being. But most people use their phones precisely to socialize – often while simultaneously socializing with others in person. Perhaps it's having a drink with a co-worker while also Snapchatting with a friend, texting with a partner, or even setting up a new date through Tinder or Grindr. One

Most critically, people felt worse and less connected when they mixed face-to-face with digital socializing, compared to when they solely socialized in person. Our results suggest that digital socializing doesn't add to, but in fact subtracts from, the psychological benefits of nondigital socializing.

may think that socializing with more people simultaneously is better. But my collaborator, Samantha

Heintzelman, and I recently found that combining digital and face-to-face socializing is not as enjoyable

as putting down the phone and just spending time together.

In a study at the University of Virginia, we tracked the social behavior and well-being of 174 millennials over the course of a week. At five random times each day, we sent each person a one-minute survey to complete on their mobile phone. We asked what they had been doing in the previous 15 minutes, including whether they were socializing in person or digitally (such as by texting or using social media). We also asked how close or distant they were feeling to other people, and how good or bad they were feeling overall.

We weren't particularly surprised to find that people felt better and more connected during times when they only socialized face-to-face, as compared with when they weren't socializing at all. This fit with decades of existing research. We didn't find any benefits of digital socializing over not socializing at all, though our study wasn't designed to explore that distinction.

We did find, however, that when socializing face-to-face only, people felt happier and more connected to others than when they were socializing only through their phones. This is notable because the people in our study were the generation of so-called "digital natives," who had been using smartphones, tablets and computers to interact since very young ages. Even for them, the benefits gleaned from good old face-to-face talking exceeded the well-being of digitally mediated communication.

Most critically, people felt worse and less connected when they mixed face-to-face with digital socializing, compared to when they solely socialized in person. Our results suggest that digital socializing doesn't add to, but in fact subtracts from, the psychological benefits of nondigital socializing.

GIVING PEOPLE A FIGHTING CHANCE

As people's useful digital devices start to provide more and better options for limiting screen time and staving the flow of digital interruptions, deciding when to use those powers is neither obvious nor intuitive. Behavioral science provides some promising solutions to this predicament.

Rather than having to decide activity by activity when not to be interrupted, people could make Do Not Disturb the default, only seeing notifications when they want to. My recent research – with Nicholas Fitz and Dan Ariely at Duke University's Center for Advanced Hindsight – suggests, however, that never receiving notifications hurts well-being by increasing fear of missing out. The best way is the middle way: We found that setting the phone to deliver batches of notifications three times a day optimized well-being. To set their users up for optimal psychological benefits from both their digital and nondigital activities, Google and Apple could make batching notifications easier.

Google and Apple should also expand their proactive recommendations for managing interruptions. The iPhone, for example, already offers the option to automatically turn on Do Not Disturb while driving, and in the forthcoming features, while sleeping. The growing evidence on how smartphones are compromising well-being during social interactions suggests that social and family time also warrants protection from digital disturbance.

People spend more time in the company of their digital gadgets than with friends and even romantic partners. It is only fair that these devices should learn more about what makes people happy, and provide a chance to reclaim the happiness lost to digital activity – and from the companies that need people's attention to thrive.

By Arrangements with The Conversation

KP Children Stage Demonstration For Their Relocation



Press Trust Of India

Srinagar: Scores of children belonging to the families of Kashmiri Pandit migrant employees staged a candle light protest in Vessu camp located in South Kashmir demanding relocation of their parents to safer places outside the Valley. Almost sloganering in a chorus, the children also said that they want justice.

Since May 12 after Kashmiri migrant employee Rahul Bhat was shot dead by terrorists in Chadoora area of central Kashmir, the Pandit community, who have been provided employment under the Prime Minister's package since 2012, have been staging

protests at various places.

On Tuesday, the children carrying placards like "I love my papa. I don't want to lose him" gathered at Vessu camp at Qazigund and started shouting slogans for their relocation outside the Kashmir valley.

"Apne desh mein dandit hain, hum Kashmiri pandit hai (we are Kashmiri Pandits who have been punished in our country)," the children holding candles were seen shouting.

Umesh Talashi, senior vice president of National Conference in Anantnag district and sarpanch, tweeted that "the #Fringe is under security cover and the vulnerable are crying for justice on the streets of #Kashmir."

Serving In Russia-Ukraine War Zone, 'Vector And Scorpion' Drone To Undergo Test Trial Along LAC

Jammu: Serving in the war zone between Russia and Ukraine, the latest state-of-the-art "Vector and Scorpion" drone, which is India's longest-range drone with a 65-kilometre telemetric range, is all set to undergo test trials along the Line of Actual Control (LAC) in Ladakh in July, ahead of its possible induction into the armed forces.

The two-in-one unmanned aerial system (UAS) is an intelligence, surveillance and reconnaissance (ISR) drone, providing capabilities to both the military and other security forces. It exceeds the performance of the current tactical UAS platforms in most services in difficult terrains and urban environments all over the world, representatives of the company that has manufactured the drone said on Tuesday.

"Between Russia and Ukraine, they (some countries) are flying these drones in that area (the battle zone). It will undergo a test trial on the LAC in Ladakh in July," Kushagra Agrawal, vice-president, Roter Precision Instruments Private Limited, the firm that has

manufactured the drone, told PTI.

Giving further details, he said the "Vector and Scorpion" drone was introduced last year and was recently showcased at the North Tech Symposium 2022 at the Army's Northern Command headquarters in Jammu and Kashmir's Udhampur, drawing a huge response from the officers of various formations of the armed forces.

"It is the first drone that has a telemetric range of 65 kilometres. For example, if I am sitting in Udhampur, the drone can give me live feed from Jammu," Agrawal said.

"No other Indian company can give you a 65-kilometre range," he added.

Officials said it is an IP 66-rated drone. "That means it can fly during a drizzle. It can fly when it is snowing. It has already been tested 5,000 metres above the ground level. That makes it a fool-proof drone," Agrawal said.

The drone is being used by the US Marine Corps, the French police and the German police.

The officials said the mathematical definition of a vector fits very well for the latest UAV from

Quantum-Systems. "It can face any direction -- upward, forward or down. That is exactly what the Vector from Quantum-Systems is capable of doing. A vertical take-off, energy efficient, long-range, fixed-wing flight and back to a vertical landing. All automatic, no pilot or operator input needed, just fly," an official said.

The Vector 2-in-1 vertical take-off reconnaissance UAV is flexible and enduring, provides flight and surveillance characteristics that exceed the performance of the current UAV platforms in service all over the world.

The officials said the ability to operate in the most difficult terrain (VTOL), combined with extremely low noise emission (motor off, silent mode) makes the Vector the perfect UAV for a wide range of non-invasive aerial operations.

"An encrypted mesh IP link sends video streams up to a range of 15-plus kilometres. A flight time of up to 120 minutes speaks for itself. All combined in a compact and robust electric VTOL UAV," the official said.

CONTD. FROM FRONT PAGE

3 Militants Killed

the movement of militants in the area, a police spokesperson said.

During the search operation, he said, the joint party came under heavy volume of fire from the militants, which was retaliated effectively leading to an encounter.

In the ensuing encounter, the spokesperson said that two militants, including a foreigner were killed and their bodies were retrieved from the site of encounter.

Police identified them as LeT militants Ishtiaq Ahmad Lone of Tral and Tufail of Lahore, Pakistan.

The spokesperson said that it is believed that the group was meant to receive the militants who had escaped from Monday's operation in Zaloor area of Sopore in which one Pakistani militant was killed and three others managed to escape.

"Incriminating materials, arms & ammunition including 02 AK-series rifles have been recovered from the site of the encounter. Further, search operation in the area is still going on to nab the other hiding terrorists," he added.

Meanwhile, a student turned militant was killed in a separate encounter with government forces in South Kashmir's Shopian district, over two years after he went missing.

Raja Nadeem, who was pursuing Bachelor's degree in veterinary science (BVSc) at Sher-e-Kashmir University of Agricultural Sciences (SKUAST), when he went missing on March 27, 2020, was killed in an encounter with joint team of police and army in Aloora Badimarg area of the district, police said.

A resident of Ashmuji Kulgam, 22-year-old Nadeem was a 'B' category militant.

According to the police spokesperson, Nadeem was part of the groups involved in several cases including attacks on Police/SF and "civilian atrocities".

The killed militant, he said, was also involved in Kulpora Panch's killing on March 2, this, besides being instrumental in reviving the "terror folds" of HM in Kulgam by recruiting the gullible youth.

Active since 2020, Nadeem, as per the spokesperson was earlier affiliated with LeT and had recently switched to Hizb.

"Incriminating materials, arms & ammunition including 01 AK rifle and 01 SLR have been recovered from the site of encounter. All the recovered materials have been taken into case records for further investigation," he said.

Police, he said, have registered a case in this regard and further investigation is in progress.

Over A Dozen Arrested

against them as they have been found to be in contact with militant commanders based in Pakistan, the officials said.

They said some of the militant commanders these individuals were in contact with, and who are based in Pakistan, include Sajad Gul, Ashiq Nengroo, Arjumand Gulzar and others. They all have been notified and designated as 'terrorists' by the Ministry of Home Affairs under the Unlawful Activities Prevention Act.

These militant handlers who are based in Pakistan are involved in serious militancy-related incidents and as well motivating and inciting the young gullible boys to join militant ranks, the officials said.

J&K Police -- both in Kashmir and Jammu division -- have raided the residences and work places of such people and investigations with regard to the level of their involvement are underway, they said.

Raids have been carried out at several places across the union territory including in Srinagar, Baramulla, Anantnag, Kulgam -- in the valley, and in Jammu, Ramban, Udhampur, Kathua -- in Jammu region, they added.

Many target killings and other militancy-related incidents have been instigated from across using local hybrid militants. As of today, dozens of suspects have been picked up across J-K, the officials said.

They said Director General of Police (DGP), J-K, Dilbag Singh has passed unambiguous and very strong directions to all formations that anyone found in touch with any such entity in Pakistan or in any other country should be

taken to task.

The policy of zero tolerance of such anti-national activity has to be more strictly imposed, the J-K police chief has directed. (PTI)

Suspended BJP

a complaint on May 28 from Sharma about death threats and targeted hatred after which an FIR was registered under various IPC sections including 506 (criminal intimidation).

The BJP had on Sunday suspended Sharma and expelled its Delhi unit media head Jindal who again claimed on Tuesday that he and his family members have been receiving "death threats" on social media platforms.

The BJP action came as the row over their alleged derogatory remarks against Prophet Mohammad escalated with protests from several Muslim countries and groups.

India continued to grapple with the international fallout on Tuesday, with its Missions in these countries maintaining that the controversial remarks do not, in any manner, reflect the views of the Government of India and noting that "vested interests" that are against India's bilateral ties with these nations have been inciting the people using these comments.

Union Minister Piyush Goyal said that the controversy had not impacted the NDA dispensation as Sharma was not a government functionary an stressed that good relations will continue with the Gulf countries that have reacted sharply to the issue.

"I don't think that this statement was made by any government functionary and, therefore, it has no impact on the government and necessary action has been taken by the party," Goyal, Minister for Commerce and Industry, told reporters in Kochi, Kerala when asked about the controversy.

He said the External Affairs Ministry has clarified the issue.

"The Foreign Office has come out with a clear clarification on that remark and the BJP has taken the necessary action in this regard. With all these countries, we have a very good relationship and our relations will continue to be very good," he said.

When asked about a social media campaign to boycott Indian products in the wake of the row, the minister said he has not heard of any such thing.

"They have only mentioned that such a statement should not be made and accordingly, action has been taken against the person who made the comments. All the Indians living in gulf countries are safe and do not have to worry," the union minister said.

After the row erupted, the BJP asserted that it respects all religions and strongly denounces the insult of any religious personality.

Sharma unconditionally withdrew her controversial statement and claimed her comments were a reaction to the "continuous insult and disrespect towards our Mahadev (Lord Shiva)".

On Tuesday, Sharma said she respects the party's decision.

"I have practically grown up in the organisation. I respect and accept its decision," she said.

Qatar, Iran and Kuwait had on Sunday summoned India's Ambassadors and expressed their strong protest and condemnation of the controversial remarks.

In response to a statement issued by the Parliamentary Committee on Awqaf and Tribals of Iraq on the controversial tweets, the Indian embassy there said that "in line with our civilisational heritage and strong cultural traditions of unity in diversity, Government of India accords the highest respect of all religions".

Strong action has already been taken against those who made derogatory remarks. A statement has also been issued by concerned quarters emphasising respect for all religions, denouncing insults to any religious personality or demeaning any religion or sect, it said.

"Vested interests that are against India-Iraq relations have been inciting the people using these derogatory comments. We should work together against such mischievous elements who aim to undercut the strength of our bilateral ties," said the statement.

Egypt-based Arab Parliament also expressed its strong condemnation and rejection of the "irresponsible remarks issued by the spokeswoman of India's ruling (BJP) against Prophet Mohammad."

On Monday, Indonesia, Saudi Arabia, the Maldives, the UAE, Jordan, Bahrain, Oman and Afghanistan too had condemned the remarks.

Responding to a query on the issue, Stéphane Dujarric, Spokesman for the UN Secretary-General, said, I've seen stories. I haven't seen the remarks themselves, but I mean, regardless, I can tell you that we strongly encourage respect and tolerance for all religions.

200 KP Teachers

Chadoora area of Budgam district.

Bhat's killing sparked protests by thousands of KP and Dogra employees, demanding their relocation outside the Valley.

The killing of government teacher Rajni Bala (36) in the premises of the school in Kulgam's Gopalpora area further fuelled the anger among the protesting employees.

Last week, a transfer list of Kashmiri Pandit teachers went public triggering a huge controversy, as the list had names and places of posting of all the employees.

The political parties in the valley slammed the government for making the list public.

The BJP leader Altaf Thakur said that making the transfer list public on social platforms is a big security breach as terrorists now have a clear idea of who is posted where. The government must take strong note of it and find out who is making the fresh transfer list of migrant Kashmiri Pandits public at a time when targeted killings are taking place in the Valley, " said BJP JK spokesman Altaf Thakur.

Depriving People

the people living there with faster and improved access to markets, health and educational facilities. Besides, Decision Support System, Multi Hazard Risk Assessment Report & Disaster Risk Database, and Upgraded Building Codes for J&K will improve the disaster management response in J&K," the LG said.

The LG, according to the spokesperson, directed J&K ERA and JTFRP to identify left out bridges and roads damaged during 2014 floods and take up their upgradation and construction works on priority.

"Experts must be deputed to conduct a detailed study, make necessary interventions and find solutions to develop a strong Disaster Risk Mitigation mechanism for Jhelum and Tawi River," Sinha said.

Taking an overview of the functioning of JTFRP, the spokesperson said that the LG was informed that during the last two years, 132 sub-projects under World Bank funded JTFRP out of the total of 213 sub-projects costing Rs 428.79 cr have been completed, while work on remaining 81 sub-projects is in advanced stage of execution.

"Implementation of JTFRP has witnessed a dramatic turnaround with 90% of procurement and 80% of disbursements under the project having been undertaken during the year 2020-21 as against 10% of procurement and 20% disbursements achieved during the initial four years of the project i.e. from 2016-19, it was informed," he added.

'We Take It Lightly'

people ignorant about its presence in the cruellest ways. Not only have people faced discrimination at the times of marriages, one can face the ugly monster in any aspect of life. Farhan Dar, a brilliant student, faced its heat during college life only.

He had taken admission with a passion and a lot of expectations for his graduation at a college in Srinagar. But soon his expectations were exterminated by the very monster of casteism at the hands of a teacher.

"That teacher was from a peer background and he was rude to me and would humiliate me for even a small mistake. He used to make racist remarks like 'since when have people like you started getting an education'," says Farhan. "All this was affecting my mental stability and shattering my self-confidence."

In any society, a teacher is considered to be someone who eradicates the darkness of social

evils with the light of their knowledge. But for Farhan, this very image of a teacher fell to pieces.

Even at workplaces, people have been a victim of this discriminatory idea of caste hierarchy.

Irfan Bhat has been at receiving end of this discrimination at the hands of his supervisor.

The supervisor and Irfan's colleague both happened to share the same caste and belonged to a peer family. "He used to favour him a lot just because he was a peer," said Irfan. "But my career suffered just because of this social evil."

In his book Directory of Castes in Kashmir, sociologist Bashir Ahmad Dabla classified Kashmiri castes into three different groups. At the top are the 'Syed castes' -- Geelani, Jeelani, Andrabi, Qadri, Hamdani, Bhukhari, Shah and others. Syeds claim to be the descendants of the family of the prophet Mohammad [PBUH]. It's believed that Syeds came into Kashmir from Central Asia in the early 14th century and spread Islam in the region. Consequently, many say, they've a somewhat proprietary attitude towards Islam in Kashmir.

This group is followed by the 'occupational castes' which include surnames like Wani, Zargar, Bhat, Naqash, Lone, Khandey, Ahangar and others. While Syed castes are representative of the different tribes they belong to, this is not the same with occupational castes. These surnames denote only the occupations they or their ancestors had taken up.

At the bottom of Dabla's caste hierarchy are the 'service castes' with names like Hanjis (people living in houseboats), Waza, Gilkar, Sofi, Dobi, Ganie, Bangi, or Sheikh. These are generally landless people or those whose occupations are considered menial.

Sheikh is an interesting caste here. If this title is used as a prefix it indicates the person has descended from Brahmin landlords. If, however, Sheikh is used as a surname, this indicates belonging to the sweeper community.

Elaborating the history of the caste system in Kashmir further, Zareef A. Zareef, a noted Kashmiri chronicler, said that before the Central Asian influence and the eventual arrival of Syeds in the valley, Dar, Rather and Bhat castes were the indigenous people of the valley. "Occupational castes had a Central Asian influence due to which they adopted the Persian name of their surname," he said. "For instance, Zargar is the Persian translation of Sonur (goldsmith)."

But now, Zareef said, the mentality of people is changing due to education. "Now caste-based discriminations are a lot less than they used to be," he believes. "Even though the change is not on a larger scale, it is happening slowly."

Echoing his views, Syed Asim Geelani, a college graduate, says that there's a great change in today's generation where discrimination is not happening on a large scale. "If I'll talk about me, I don't believe in any superiority over others. I'm just like any other individual. If someone is discriminating on this basis, he/she needs to have an education," he says. "Education is the key to eradicating such evil social norms. And the change due to education is already happening."

Contrary to Asim's view, Alia, a young Srinagarite, believes that even in today's generation there are people who discriminate as much as people used to three or four decades ago. "I won't negate the change but there're still a lot of people who even as jokes pass casteist slurs. This shows that change from within is far to be achieved in a true sense," says Alia.

In his book, late Prof. Dabla notes: "There prevails an unrealistic notion among some individuals and groups that caste as a working social institution does not exist in this society. But that does not stand as a social reality. The actual reality is caste as a functional social institution prevails in Kashmiri society."

Even though there may be seen a decline in discrimination in many aspects but when it comes to marriages, casteism still has a stronghold over the minds of people. People on the top of the caste hierarchy still prefer inter-caste marriage.

"Even if it takes years to get a perfect match, people would prefer not to do it if the caste

Ban Imposed On Cooking In Open, Use Of Polythene In JK's Patnitop Hill Resort

Jammu: Authorities have imposed a ban on cooking in the open and use of polythene in the environmentally-sensitive Patnitop hill resort in Jammu and Kashmir's Udhampur district, officials said on Tuesday.

Chief Executive Officer, Patnitop Development Authority, Sher Singh ordered the ban and warned that fines will be imposed on violators.

In the order, Singh who is also the first class executive magistrate, said the hill resort had been witnessing a huge rush of tourists and a large number of tourists were seen cooking food, lighting fire and throwing garbage or waste in the forest areas which is detrimental to the ecosystem and can also result in major forest fires and human tragedy.

It has also been observed that tourists carry banned items like plastic, polythene and other plastic items and dump these in the open forest area posing environmental hazard, pollution as well as leading to choked drains which creates a lot of nuisance and also damages the reputation of the resort, the authority and tourism department, Singh said.

To curb the blatant use of fire and use of polythene and other plastic materials, Singh, in exercise of powers conferred upon him under section 133 Cr PC imposed complete ban on cooking, lighting of fire, throwing of garbage or waste, use of polythene and other plastic materials in Patnitop and areas around.

The concerned wing of the PDA, forest and police departments have been asked to keep strict vigil and also have been authorised to impose fine on the violators, the order said.

doesn't match. I think it is silly," said Showkat Ahmad, a matchmaker.

"A lot of men and women have already crossed the preferable marriage age because of this."

Plug Loopholes,

"The DGP inspected police deployments, JPCR, and Police Post at Baltal and stressed for round the clock functioning of joint control rooms and supervision of arrangements by the senior officers," he added.

The spokesperson further said that the DGP while interacting with the officers and officials at Baltal emphasized for creating conducive environment to conduct the Amarnath Yatra smoothly and said that strict adherence to security protocols be ensured for regulating the yatra in a desired manner.

"He directed that all possible assistance should be provided to the yatriis," he said.

He further added that SSP Ganderbal and officers from CRPF briefed the DGP, regarding the security and other necessary arrangements put in place for smooth conduct of the annual pilgrimage.

Heavy Security

been celebrated since long and even during the peak militancy; the event was being celebrated with religious fervor in which the people belonging to different religions provide facilities to the devotees.

'Hizb Militant'

hunt for him was intensified by the armed forces, and was hiding in Bengaluru.

Hussain had allegedly taken shelter at a mosque in Srirampura here and used to deliver sermons during Friday prayers.

Meanwhile, Chief Minister Basavaraj Bommai today confirmed Hussain's arrest from the city.

Asked if the militant was arrested, Bommai told reporters, "Yes." "Generally police keep an eye on people like them. We will provide whatever assistance is required to the Jammu and Kashmir police. In the past too, such arrests had taken place in Sirsi and Bhatkal." "The Jammu and Kashmir police have taken this very seriously, Bommai explained.

LG Grooms People

importance for the people of the UT, especially Kashmiri Pandit community. Let us pray to Mata Kheer Bhawani to guide us on the path of righteousness and bless our land with peace, happiness and prosperity," Sinha said.

"May this auspicious occasion strengthen bonds of brotherhood and may Mata Kheer Bhawani shower her blessings on people for years to come," he added.

Every year, on this auspicious day, Kheer Bhawani Mela is organized at Mata Kheer Bhawani temple in Tulmulla, Ganderbal and devotees from across the world visit the holy temple to pay their obeisance.

Four Held Over

soldier was #martyred and others were injured. All 04 #terrorist/associates have been arrested. #Congratulations to team Shopian, Inspector General of Police, Kashmir, Vijay Kumar wrote on Twitter.

On June 2, a soldier named Naik Praveen was killed while two others were injured when an explosion took place in a civil vehicle hired by the Army for a cordon and search operation in Patitothalan area of Shopian in south Kashmir.

Driver Killed After

he succumbed to his injuries.

Meanwhile, a police official confirmed the death of the operator in the incident and said that a case has been registered in this regard.

Man Kills Father

argument over some issue on Monday night before going to sleep.

A police team rushed to the spot on getting information about the incident and arrested the accused, the official said.

Citing preliminary investigation, the official said Kumar was said to be a drug addict and was involved in frequent quarrels with his family.

Srinagar Bench Of CAT Disposed Sizeable Number Of Service Matters: Govt

Press Trust Of India

NEW DELHI: Jammu and Kashmir's Srinagar bench of the Central Administrative Tribunal (CAT) has disposed of a sizeable number of service cases which were received on transfer from the J&K High Court besides fresh litigation filed by the government employees, a statement issued by the personnel ministry on Tuesday said.

Consequent upon re-constitution of the erstwhile state of Jammu and Kashmir, the Union Territories of Jammu and Kashmir and Ladakh were created with effect from October 31, 2019, it said.

To cater to the needs of litigating employees of the newly created UTs, the 19th bench of the CAT at Srinagar was inaugurated on November 23, 2021 by Minister of State for Personnel Jitendra Singh.

The bench at Srinagar presided over by D S Mahra, judicial member, started functioning physically from the very same day — November 23, 2021.

"The bench has since disposed

of a sizeable number of cases received on transfer from the J&K High Court, as also fresh cases instituted by the employees, the statement said.

Manjula Das, chairman, CAT inaugurated the library room and bar room for the members of the bar association, and a separate bar room for female advocates attending the Srinagar CAT bench, it said.

Das also inaugurated a room for the standing counsel representing the central government and the UTs, and a litigation cell at the bench, the statement said.

Mahra, members of the bar, and CAT officials attended the inaugural ceremony.

After the setting up of the bench at Srinagar in November 2021, there was a constant demand and need for the creation of facilities to ensure the convenience of the bar and the litigating public, it said.

With the best efforts on the part of the tribunal, the authorities of the UT administration ultimately allotted five extra rooms for the creation of such facilities, the statement said.

NC Expresses Dismay Over Appointment Of JKPSA Chairman

Press Trust Of India

SRINAGAR: The National Conference on Tuesday expressed dismay over the appointment of a retired IAS officer as chairman of the Jammu and Kashmir Public Service Commission (JKPSC), saying the way the locals of the union territory were being disempowered at every level was unfortunate and a matter of concern.

The party said it is a rare sight to spot a local Kashmiri in higher administrative posts in the UT.

The appointment of a retired IAS officer as chairman of the JKPSC is another step towards systematic downsizing of locals from the J-K administration. The way the locals of J-K are being disempowered at every level is unfortunate and a matter of concern, NC spokesperson Imran Nabi Dar said.

He said it was surprising that the LG administration could not find a capable person from J-K to lead the JKPSC.

What is forcing them to bring a person here from outside who does not know about the topography, history or the sentiments of J-K. This is total injustice with the locals, he said.

The non-local bureaucratic system is so strong in J-K that every department has them. Our chief secretary, DGP, heads of departments, DCs, SSPs over 90 per cent of the heads of departments are non-locals. Do you want to show that you do not trust the local officers? he added.

Appointing an Andhra cadre

officer as JKPSC chairman is another step in the direction of alienating locals in their own land, Dar said.

With the Jammu and Kashmir cadre of the All India Services having ceased to exist, the doors of power corridors have permanently closed for locals in the bureaucratic setup.

Previously only 50 percent of its all India service officers were direct recruits chosen through UPSC exams, the other half came from Kashmir Administrative Services officers who were promoted into All India services, he said.

The NC spokesperson said with J-K losing its status constitutionally and undemocratically the ratio of locals in the bureaucracy has reduced to 33 per cent.

Both the state and the central government in previous decades have strived to maintain the balance. The present government has chosen not to be sensitive to the issues of JK. The measure has affected the development activities as well.

It is very imperative for the GOI to make amends to this rule and ensure 70 per cent of the all India service officers in JK are locals. The measure will give a sense of entitlement to locals, he said.

Jammu and Kashmir Lieutenant Governor on Saturday appointed retired IAS officer Satish Chandra as Chairman, Public Service Commission. He will hold the position till he attains the age of sixty-two years.

MBBS Student From Jammu Found Dead In Baramulla

Agencies

SRINAGAR: A medical student from Jammu region allegedly committed suicide in his rented room in North Kashmir's Baramulla district.

Police sources told a local news agency KNT that a 22-year old student from Trikuta Nagar

Jammu who had been pursuing his MBBS Degree from Government Medical College Baramulla was found hanging at his room at Fathepore Baramulla.

Police said that a case has been registered and investigation set into motion. The deceased has been identified as Mayank Bharti son of Kuldeep Bharti.

Mela Kheer Bhawani

Amid Tight Security, Over 200 KP's Leave For Kashmir

Press Trust Of India

JAMMU: Amid tight security arrangements nearly 250 devotees, mostly migrant Kashmiri pandits, left Jammu on Tuesday in a fleet of government arranged buses to pay obeisance at the revered Kheer Bhawani temple in central Kashmir's Ganderbal district, officials said.

The annual Mata Kheer Bhawani mela at the famous Ragnya Devi temple, one of the biggest religious functions of the displaced community, is being observed on June 8 after a hiatus of two years owing to COVID-19 outbreak.

However, the usual rush of the devotees was missing due to the recent targeted killings in the valley and calls for relocation of the employees working under the prime minister's package for Kashmiri Pandit migrants who moved to Jammu from the valley since 1990 due to security concerns.

Divisional Commissioner, Jammu, Ramesh Kumar flagged off the yatra from Nagrota on the outskirts of Jammu and said adequate security arrangements are in place both in Jammu and Kashmir divisions for the successful conclusion of the pilgrimage.

About 250 Kashmiri pandits and locals of Jammu have left for Kashmir. The government has made all necessary arrangements for the pilgrims for safe and secure pilgrimage, Kumar told reporters.

He said the pilgrims will perform darshan' at the temple on



Wednesday and will return to Jammu a day later.

Kheer Bhawani melas are organised at five shrines across Kashmir. These are Ragnya Bhagwati shrines at Tulmulla in Ganderbal, Manzgam in Kulgam, Devsar in Kulgam, Logripora in Anantnag and Tikkar in Kupwara. Among these temples, the Tulmulla temple nestled in the shade of mammoth Chinar trees witness massive gathering with pandits settled in Kashmir and different parts of the country visiting the shrine to seek the blessings of the presiding deity.

Asked about the low turnout of devotees in view of the targeted killings, the divisional commissioner said, the government facilitated the pilgrims who registered for the yatra.

The pilgrims will not face any difficulty in performing the yatra. There will be no shortcoming as security will be ensured enroute and at the shrine, he said.

Jammu and Kashmir has witnessed eight targeted killings since May 1. Three of the victims were off-duty policemen

and five, civilians.

We responded to the call of Mata and are leaving for the shrine to offer our prayers, a 24-year-old Manik, a pandit migrant living in Jagti township here, told PTI.

Manik, who is accompanied by several of his relatives, said the targeted killings caused fear among the community but we decided to go ahead as we could not visit the shrine in the past two years due to COVID-19.

Expressing satisfaction over the security and other arrangements made by the government, the banker by profession said they have made the registration for the yatra on May 31.

"We will pray for peace and prosperity of Jammu and Kashmir," he said.

Vicky Bhat, another pandit who had come to see off his friends and relatives, said he too had registered for the yatra but gave up his plan on the advice of his parents.

Wishing the pilgrims a safe yatra, Bhat said he wishes to perform the yatra next year.

3 Magnetic IEDs Dropped By Drone Recovered In Jammu

Press Trust Of India

JAMMU: The police have recovered three magnetic IEDs dropped by a drone in the border area of the Jammu district in a fresh attempt to smuggle explosives through the aerial route, officials said on Tuesday.

The IEDs, with their timers set and packed inside tiffin boxes, were recovered from the Kantowala-Dayaran area of Kanachak in the Akhnoor sector, Additional Director General of Police (ADGP), Jammu, Mukesh Singh said.

On Monday night, BSF troops resorted to firing briefly along the India-Pakistan border in the Jammu district after hearing a humming sound which led to a suspicion that a drone was flying around.



A police party was immediately deployed and they followed anti-drone standard operating procedure in the area.

Around 11 pm, security forces noticed the drone in the Dayaran area of Kanachak and

fired at it again, the ADGP said. "The payload attached was brought down but the drone could not be shot," he said, adding the IEDs were diffused through a controlled explosion and a case has been registered.

Minorities, Non-Locals Have Become More Vulnerable In Kashmir: Congress

Press Trust Of India

JAMMU: Claiming that Kashmiri Pandits and non-locals have become more vulnerable and unsafe in Kashmir under the central rule, the Congress on Tuesday targeted the BJP and said the security scenario has deteriorated since the abrogation of Article 370 even though the ruling party promised otherwise.

The opposition Congress said the recent spate of targeted attacks have exposed the BJP's tall claim of normalcy in Jammu and Kashmir.

"Why minorities and others, including Kashmiri Pandits, became more vulnerable and unsafe in Kashmir under the BJP regime, especially post August 5, 2019?" Jammu and Kashmir Pradesh Congress

Committee chief spokesperson Ravinder Sharma asked.

On August 5, 2019, the Centre abrogated Article 370 of the Constitution, which accorded special status to Jammu and Kashmir, and bifurcated the state into union territories.

Noting that Article 370 was projected to be the root cause of terrorism and separatist activities in Jammu and Kashmir, he asked, "What happened post abrogation (of Article 370) and why the central government and the union territory administration failed to eliminate terrorism and ensure peace."

Minorities, including Kashmiri Pandits, Jammu employees and outside workers who were not targeted for past several years have now become soft targets of terrorists, he said.

"Surprisingly, in this deteriorating situation, the UT administration has posted several non-reserved category employees belonging to Jammu region to several sensitive areas of Kashmir region, which shows the lack of concern amongst the bureaucracy for the lives of innocent people," he said.

"People were given to understand that the security scenario and overall law and order situation would be much better under UT and post abrogation of Article 370, but the opposite has happened, which the ruling party must explain," the Congress leader said.

He said the government should ensure the safety and security of all innocents, including minorities and outside workers, at all costs.

FOOD SAFETY INDEX 2021-22

J&K Maintains Top Rank Among UT Category



Observer News Service

NEW DELHI: In a significant achievement, Union Territory of Jammu and Kashmir has maintained its first rank among the UT category in Food Safety Index 2021-22 conferred by Food Safety and Standards Authority of India (FSSAI) to the states / UTs.

Union Minister for Health and Family Welfare, Dr Mansukh Mandaviya presented the award to Commissioner, Food and Drugs Administration, Shakeel-Ur-Rehman in presence of Union Health Secretary and Chairperson, FSSAI, Rajesh Bhushan.

Pertinently, the Index is a dynamic quantitative and qualitative benchmarking model that provides an objective framework for evaluating food safety across all states and UTs. The Food Safety and Standards Authority of India began the State Food Safety Index evaluation process for 2021-2022 by undertaking correspondence with Food Safety Commissioners of all UTs and states and setting a deadline of May 10, 2022 to furnish the data for statistical evaluation. The critical indicators are Human Resource, Compliance Levels, Food Testing Infrastructure and Surveillance, Training and Capacity Building and Consumer Empowerment. The award has been conferred after examining the necessary facts sought from Food Authorities.

The initiatives of J&K department towards implementing Eat Right Campus have been acknowledged at the apex level with appreciation. The enforcement staff of UT certified 143 Food Business Operators including restaurants, hotels, bakery shops and others under Hygiene Rating Scheme initiated by FSSAI by engaging independent auditors duly approved by the said Authority. Besides, 02 Eat Right Campus, 03 BHOG (Blissful Hygienic Offering to God) were among the Institutions which were covered during the said initiative.

In order to sensitize the Food Business Operators, 87 training programs were organized under FoSTaC. About 21,000 Education Institutions were brought under the ambit of Eat Right School Initiative to inculcate the concept of Food Safety among future generations. Besides, 1250 teachers and students have been certified as Health and Wellness Coordinators by FSSAI to help spread the message among students regarding importance and relevance of Eat Right, Eat Healthy and Sustainable Food towards building a healthy nation. In order to promote the concept of Food Fortification, 127 awareness cum educative workshops were organized at District Head Quarters across the UT with active support and participation from FSSAI.

Media Workshop 'Vartalap' Organised At Baramulla

PIB Has Created A Mechanism To Cross Check Fake News: ADG



Observer News Service

SRINAGAR: With an aim to sensitise journalists about various Central Government schemes meant for the welfare of common citizens, Press Information Bureau (PIB) Srinagar organised a one-day media workshop at Dak Bungalov Baramulla today.

Titled "Vartalap", the workshop is part of the Ministry of Information and Broadcasting's media outreach strategy and is conceptualised to act as a bridge between the masses and the government by empowering the journalists and making them aware about their responsibilities towards society.

Deputy Commissioner Baramulla, Dr Syed Sehrish Asghar was the Chief Guest for the programme. Additional Director General (ADG) PIB Srinagar, Rajinder Chaudhry delivered the Keynote Address and interacted with the journalists on various issues concerning Media..

The proceedings of the workshop were conducted by Deputy Director PIB Srinagar, Gulam Abbas. More than 40 journalists

from Baramulla and adjacent areas attended the workshop.

Speaking on the occasion, Dr Sehrish expressed happiness that such a programme was being organised in Baramulla district. She said that media is the fourth pillar of democracy and no progress can be achieved until the message of development reaches the people.

She opined that social media is a reality that cannot be escaped and people consume a lot of information through the medium. She said this increases the burden of responsibility on the journalists that they report correct and unbiased facts as news spreads very fast in the present times and wrong information can do a lot of damage in very little time.

Commenting that the written word is documented proof of things, she said that journalists must understand their responsibilities before they go ahead with their professional assignments. She reiterated upon them to give preference to humanitarian issues and avoid sensationalism.

New Industrial Policy Addresses Entrepreneurship Aspirations Of J&K Youth

UT would soon host Global Investors' Summit to increase employment opportunities, accelerate industrial growth

Observer News Service

SRINAGAR: The government of Jammu and Kashmir is providing an enabling environment for investors to start their business ventures in the Union Territory.

For Industries and Commerce sector, an allocation of about Rs 555.80 crore has been made under capital expenditure for the year 2022-23 which is Rs 139.84 crore more than the previous year's budget allocation.

The focus of Jammu and Kashmir Industrial Policy 2021-30 is to attract new investment, creation of employment opportunities for youth, development of backward regions and nurtur-

ing of existing industrial units.

As per the official figures, the New Industrial Policy is also expected to create 4.5 lakh jobs in J&K. The new policy has a spending outlay of Rs 28,400 crore (Rs 284 billion), the largest incentive to date, for industrial development of Jammu and Kashmir for the next 15 years. "It is expected to generate an investment of Rs 20,000 crore (Rs 200 billion) and employment of 4.5 lakh over the plan period," said an official.

The UT administration is building an eco-system through Industrial Policy and other entrepreneurship related initiatives for nurturing innovation and startups in J&K. The creation

of Industry Innovation clusters has encouraged a new generation of entrepreneurs to lead from the front and create jobs for others.

After years of not up to the mark of performance in industrialization, Jammu and Kashmir is at a new stage in its development trajectory. Focused attention is being given to growth of dynamic sectors including real estate, horticulture and tourism so as to create increased employment opportunities

J&K administration has taken numerous steps to create infrastructure, schemes and policies to speed up economic development and to meet aspirations of youth so that they can

contribute to society and achieve self-growth.

As the industries are being set up in J&K under the New Industrial Scheme, special focus is being given on training of local youth to fulfill the needs of skilled workforce. A survey and a database of all the people who are to be connected with job opportunities is being prepared, an official said.

J&K government's new resolution to equip its youths with entrepreneurship skills and building a database of 5 lakh youth has earned praises from PHDCCI-J&K. PHD Chamber of Commerce and Industry, Kashmir Chapter (PHDCCI), Chairman, Baldev Singh Raina, has applauded the UT adminis-

tration for adopting the youth centric policies.

Notably, Jammu and Kashmir would soon host Global Investors' Summit with an objective to bring together investors, decision-makers, senior government officials and local business community for a dialogue on concrete investment opportunities in the UT.

"It will be replete with Strategic Sectoral sessions, Round Table Deliverations, one-to-one Business to Business (B2B) and Business to Government (B2G) meetings. The main objective behind the summit is to increase employment opportunities by accelerating the industrial growth in

the newly carved UT," an official said.

Meanwhile, Jammu and Kashmir Khadi and Village Industries Board (J&K KVIB) has released a whopping amount of Rs 348.48 crore as margin money (subsidy) in favour of entrepreneurs who had applied loan from the board since 2019.

Vice chairperson of KVIB, Dr Hina Shafi Bhat, informed that the board has released this amount to 15,459 unit holders under JK Rural Employment Generation Programme (JKREGP) and Prime Minister's Employment Generation Programme (PMEGP) directly benefiting 118,188 individuals of the UT in these 3 years.

Downtown Heroes FC Unveils Kit For New Season



Observer News Service

SRINAGAR: Downtown Heroes Football Club has unveiled its kit for the new season.

The kit was unveiled at Synthetic Turf TRC ground, here on Tuesday with new jerseys presented to the team members.

The new kit was unveiled

by Dr Khalid Ashai representing Chinar International which is one of the title sponsors of Downtown Heroes.

The club has already started training for the upcoming season and is looking to put on a good show. The club bolstered its squad with new faces and has high hopes from them.

YSS Organise Bicycle Rally At Anantnag



Observer News Service

ANANTNAG: Department of Youth Services & Sports organises sports activities across J&K throughout the year. These days, the Department is engaging thousands of young boys and girls in bicycle rallies at different sports zones of the UT to promote health benefits of cycling and its environment friendly features.

A mega bicycle rally was flagged off by the chairman of District Development Council Mohammad Yousuf Gorsi along with District Youth Services & Sports Officer Anantnag at South Kashmir's Anantnag district. 214 students hailing from different educational institutions participated in the activity.

While talking about this initiative, the DYSSO said that the basic purpose of the rally envisages to enhance the spirit of brotherhood among the participants and to popularise this most eco-

nomical mode of transportation which has a great role to play in a healthy lifestyle.

While speaking at the presentation ceremony, the DDC chairman while congratulating the organizers and participants said that the young students of the current day world are supposed to maintain a well toned body with a sharp mind and both can be achieved with regular cycling.

He hoped that the Department of YSS&S while continuing its efforts of engaging youth in games and sports would leave no stone unturned in eradicating the social evils like Drug Addiction etc., with the help of sports.

Pertinently the United Nations General Assembly had Declared June 3rd as world bicycle day and since then every year scores of bicycle rallies are organised by the Department during the week-long programme. Prizes were distributed among first ten position holders for their spectacular performances.

Story Of Sajad Malik From Neel Village: Former Int'l Player, National Coach & A Dynamic Police Officer

Observer News Service

RAMBAN: "Behind every fearless player is a fearless coach who refuses to let them be anything but the best they can be," the axiom has been proved by Sajad Hussain Malik, a former international player and former National Men's Volleyball coach and a dynamic Police Officer.

Sajad is the eldest son of Zareena Begum and Abdul Rehman. He passed 10th class from Government High School, Parihinder, class 12th from Government Higher Secondary School, Ramban and Graduation from GGM Science College, Jammu in 1996.

On the basis of sports background and physical fitness, Sajad was selected as Sub Inspector in Jammu and Kashmir Police in 1998.

Sajad said that he started his career as a Volleyball player at local level from 10th standard. He played at college and state levels, and also represented the Country at international level. "My father inspired me to choose Volleyball as my career. He arranged training for me on his own and provided coaching at different levels, result, I achieved many goals in my career," said Sajad. He also recalled the contribution of his Volleyball Coach Rattan Chand, Volleyball Association of J&K and Police Department in his success.

Sajad, a resident of Neel, Banihal area of Ramban district, coached Calicut Heroes in 2018 and Ahmedabad Defenders in 2022. Under his Coaching, Ahmedabad Defenders ended as runner-up in Pro Volleyball League India. He previously Coached Jammu and Kashmir State Team, Jammu and Kash-



mir Police Senior Team and was Coaching Staff of Indian National Volleyball Team. He has been imparting coaching since 2005 and is an FIVB Level 1 and Level 2 coach. He was also the captain of J&K state volleyball team

Sajad, a police official, was recently promoted to the rank of Deputy Superintendent of Police (Dy.SP) in Jammu and Kashmir Police. He qualified N.I.S (Patiala) Level-I and Level-II Coaching Courses at FIVB Centre Chennai and was deputed as coach for Indian Volleyball team in 2010 and 2012 for an international event held in Iran. He was also the coach of the Indian Volleyball team in the International Invitational Tournament which was held in Tunisia in 2012 and 2013. He is also the Head Coach of the J&K Police Volleyball team.

Sajad also represented India as Coach in Junior World Volleyball Championship at Turkey in 2013. He was also the coach of the Indian Junior Volleyball team at Bahrain in 2014.

Sajad has vast experience of sixteen years in the field of Volleyball coaching and achieved great results in different national and international tournaments by improving the Volleyball playing skills of players.

From Battle Field To Play Field: How Gurez Valley's Fate Changed



Sajid Raina

GUREZ: A grassy playfield sits in between the high mountains of Bagtore, a small village less than a kilometre away from the Line of Control (LoC), the de facto border that divides India and Pakistan.

A few years ago, sportsmen of the village were thirsty to play on the field. However, ever since a ceasefire in hostility between the two nations was announced, the playfield is now making a lot of noise over cricket, replacing the rattle of the shelling that caused death and despair to its residents for decades.

The playfield is surrounded by small bankers of the Indian Army on two sides and was always a target of Pakistani Rangers before 2021, but now the players and spectators are making huge noise in it while watching interesting cricket matches.

The locals of Bagtore are visibly happy after the guns fell silent on February 25, 2021, when in a surprise development, the armies of both countries announced the ceasefire and recommitted themselves to the 2003 Vajpayee-era ceasefire agreement.

Mujtaba Hussain (26), a local who has been interested in cricket since childhood says that he was always angry with himself as to why he was living in this war-torn hamlet, seeing the state of the deserted field where he wanted to play but could not.

"Do whatever you have to

do at home but don't go to the field because shelling can happen at any time, which can kill you," Mujtaba used to hear this advice continuously from his family two years ago. But he always hoped that one day things would get better and "our destiny would change."

Mujtaba says that this playing field was most affected whenever there was shelling between the two armies.

"Even artillery shells fired from Pakistani army used to fall in it and was causing it to shake," he said.

"Angered by mourning and destruction, We were always worried about when our dreams and aspirations would become a reality," he said, adding that the long-awaited good time finally came in 2021 when the ceasefire agreement was implemented by both countries.

According to officials, the year 2020 witnessed 4,645 violations in J&K, which equates to nearly 12.7 violations a day.

"My grandfather had heard on the radio that day that there would be peace on the borders now," says Mujtaba. Then he rejoiced and said, "If we had not seen the destruction of our region, you people would have seen its destiny change."

"Things have changed in the last two years. A quite social change is being witnessed in this area while people are busy with their own affairs," he said, adding that the playfield is now

full of spectators during cricket matches.

Reyaz Lone another local says that many cricket tournaments have been held here in the last two years and the panic that was caused by the shelling is no longer visible.

"This region is reverberating with sounds of peace and happiness. Boys are having fun," he added. Reyaz is happy at the transition that his village's playfield is making from being a war zone to a safe place with a huge influx of sports lovers. He however hopes that Gurez gets attention for sightseeing, and adventure sports like trekking and rafting as well.

Fayaz Khan, a tournament organiser, says that even a snow cricket tournament was organised in Dawar, Gurez during the winter season in which more than 10 teams of the Gurez valley participated.

"The 12-day long tournament was played on a snow-covered field in minus 10 degrees temperature," he said.

Every cricket match being held there is witnessing a huge crowd of supporters cheering their favourite teams and appealing to the administration to conduct more such events and promote winter tourism in Gurez.

Bagtore's Mohammad Jabbar, an elderly, says that the Tourism Department is now planning to open border tourism and Gurez is the prime location on the list prepared by the Department.

Here's What Dravid Had To Say On Umran Malik's Debut

Press Trust of India

NEW DELHI: India head coach Rahul Dravid has always maintained that he likes continuity and gave clear hints on Tuesday that pace sensation Umran Malik might have to wait for his turn.

Dravid was speaking ahead of the first of five-match T20 International series between India and South Africa in New Delhi on Thursday.

"We just have to see how much playing time we will be able to give him. We have a big squad, not possible to have everyone in the playing XI," Dravid was categorical when asked about the 'Jammu Express'.

"I am someone who likes consistency and give people time to settle in. Arshdeep (Singh) has also done well, who is also an exciting player, who bowls well.

"We have a little bit of experienced guys in Harshal (Patel), Bhuvni (Bhuvneshwar Kumar)



and Avesh (Khan), who played in the last series. It is exciting to have the young guys as well, it helps us broaden our pool and see what they can do," he said.

The coach, though, had words of praise for Umran and wants to see him more in Test cricket.

"He is exciting, certainly bowls quick and has pace. An-

other exciting thing in the IPL for me was to see the Indian players bowl really fast. The more he plays the better he gets. Very happy to have him in the mix," he said.

"As a coach I would love to see it translate to the longer format of the game," the purist in him said.

IND vs SA 1st T20

Tickets For First T20 Almost Sold Out

Press Trust of India

NEW DELHI: The first T20 between India and South on Thursday is set to be a sell out with 94 percent tickets already sold at the 35,000 capacity Arun Jaitley.

An international game is being held in Delhi for the first time since November 2019.

"94 percent of the tickets have been sold. There are about 400-500 tickets left," DDCA joint secretary Rajan Manchanda told PTI.

Around 27,000 tickets were

put up for sale. In its effort to improve fan experience, senior citizens will have the option to use golf cart to enter the stadium," he said.

Though the COVID-19 situation is under control, the DDCA



has requested spectators to wear masks at all times except eating and drinking.

"Our staff is being tested reg-

ularly. We request the fans to adhere to COVID protocols and wear masks at all times," Manchanda added.

Pakistan Hosts West Indies For ODI Series In Intense Heat



Press Trust of India

MULTAN: Intensive heat will test the fitness of players when Pakistan hosts the West Indies in the three-match limited-overs international series starting in Multan on Wednesday.

The Pakistan Cricket Board had to relocate the series to Multan from Rawalpindi last week because of the uncertain political situation in the country. The opposition, led by former Prime Minister Imran Khan, is planning rallies in the federal capital Islamabad, which is adjacent to Rawalpindi.

The temperature is expected to top 45 degrees Celsius (113 Fahrenheit) this week in Multan, and organizers have pushed back the starting time for games to 4:00 p.m. local time to give some respite from the intense heat.

The Pakistan Cricket Board also planned to provide players with ice collars and vests during stoppages in play and extra water breaks to keep them hydrated.

"We'll try to make the guys understand what they have to do personally to hydrate themselves properly both before, dur-

ing and after the games," West Indies head coach Phil Simmons said Tuesday.

"The heat is going to be extreme, (but) Pakistan are playing in the heat, too, so it's going to be an even contest when we start the day. How we deal with it before, during and after is going to help us a lot."

The Pakistan squad has spent a week in Lahore, where the weather is similar to Multan. Captain Babar Azam hoped the players were well prepared.

"Definitely it is hot, but we are having a conditioning camp and acclimatising to the weather," Babar said.

"As a professional, you have to handle these situations. We do go out to other countries to play, and even during our time in the UAE, we used to face similar temperatures. I think it won't be a problem."

"We already have openers who are doing well and they are the priority and you always make your best ones your priority," Babar said.

"These games are crucial for us and to build a team, you have to give players consistent chances."

ENG Vs NZ: Colin De Grandhomme Ruled Out Of Test Series



Agencies

LONDON: New Zealand all-rounder Colin De Grandhomme has been ruled out of the remainder of the test series against England because of a tear in his right heel.

De Grandhomme was injured during the first test defeat at Lord's and faces a 10-12-week layoff.

Michael Bracewell was with the squad in London as cover for the injured Henry Nicholls and will remain with the tour party.

"It's a real shame for Colin to suffer this injury so early in the series," New Zealand coach Gary

Stead said. "He's a massive part of our test side and we'll certainly miss him.

"It's great to be able to call on someone like Michael who ... is match-ready." De Grandhomme top-scored with 42 in New Zealand's first innings at Lord's but otherwise had a match to forget in the five-wicket defeat. He was run out off his first ball in the second innings and bowled England captain Ben Stokes, who went on to make a crucial half-century, off a no-ball before leaving the field injured.

The second test at Trent Bridge begins on Friday.

Understand My Game Lot Better: Miller

Press Trust of India

NEW DELHI: The intensity is still the same as it was more than a decade ago, when he made his debut, but what has changed for David Miller is his ability to "understand the game a lot better" and handle pressure with consummate ease.

Miller is enjoying every bit of his newfound star status after playing a pivotal role in Gujarat Titans' IPL triumph with 481 runs. More importantly, he won at least four games in a finisher's role.

"Scoring the amount of runs I did, closing out couple of games is something I looked forward to before the start of IPL. Batting in the middle order, you do want to finish off games. So it was nice to tick that box," Miller said on the eve of South Africa's five-match T20 series against India.

In the past, the lack of consistency has been Miller's bane despite his voluminous talent, but he feels that he hasn't tweaked his game much. But it's the understanding

that has made the difference.

"I wouldn't say I have done anything different. Being around long time now, one grows and matures

in role I play for so many years, I understand my game a lot better," he said.

"I still get nervous and go through negative thoughts but I can deal with that pressure a lot better. Understanding my game better in what I need to do has helped," he explained.

With five matches left to complete 100 games for South Africa in the shortest format, Miller feels that he brings in calmness in the change-room.

"For me, I see myself trying to create that calmness in the change room, trying to just clarify a few things with younger guys to what they need to do better.

"Really enjoyable to be giving advice but along with that you are always developing as player and also learning from youngsters about their mindset, how they approach the game," Miller added.

His IPL performance won't put any extra pressure on him.