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# KASHMIR OBSERVER™

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## Climate Change Turning Creepy In Kashmir, Drawing Snakes Out Of Burrows

Augib Javeed

Bearing a stark resemblance with a South American reptile, a recent viral video showed backpackers being cut short by a crawling viper. Before one could even wonder about the location, the koshur dialect and the familiar Zabarwan heights rang alarm bells.

Despite being rare, such reptiles set tongues wagging, as they were spotted time and again, amid the soaring mercury in the valley this summer.

But this 'snake in backyard' moment of Kashmir didn't create impact beyond a passing debate in the virtual world.

The fact, however, remains



that as the valley is witnessing a rise in temperature from the last two months, the snake sightings in Zabarwan range of

Srinagar have increased.

These crawling creatures have only made Aaliya Mir ago-to wildlife expert today.

**6 OUR HELPLINE STARTS RECEIVING** snake rescue calls generally from the month of May. But this year, due to the excessive heat and the lack of rainfall, there's a high probability that the brumation of the snakes was shorter, forcing them to come out of their

Apart from clearing lawns and residences of the former heads of unified command in Kashmir, Aaliya was seen rescuing snake in full public glare at Jahangir Chowk lately.

There has been a considerable rise in the number of snake rescue-ops conducted by this expert snake-catcher in Kashmir this year. She blames climate change for these surging

snake-sightings.

"Snake rescue calls have increased this year," Aaliya, Education Officer and Programme Head- Jammu and Kashmir, Wildlife SOS, told Kashmir Observer.

"Due to climate change, the venomous snakes especially Levantine Viper commonly known as "Gunās" was recently found in residential areas of the

Dalgate and Buchwara, Srinagar."

Since these areas come under the Dachigam-Zabarwan range, she said, they're the typical habitat of snakes. "But then these creatures would rarely come out," she said, "as they do now."

Aaliya is Kashmir's sole woman wildlife rescuer who has helped the wildlife department rescue the reptiles and release them in their natural habitat for decades.

"I usually rescue rat-snakes and Himalayan trinkets which are non-venomous species, while Levantine Viper commonly known as "Gunās" is the most poisonous and are mostly found in residential areas."

Levantine vipers are capable of lightning-fast **More on P6**

## ITBP Man Ends Life After Shooting 3 Colleagues

Press Trust Of India

**Jammu:** A day after two soldiers were killed and as many injured in a fratricidal incident at an army camp in Poonch district, an Indo-Tibetan Border Police jawan Saturday fired at his three colleagues before shooting himself dead at a camp in Udhampur district of Jammu and Kashmir.

The incident took place around 3:30 pm at the Devika Ghat community centre in the district.

Constable Bhopendra Singh shot at his colleagues, leading to bullet injuries to a head constable and two constables, a senior ITBP officer said.

The injured have been admitted to a hospital, and are out of danger, he said.

Singh later shot himself from his INSAS service rifle and he died on the spot, the officer said.

The jawan belonged to the 8th battalion of the force and was presently deputed to the 'F' company of the 2nd ad-hoc battalion of the Indo-Tibetan Border Police (ITBP) deployed in Jammu and Kashmir for security duties.

Preliminary inputs suggest some altercation took place between the jawans, but the exact cause that led to the incident is still being probed, the official said.

A court of inquiry has been ordered by the border guarding force, he said.

The ITBP is primarily tasked to guard the 3,488 km-long Line of Actual Control (LAC) with China apart from rendering a variety of roles in the internal security domain of the country.

The incident comes a day after an Army jawan shot himself fatally after killing another colleague and injuring two others in Poonch district of the Union territory.

A defense official had told Kashmir Observer that the shootout incident took place at 156 Territorial Army battalion premises in Surankote area of the district at around 5:30 am on Friday.

## Coronavirus Resurgence

# Daily Cases Cross 200-Mark In J&K After 5 Months

Observer News Service

**SRINAGAR:** The daily Coronavirus cases continue to show an upwards trend in Jammu and Kashmir as 224 more people, the highest in over four months, tested positive for virus, even as no fresh fatality was reported from the Union Territory during the last 24 hours.

According to officials, 112 fresh cases of novel Coronavirus were reported from the Kashmir Valley and as many from Jammu division, taking the number of people infected since the onset of pandemic in J&K to 456829.

In Valley, Srinagar, the capital city registered the highest 88 new cases of virus, Baramulla seven, Ganderbal and Pulwama five each, Budgam four and Kupwara three.

In the winter capital, officials said, Jammu reported a maximum of 82 new cases of infection, Udhampur 11, Kathua eight, Doda four, Rajouri two and Samba one.

"Moreover, 113 more COVID-19 patients have recovered and been discharged from various hospitals including 55 from Jammu division and 58 from Kashmir division," the officials said. **More on P6**



## Govt Urges People To Take Precautions

**A**mid a sudden spurt in daily Coronavirus cases, the Jammu and Kashmir Chief Secretary, Dr Arun Kumar Mehta on Saturday urged people of the Union Territory to take the necessary precautions and be safe. Mehta observed that it is better to take preventive measures than taking risk of getting affected by the disease, an official spokesperson said Saturday. The Chief Secretary, he said, impressed that it is time to renew efforts to contain this contagious virus from **More on P6**

**IN VALLEY, SRINAGAR, THE CAPITAL** city registered the highest 88 new cases of virus, Baramulla seven, Ganderbal and Pulwama five each, Budgam four and Kupwara three.



Two women devotees raise their hands in supplication inside the shrine of Sufi saint Hazrat Sheikh Syed Abdul Qadir Jeelani (RA) in Khanyar locality of the Old City on Saturday. KO Photo, Abid Bhat

## First Batch Of Haj Pilgrims Return Home



Press Trust Of India

**Srinagar:** The first batch of 145 pilgrims from Jammu and Kashmir returned from the Haj pilgrimage in Saudi Arabia on Saturday, officials said.

The batch was received at the Srinagar international airport

by Divisional Commissioner, Kashmir, P K Pole and other senior officials from police and civil administration, they said.

The 145 pilgrims -- 80 males and 65 females - returned in a flight that landed at the airport here at 7.50 am. Over 6,000 pilgrims from J-K **More on P6**

## KPs Welcome Hajis At Airport

**I**n a heart-warming gesture, a group of Kashmiri Pandits on Saturday welcomed the first batch of Haj pilgrims returning from Saudi Arabia and recited praises for Prophet Mohammed at the airport here. The group of Kashmiri Pandits stood outside the terminal building of the Srinagar international airport and welcomed the first batch of 145 Hajis who reached here in the morning on the first return flight from the annual pilgrimage in Saudi Arabia to the Valley. The Pandits congratulated the Hajis for completing the pilgrimage and sought their blessings. They offered roses **More on P6**

## Continue Work To Consolidate Peace: DGP To Policemen

Press Trust Of India

**Srinagar:** Jammu and Kashmir has its own history of love, brotherhood and togetherness but enemies are targeting its culture by using different evil tactics, Director General of Police Dilbag Singh said on Saturday.

He said the police force has to continue its work to further strengthen and consolidate peace in the union territory.

Singh on Saturday visited Police Training School, Manigam in Ganderbal district where he inaugurated a Drill Nursery, a helipad and addressed a trainees' darbar.

The DGP also reviewed the arrangements at Amarnath Yatra base camps Manigam and Shadipora.



J-K has its own history of love, brotherhood and togetherness, he said, adding the enemies are targeting its culture by using different evil tactics.

We have to continue our work with the people to further strengthen and consolidate peace in Jammu and Kashmir," Singh said.

He impressed **More on P6**

## S H O R T T A K E S

### Pakistani Woman Held For Crossing LoC

Press Trust Of India

**A** Pakistani woman was arrested by the Army after she crossed the Line of Control (LoC) in Jammu and Kashmir's Poonch district on Friday night, officials said. She was identified as Rozina (49), a resident of the Ferozbanda area in Pakistan's Islamabad, they said. Rozina crossed the LoC at Chakra da Bagh in Poonch and was arrested, the officials said. She is being questioned by the Army, they said.

### Army Fires At Pak Drone Near LoC

Press Trust Of India

**A** drone was spotted flying along the Line of Control (LoC) in Jammu and Kashmir's Poonch district and it was forced to retreat after Army personnel opened fire, official sources said on Saturday. The drone was seen flying along the LoC near Baloni in the Krishna Gahti sector on Friday night, they said. The alert troops opened fire and the flying object returned back to the Pakistani-controlled **More on P6**

### ITBP Head Constable Dies Of Burns

Agencies

**A** Head Constable with ITBP died on Saturday under mysterious circumstances at his home in Poonch district of Jammu and Kashmir. While initial reports suggest that the 50-year-old Head Constable Rajinder Kumar son of Nand Lal, who was home on leave, set himself ablaze at his residential house in Mohalla Power, police said all angles are being looked into. "The death is still mysterious," a police officer said. **More on P6**

### Carpenter Falls To Death

Observer News Service

**A** carpenter died on Saturday after falling from the rooftop of a residential house in Karewa village of south Kashmir's Kulgam district. An official said that the carpenter identified as Abdul Hameed Najar son of Abdul Gani of Matregam fell off the rooftop of a residential house in Karewa village. He said that the carpenter was rushed to a nearby hospital for treatment, where doctors declared him dead on arrival. **More on P6**

### Fake Sim Card Racket Busted, 1Held: Police

Observer News Service

**P**olice on Saturday claimed to have busted a fake Sim card racket by arresting one person from north Kashmir's Bandipora district. In a statement, a police spokesperson said that information was received through reliable sources that some PoS agents were allegedly cheating people by forging their documents to procure Sim cards for their personal interests and selling **More on P6**

### China Wants Islam Of Chinese Orientation

Press Trust Of India

**P**resident Xi Jinping has asked officials to step up efforts to uphold the principle that Islam in China must be Chinese in orientation and religions in the country should adhere to the socialist society being pursued by the ruling Communist Party of China. Xi visited the volatile Xinjiang region, where the Chinese security forces for the last several years have made efforts to control protests by Uyur Muslims over **More on P6**



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# Do You Know Lifestyle May Be More Important Than Age In Determining Dementia Risk?

ANI

A recent Baycrest research found that adults without dementia risk factors like smoking, diabetes, or hearing loss had brain health compared to those who are 10 to 20 years younger than them. The research discovered that only one dementia risk factor can age a person's cognitive health by up to three years. The findings of the research were published in the journal Alzheimer's & Dementia: Diagnosis, Assessment, and Disease Monitoring. "Our results suggest lifestyle factors may be more important than age in determining someone's level of cognitive functioning. This is great news, since there's a lot you can do to modify these factors, such as managing diabetes, addressing hearing loss, and getting the support you need to quit smoking," says Dr Annalise LaPlume, Post-doctoral Fellow at Baycrest's Rotman Research Institute (RRI) and the study's lead author. The study is one of the first to look at lifestyle risk factors for dementia across the entire lifespan.



"While most studies of this nature look at mid- and older-adulthood, we also included data from participants as young as 18, and we found that risk factors had a negative impact on cognitive performance across all ages. This is crucial as it means risk factors can and should be addressed as early as possible," says Dr Nicole Anderson, Senior Scientist at the RRI, Associate Scientific Director

of Baycrest's Kimel Family Centre for Brain Health and Wellness, and senior author of this study. A journal of the Alzheimer's Association, included data from 22,117 people aged 18 to 89 who completed the Cogniciti Brain Health Assessment, developed by Baycrest. Participants took the test in their own homes by going to the Cogniciti website. The test takes around 20 minutes

to complete and consists of a background questionnaire and four cognitive tasks. The researchers looked at participants' performance on memory and attention tests, and how this was impacted by eight modifiable risk factors for dementia: low education (less than a high school diploma), hearing loss, traumatic brain injury, alcohol or substance abuse, hypertension, smoking (currently or in

the past four years), diabetes and depression.

Each factor led to a decrease in cognitive performance by as much as three years of aging, with each additional factor contributing the same amount of decline. For example, having three risk factors could lead to a decrease in cognitive performance equivalent to as much as nine years of aging. The effects of the risk factors increased with age, as did the number of risk factors people had.

"All in all, our research shows that you have the power to decrease your risk of cognitive decline and dementia," says Dr LaPlume. "Start addressing any risk factors you have now, whether you're 18 or 90, and you'll support your brain health to help yourself age fearlessly."

This research was supported by the Alzheimer Society of Canada, and the Natural Sciences and Engineering Research Council of Canada.

With additional funding, the researchers could look further into the differences between normal ages and "super agers" -- people who have identical cognitive performance to those several decades younger than them.

## ویلفیر کمیٹی، ہاوسنگ کالونی بجہاڑہ

192124 اینٹ ناگ کشمیر

پرس نوٹ

مورخہ 8 جولائی 2022 کو ویلفیر کمیٹی ہاوسنگ کالونی بجہاڑہ کا ایک مشترکہ اجلاس منعقد ہوا۔

جو کالونی بڑا کے دو مساجد - غازی مسجد شریف اور بال مسجد شریف کے مقتدیوں کے اثر پر وجود میں آئی۔ دونوں مساجد سے جیتے ہوئے انیس ممبران میں پندرہ ممبران نے اجلاس میں شرکت کی۔ اجلاس میں عہدے داروں کا انتخاب عمل میں آیا۔ ممبران نے اس بات پر زور دیا کہ کمیٹی بڑا کا غرض خالصتاً اصلاح معاشرہ ہوگا۔ جس میں منشیات کا عنصر از سر فرست رہیگا جس کے لئے اجتماعی کورڈر دست توثیلش ہے۔ کمیٹی بڑا کے ممبران کے اسامہ گرامی اور عہدے داروں کے عہدے اس طرح ہیں۔

صدر	محترم محمد یوسف ذیل صاحب
نائب صدر	محترم محمد امین شاہ صاحب
یکریٹری	محترم مظفر احمد میر صاحب
جوائنٹ سیکریٹری	محترم احمد اللہ انصاری صاحب
کڑاچی	محترم مزیر احمد زرگر صاحب
ممبر	محترم فاروق احمد ذیل صاحب
ممبر	محترم مزیر احمد ذیل صاحب
ممبر	محترم محمد حسین گٹو صاحب
ممبر	محترم محمد امین حافظ صاحب
ممبر	محترم مقار احمد رشید صاحب
ممبر	محترم غلام رسول بیلائی صاحب
ممبر	محترم بشیر احمد زرگر صاحب
ممبر	محترم مشتاق احمد ناگ صاحب
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ممبر	محترم زبیر احمد شاہ صاحب
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## Scholarships This Week

Kashmir Observer in association with Buddy4Study.com presents scholarships available for the meritorious students of Jammu and Kashmir

### Scholarship Name 1: Atul Maheshwari Chhatravritti 2022

Description: Atul Maheshwari Chhatravritti 2022 is an opportunity by Amar Ujala Foundation for students of classes 9 to 12 with a mission to create a better future by empowering all. The scholarship is specially tailored for students pursuing their education from government institutions. Eligibility: Open for candidates who have secured more than 60% marks in their last annual exams and are studying in 9th to 12th standard with an annual family income of less than INR 1.5 lakh

Prizes & Rewards: Up to INR 50,000  
Last Date to Apply: 31-08-2022  
Application mode: Online applications only  
Short Url: [www.b4s.in/observer/AMC9](http://www.b4s.in/observer/AMC9)

### Scholarship Name 2: IDFC FIRST Bank MBA Scholarship 2022-24

Description: IDFC FIRST Bank is providing scholarships to students enrolled in 1st year of 2-year full-time MBA programmes across selected colleges in India. The scholarship programme is aimed at helping MBA students who need financial support in managing their tuition fees.

Eligibility: Indian students who are enrolled in the 1st year of full-time MBA programmes for 2022-24 batch at selected educational institutions may apply for this scholarship.



Annual family income of applicants should not be more than INR 6 lakhs.

Prizes & Rewards: INR 2 lakhs (INR 1 lakh/year)  
Last Date to Apply: 15-07-2022  
Application mode: Online applications only

Short Url: [www.b4s.in/observer/IFBMS3](http://www.b4s.in/observer/IFBMS3)

### Scholarship Name 3: GEV Memorial Merit Scholarship 2022-23 for Law Students

Description: GEV Scholarship Fund Trust invites applications from students pursuing law courses at undergraduate or postgraduate level in India. The scholarship aims to provide financial support to meritorious law students and help them pursue a quality legal education at premier Indian institutes.

Eligibility: The scholarship is open for Indian nationals only. They must be already enrolled in any year of an LLB/LLM degree course at a recognized law institute in India or applying for CLAT, LSAT-India, AILET. The students are required to have scored a minimum of 60% in Class X and XII board exams. They must have an annual family income of not more than INR 10,00,000 (10 lakh) from all sources. Also, they must be willing to sign-up for scholarship fund's annual mentorship programs to assist and nurture the next batches of GEV Merit Scholars.

Prizes & Rewards: INR 50,000 to INR 2,00,000 per year  
Last Date to Apply: 31-07-2022  
Application mode: Online applications only  
Short Url: [www.b4s.in/observer/GMM4](http://www.b4s.in/observer/GMM4)

## PUBLIC NOTICE

This is informed public in general that we have applied for the name change in our commercial PDD connection vide consumer ID: 0201040008109 (Div: Khonmoh, Region: Kashmir) from M/s HK Auto World Private Limited, Athwajan bypass Srinagar to M/s HK Automobiles Private Limited, Athwajan bypass Srinagar. If anyone is having any objection, may kindly report to concerned department within 7 days from the date of publication of this notice.

Regards – HK Automobiles Private Limited  
Tlc

## The Jammu And Kashmir State Board Of School Education

### BRANCH OFFICE MAGAM

The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate of 10th & 12th under Below mentioned particulars  
Name : Adil Nazir  
S/o Nazir Ahmad Sheir Gojree  
R/o Agri Kalan



**Details of Marks Certificate lost**  
Higher Secondary School Examination (class 12th)  
Roll No 32401566  
Session /Year 20-21 Annual - Biannual Pvt

Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the same before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is teated as cancelled.

Sd/ Assistant Secretary  
Sub Office Magam

bmj

Government of Jammu & Kashmir  
**OFFICE OF THE EXECUIVE ENGINEER PWD(R&B) DIVISION KUPWARA**  
NOTICE INVITING E-TENDER  
NIT No. 32-Kupwara/3024-31 of 2022-23 e-tendering DATED: -15-07-2022.

For and on behalf of Lieutenant Governor of J&K Union Territory, e-tenders are being invited on an percentage basis (as applicable) from approved and eligible Contractors registered with the J&K Government, 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 rupees)	Earnest Money (In rupees)	Time of Completion In days	Time & Date of Opening of Bid	Class of Contractor	Major Head of Account
1	2	3	4	5	6	7	8	
01.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Asthan Mohalla link, Pir Mohalla, Kumar Mohalla, upper wani Mohalla at Sogam	5.00	200/-	10000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
02.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Madmadaw lastiyal road.	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
03.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Kusan Tangchek road	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
04.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Approach road to Bus Adda Kralpora	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
05.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Kupwara town roads	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
06.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Shaloor Goffabal road road	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
07.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Gushi Karhama road road	4.00	200/-	8000/-	15 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R
08.	Restoration of road surface by way Providing and laying of WBM G-III and 25 mm thick Semidense in Patches/Stretches to Mir mohalla Kralpora Moud road	3.00	200/-	6000/-	21 days	21-07-2022	AAV with HMPD/ HMPD/ AAY Class Civil with Registered MoU with HMPD	3054 M&R

Position of AAA: Accorded

Position of funds Available

1. The bidding documents, which would include qualifying information, eligibility criteria, specifications/drawings, a bill of quantities (B.O.Q), a set of contract terms and conditions, and other details, can be viewed/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) on the dates listed below: -

01.	Date of issue of Tender Notice	15-07-2022
02.	Period of downloading of bidding documents	From 16-07-2022 to 21-07-2022 (4.00PM)
03.	Bid submission start date	16-07-2022 from (10.00AM)
04.	Bid submission end date	21-07-2022 upto (04.00PM)
05.	Date & time of opening Bids (on line)	21-07-2022 at (6:00PM) in the Office of the Executive Engineer RnB Division Kupwara

Terms and Conditions :-

The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

2. Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith Cell No, NIT No. & Sr. No of NIT) in favour of Executive Engineer R&B Division Kupwara (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Kupwara

3. At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/ FDR pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Kupwara. The successful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/ bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

4. The date and time of bid opening shall be notified on the Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and automatically communicated to bidders via an e-mail message sent to their e-mail address. Responsive bidders' bids will be opened online on the same Web Site in the Office of the Executive Engineer R&B Division Kupwara (tender receiving authority).

5. Bids for the work shall be valid for 120 days from the date of opening of Technical bids.

6. Instruction to bidders regarding e-tendering process.

1.1 Bidders are advised to download the bid submission manual from the "Downloads" option as well as the "Bidders Manual Kit" option on the website [www.jktenders.gov](http://www.jktenders.gov) to familiarize themselves with the bid submission process.

1.2 In order to participate in the bidding process, bidders must obtain a "Digital Signature Certificate (DSC)" under the Information Technology Act of 2000. Any approved Vendor can provide bidders with a digital certificate.

1.3 Bidders must submit their bids in electronic format with a digital signature online. No physical bids will be accepted.

1.4 Bids will be opened online in accordance with the time schedule specified in Para-1.

1.5 Bidders must upload online scanned copy of all required documents (within the document upload limits) with their technical bid.

Note: - Scan all the documents on 100 dpi with black and white option.

DIPK-6089/22

No:- 3024-31  
DT:-15-07-2022

Executive Engineer  
R&B Division Kupwara



## DC Inspects Works On Construction Of Flyovers

Observer News Service

Srinagar: Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad on Saturday undertook an extensive tour of different City areas to inspect progress of works being carried out on several major developmental projects including flyovers on NH-44 (Jammu-Srinagar highway) at Sanat Nagar, Nowgam and Bemina Junctions. He also visited SKIMS Medical College, Bemina to over-

the issues hindering the project.

He also took stock of the work on 0.85 km span flyover at Nowgam junction being carried out at a cost of Rs 34 crore for which completion timeline of one year has been set.

Later, the DC visited Lasjan bypass to inspect the works being carried out for construction of Grade Separator.

On the occasion, the DC was apprised by the Project Director, NHAI that over 60 percent of the



see infrastructure upgradation works and to explore possibilities of allotment of Additional land for the College.

Aijaz inspected the pace and progress of ongoing work on construction of flyover at busy junction of Bemina bypass being executed at a cost of Rs 31 crore by PWD.

He directed the concerned executing agency to accelerate the pace of work by employing additional men and machinery to complete the prestigious project in set timelines.

The DC also passed on spot directions to resolve

work has been completed and work on the remaining part of the project is going on with full swing.

The DC hoped that as soon as these prestigious projects on NH-44 are completed shall improve transport facilities in Srinagar and also will prove helpful to overcome traffic congestion along the highway and on other important road corridors.

Aijaz also visited SKIMS Medical College, Bemina to oversee the measures being taken for infrastructure development at the College.

## Man killed, Wife Critical In Ahmad Nagar Accident

Agencies

Srinagar: A man was killed, while his wife was critically injured in a road accident at 90 feet road near Al Khuddam Ahmad Nagar area of Srinagar outskirts on Saturday morning.

Reports said that 58-year-old man identified as Farooq Ahmad Wani of Ellahi Bagh and his wife identified as Nas-

eema (55) were critically injured in a road accident on 90 feet road near Al Khuddam, Ahmad Nagar.

They said that both the injured were rushed to SKIMS by locals for treatment, however, Farooq Ahmad died on the way to the hospital.

They added that his wife, who is under treatment at the hospital, is said to be critical.

Meanwhile, police have taken cognizance of



## FAA Candidates Protest For Third Straight Day

Syed Mohammad Burhan

Srinagar: Scores of candidates who qualified for the exam of Finance Account Assistant (FAA) held by the Jammu & Kashmir Service Selection Board (JKSSB) continued with the sit-in protest for the third straight day.

Braving rains, candidates raised slogans against the JKSSB and urged the LG administration to hold them accountable.

The candidates said they had prepared for the examination for years and it was impossible for them to appear in another examination.

Kysar Jahangir, 30 a candidate from Central Kashmir's Ganderbal has been regular in attending

the protests at Press Enclave.

Kysar says he has been studying for competitive examinations for the last five years.

"It was after years of hard work that I was able to qualify for the FAA examination, the idea of appearing in a re-exam is giving me sleepless nights" he said.

"My siblings suffer from eye ailments and my ailing mother has been bed ridden for years, my father will soon retire from the government service" Kysar said.

"Who will take care of my family" he questioned.

As the protest continued for hours some female candidates broke down during the sit in.

"I have been studying for four years and I have to get married in the month of September" said a fe-

male candidate.

"After marriage, it will be literally impossible for me to appear in a competitive exam" she said, urging authorities not to scrap the exam.

It is pertinent to mention, the protests were sparked by the rumors that the FAA selection list may be scrapped as it alleged that some candidates may have cheated in the exam.

The JKSSB had advertised posts for the Finance Account Assistant (FAA), Junior Assistant, Sub Auditor and other positions in December 2020.

The exam for which was held in the month of March, 2022. JKSSB had published the merit list on 22nd April, 2022.

## School Of Law, Kashmir University Condoles Demise

Observer News Service

Srinagar: The Faculty of Law, University of Kashmir (KU), Saturday held a condolence meet via virtual mode to condole the demise of mother of Prof Ayub Dar and prayed for the peace to the departed soul.

Prof Ayub Dar is a professor in the School of Law and its former

head and dean. Family sources said that the deceased breathed her last on Saturday at her Ompora Budgam residence after a brief illness.

A statement of KU issued here said that staffers of School of Law, KU, held a condolence meet via virtual mode wherein all faculty members participated.

Paying tributes to the deceased, Dean and Head of Depart-

ment School of Law, Kashmir University Prof Beauty Bandy said that the deceased was a noble human being.

The participants in the condolence meet prayed for the peace to the departed soul and expressed solidarity with the bereaved family.

Meanwhile, students of School of Law, KU, held a separate condolence meet and prayed for eternal peace to departed soul.

## Stray Dog Menace Troubles Locals In Old City

Agencies

Srinagar: The stray dog menace continues to haunt certain areas of the Old City in Srinagar, triggering panic among residents, especially during nights, as men, women and children fear walking alone due to wandering dogs.

Stray dogs are increasingly being seen even during daytime at Chinkral Mohalla, Dar Mohalla, Fateh Kadal and several other residential areas.

Residents of these areas of the old city complained that children are attacked after dusk. They said despite complaints to authorities time and again, no initiatives were taken to catch the dogs.

"When we go to complain to authorities about stray dogs, they send us back with hollow words.

Day by day the number of stray dogs is increasing and it has become a serious threat for the locals who step out in the locality.

Despite several complaints to the concerned departments the problem was not addressed on a permanent basis, locals



“My son was playing outside the house in the morning, a group of violent stray dogs surrounded him and one bit him. I rushed outside hearing his screams

lamented.

Moreover, as they are large in number in the area, they become aggressive when they find children playing and riding bicycles in the area, added residents.

"My son was playing outside the house in the morning, a group of violent stray dogs surrounded him and one bit him. I rushed outside hearing his screams", said a resident.

"If I didn't reach him on time, he might have been killed" said Maimona, a resident of Fateh Kadal.

Stray dogs can be seen in large groups around garbage dumps in the residential areas. "These dogs have made life hell, particularly for women and old age persons," locals said authorities to take measures in this regard. (CNS)

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- QAZIGUND: 01951-296153



### HIGHWAY STATUS



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



**HIJRI**  
**CALENDAR**  
17- Zil- Hajj  
1443

### PRAYERS

FAJR	3: 50
ZUHR	12:37
ASR	5:35
Magrib	7:45
ISHA	9: 23

## This Day In History

- 1936 - Spanish generals Francisco Franco and Emilio Mola lead a right-wing uprising, starting the Spanish Civil War
- 1944 - 2 ammunition ships explode at Port Chicago, California, killing 322
- 1948 - Israeli army captures Nazareth
- 1948 - Proclamation of constitution of Republic of (South) Korea
- 1952 - Shah of Persia Mohammed Reza Pahlavi names Ghamv Sultaneh premier
- 1958 - King Hussein declares himself head of Jordan/ Iraqi federation
- 1959 - Paleontologist Mary Leakey discovers partial skull of a new species of early human ancestor, Zinjanthropus boisei or 'Zin' (now called Paranthropus boisei) lived in Africa almost 2 million years ago
- 1964 - Great Britain performs nuclear Test at Nevada Test Site
- 1973 - Military coup in Afghanistan; King Mohammad Zahir Shah flees
- 1975 - Apollo 18 and Soyuz 19 make 1st US/USSR linkup in space
- 1976 - Indonesian president Suharto annexes East Timor
- 1980 -- Bolivian military coup; General Garcia Meza becomes president
- 1980 - Ronald Reagan formally accepts Republican nomination for US president
- 1981 -- Israeli bombers destroy PLO/al-Fatah headquarters in Beirut
- 1981 - USSR performs nuclear Test at Eastern Kazakh/Semipalinsk USSR
- 1984 - Soyuz T-12 carries 3 cosmonauts to space station Salyut 7
- 1987 - Iran and France break diplomatic relations
- 1990 - Hussein's Revolutionary Day speech claims Kuwait stole oil from Iraq

## From KO Archives

### Baramulla Boat Tragedy

## Minister Greeted With Stones In Village

Observer News Service

Srinagar: Local MLA and minister for tourism, Muhammad Dilawar Mir, was attacked with stones when he arrived in Ladura, Baramulla, on Friday to visit the families of Wednesday's boat tragedy victims.

After taking a recess in a supporter's house, the minister finally managed to reach the victim's home, offer fatiha and pay condolence to the bereaved family.

Mir, who represents the Rafiab assembly segment, was visiting the area to pay condolence to the families who had lost their loved ones on Thursday, when locals retrieved the body of another victim, Firdous Ahmad Dar, from the Jhelum. Dar was one of the six people killed when a boat capsized in the river on Wednesday.

Reports said that the minister reached Ladura chowk just as a large number of people were in the streets after taking Dar's body to his family.

The already emotionally-charged crowd raised slogans against Mir and the government, and a group of youth attacked the minister's car with stones. Unable to come out of his vehicle, Mir took a U-turn and made for the home of a supporter.

The minister and his entourage escaped unhurt in the attack. The locals said that the army and the police, assisted by residents, had resumed the search for missing victims on Friday morning, but gave up only after two hours, leaving the difficult task to villagers.

They alleged that the administration was using dilatory tactics in recovering bodies from the Jhelum, which had added to the anguish of the victims' families. The locals contested reports that the police or the army had recovered three bodies yesterday, saying that the victims were found solely due to the tireless efforts of the local villagers.

(Kashmir Observer, 17 July, 2007)

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OBSERVER

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Twitter Talks



"It may surprise people outside but this is how Kash-  
miris lived and will continue to live, disruptions not-  
withstanding. Heard elderly Gh Nabi Malik sing Shiv-  
lore and now this bunch of KPs rendering a naat in  
the honour of Prophet. No one can beat Kashmir's  
syncretic culture"

@islahmufti

"I wish everyone on Earth knew how genuinely "off  
the charts" key planetary trends are right now, and  
how abnormal and critical it is. Things like atmospher-  
ic CO2 fraction, heat extremes on land and ocean, bio-  
diversity loss and extinction rates. All alarms should  
be going off"

@climatehuman

ADVENTURES IN ARCHIVES

Srinagar's  
Traffic Mess

Traditionally, the moment the surviving vestige of the feudal  
era, the 'durbār', embarks on its northward trek to the state's  
summer capital, the Srinagar-based officials wake up from  
their seasonal slumber to stage the ritual of addressing vari-  
ous matters of public import. One of the numerous exercises they un-  
dertake is the customary review of traffic control in the city, nay, in  
the civil lines areas where they feel their presence can be taken note  
of by those at the helm in the government and in the administration.  
This is the administrative culture that has been reared and nursed  
by successive regimes primarily to be sold to the public as some kind  
of good governance. Who would not know the law enforcing agen-  
cies show up in marketplaces only on the eve of festivals to tell the  
prospective hoarders and black-marketeers that the administration  
is very much alive and kicking and would take cognizance of their  
wrong-doing. No sooner is the festival over than they enact what is  
known as their intriguing public vanishing.

However, the slew of measures taken after the "deliberations at  
the high-level meetings" and announced with lot of gusto more often  
than not end up subjecting the public to avoidable inconvenience. Re-  
member the hardship that was heaped on the commuters, that too in  
only one of the city's flanks, in the wake of inauguration of the city's  
first ever fly-over in July last year when no less a person than the  
deputy chief minister had the temerity to bar the use of the facility to  
the general public, perhaps under the advice of the worthies in blue.  
The anti-people order was withdrawn only after there was a public  
outcry over it. Even then, the people heaved a sigh of relief only after  
the government offices left for the winter capital. The durbār is back  
with all the accompanying problems for the man on the street. Be it  
the civil secretariat or the legislature, the traffic lords must be mull-  
ing to give the public the nightmares they are reputed for.

Over the years, the number of vehicles arriving in the valley has  
been multiplying at a maddening pace while the condition of roads has  
remained almost the same as it was decades ago. Obviously, this hap-  
pens to be the stock argument with the traffic managers to defend their  
inability to handle the problem. On its part, the government seems to  
be groping in the dark without conceiving a long and short term strate-  
gy to meet the ever growing need for wider and better roads. At its best,  
it responds by merely constituting committees to examine the problem  
and to propose remedies. Latest in the series was the one headed by  
the divisional commissioner which held several sessions last year and  
may well have formulated a plan only to be shelved subsequently. Not  
long ago, the RITES, a reputed consultancy service, was entrusted with  
an in depth study of the traffic problem. In all probability, its report  
must be buried somewhere in the secretariat. By the time the govern-  
ment comes out of its lackadaisical mindset and initiates concrete  
steps to address the problem, the functionaries assigned with the job  
have to operate in the given situation. A senior traffic police official  
is on record for having talked of a long term plan of road widening,  
creation of parking and other facilities and several other measures  
which, of course, would entitle him to an award, if not an out-of-turn  
promotion. However, he did not enlighten the general public about his  
department's immediate response to the problem that stares him in  
the face. What answer does he have to the busy crossings all over the  
civil lines areas being converted into virtual parking lots for the mini-  
buses just under the nose of a battery of traffic policemen? Look at the  
police beat in front of the central telegraph office, the Batmaloo bridge,  
the cremation ground trisection, the Radio Kashmir round-about, the  
Bemina crossing, and on top of them all, the traffic point in front of the  
chief minister's official residence. The waiting sheds and parking bays  
that dot the main arteries like the MA Road, say near the women's col-  
lege, the municipal park are there only to mock at the efficiency of the  
men in blue who should not require any "special powers" to make the  
bus operators utilize these.

Likewise, he may have no answer for the overloading menace.  
Unless, the department's senior officials are so immobile as being un-  
able to move around the city, the minibuses plying with passengers  
dangerously dangling at the back or in the doors should have attract-  
ed cognizance in an effective manner, even if the relevant laws had to  
be given stronger teeth against offence. Curiously, the city is witness  
to some mystery routes on this count. While the minibuses bound for  
Qamarwari, HMT etc run near empty even during peak hours, those  
plying on the JVC, Khomeini chowk routes are crowded to the extent  
that women, children and elderly passengers can ill afford to board  
them even during lean hours. A peak time visit could help the traf-  
fic officials have a direct feel of the intriguing difference between the  
minibus plying on the two routes. It is time they thought of something  
more innovative on the basis of sheer common sense to handle the  
problem within the given situation.

The article is an editorial from KO's archives and  
was originally published on May 06, 2005

Wajahat Qazi

The relationship  
could be more  
robust and vigorous if  
a moral component  
could be overlaid onto  
the utilitarian one, the  
kind that could allow  
people like Ahmad  
from downtown  
Srinagar to at least  
think about a 'better  
life'. Is this possible?  
Possibly. But the real  
question is: how can it  
be made possible and  
immigration of the  
pull variety not be  
merely an elitist  
phenomenon?



Saqib and Ahmad (names changed) are Kashmiri  
young men, in the prime  
of their lives. But impor-  
tantly, life chances determining  
differences, define the two: Saqib  
is an 'uptown' Kashmiri, upper  
middle class (by the standards of  
Kashmir). Both his parents are  
educated professionals and live  
in a spacious house. Saqib is 'in  
the know' about the world: he has  
access to the internet, is present  
on all forms of social media. More  
importantly, Saqib has been edu-  
cated in one of the best schools of  
Kashmir. His parents are debat-  
ing whether to send him to a good  
college in India or to enroll him  
in a Western university of repute.  
Money is not a factor for the de-  
cision; location and proximity to  
Kashmir and thereby family are.  
Saqib is excited at the prospects.  
He has vacationed in Delhi and  
Mumbai with his parents but now  
wants to explore the West. He cel-  
ebrates his birthdays in snazzy  
cafes of Kashmir. His network of  
friends and acquaintances - from  
the same class- pepper him with  
adulation and greetings for his  
prospective westward journey.  
He is studying and getting tuition  
for GMAT and TOEFL.

Let's meet Ahmad now. A  
denizen of Downtown Srinagar,  
Ahmad has been educated in a  
government school. Both parents  
- the father, a carpet weaver and  
the mother a shawl embroiderer  
whose daily struggle is making  
ends meet - have determinedly  
retained him in school. Ahmad  
has three sisters that help the  
mother in her shawl embroidery  
work and household chores. One  
of the daughters, in the cultural  
and social context of Kashmir,  
is of marriageable age but poor  
finances of the family get in  
the way. Ahmad moonlights to  
supplement the family's income  
and goes to a government run  
college, the only choice available

to him. With no practical guid-  
ance about what course to choose  
and a somewhat poor academic  
record due to structural factors  
- government school education,  
no tuition, no other support -  
Ahmad is doing a BA. (The hope,  
a vague one, is that maybe, just  
maybe, one day he might get a  
government job, in the lowest  
pecking order of the hierarchy).  
There's a 'silver lining' to Ah-  
mad: a job broking agent, against  
a payment of one lakh rupees, an  
amount that the family has bor-  
rowed from friends and relatives,  
has promised a job in Dubai.  
What the job is, what the remu-  
neration is, and other relevant  
legal and employment details, no-  
body knows.

These are snapshot profiles of  
two young men, whose life chan-  
ces are essentially defined by the  
socio-economic conditions they  
were born into, a chance event  
but one that will leave an imprint  
on them beyond their lives. In  
all likelihood, Saqib will land in  
a US university, do an BTech or  
a vogueish course that will land  
him in a job in the same coun-  
try. His children will get the best  
education. If and when Saqib gets  
citizenship in the US, his parents  
will either join him in the coun-  
try or against the granting of 10  
year multiple entry visit visas,  
visit Saqib frequently. Ahmad's  
life, to the contrary, will be one  
of struggle, frustrations of an eco-  
nomic and social nature and even  
deprivation. His employment  
will be precarious, fetching him  
and his family little. He will bor-  
row to get his sisters married and  
once his parents attain old age, he  
will struggle to take care of him.  
Shorn of a miracle, this pattern  
will be intergenerational.

Among and between the two,  
who 'deserves' to be an immi-  
grant?

It must be said that immigra-  
tion is not an entitlement. It is

what it is: a movement or flow  
of people determined either by  
the 'push' or the pull factor. The  
former refers to refugee flows  
and the latter more or less a  
choice (for some) determined by  
opportunities created by global-  
ization. Implicit in the former  
is a moral bargain: it is owed to  
people facing life threats to be ac-  
corded a safe habitat (roughly).  
The latter is premised on a utili-  
tarian calculus, which is usually  
a win-win bargain for both the  
immigrants and host societies.  
But, oftentimes, it is the highly  
skilled and educated immigrant  
who has it all going for him and  
her that is the prime beneficiary  
at a range of levels.

Broadly, immigrants have  
some value to sending societies  
usually by way of remittance  
flows. Over time, it has also been  
observed that there are some  
negative returns to host societies  
as well. But on balance, there is  
some correlation between devel-  
opment and immigration. The  
relationship could be more ro-  
bust and vigorous if a moral com-  
ponent could be overlaid onto  
the utilitarian one, the kind that  
could allow people like Ahmad  
from downtown Srinagar to at  
least think about a 'better life'.  
Is this possible? Possibly. But the  
real question is: how can it be  
made possible and immigration  
of the pull variety not be merely  
an elitist phenomenon?

Views expressed in the article  
are the author's own and do not  
necessarily represent the editorial  
stance of Kashmir Observer

The author has Masters with  
Distinction in International  
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worked as Associate Editor of  
Kashmir Observer

Pandemic in New Light

Prabodhan Pol

The Covid-19 pandemic has  
caused unimaginable cha-  
os throughout the world. It  
has witnessed a significant  
churning in social, political and  
economic realms. Can the pande-  
mic be considered a breakthrough  
moment in history? It may be too  
early to make a definite statement  
but there are parallels with past  
public health emergencies that  
cannot be ignored.

Historians suggest that public  
health crises provide a context to  
reframe society through the disrup-  
tion of status quo. For example, the  
bubonic plague reframed Europe's  
sociopolitical order while India's  
plague epidemic in 1896 further  
invigorated the politics of national-  
ism. But historians have also sug-  
gested that the stirrings caused by  
such crises need not always trans-  
form the lives of the marginalised.  
The Black Death pushed Europe's  
Jews to the wall through massacre  
and persecution. Therefore, it is es-  
sential to ask, particularly in the  
Indian context, how the calamity  
has affected the marginalised, es-  
pecially since Covid-19 coincided  
with a global surge in populism,  
racism, and sectarianism.

Insofar as India is concerned,  
pandemics could serve as a fasci-



nating source for understanding  
complex caste equations. For in-  
stance, on the one hand, the plague  
epidemic of the 19th century pro-  
vided a significant moment for as-  
sertive nationalism; yet, the orien-  
tation of its rhetoric was premised  
on upper-caste Hindu revivalism  
and anti-Muslim politics. This was  
particularly noticeable in western  
India. This goes to show that health  
crises in India can have a socio-po-  
litical trajectory.

Interestingly, Covid also facili-  
tated a push towards the discourse  
of populism, conservatism and  
communalism. In the initial phases  
of the pandemic, there was consid-  
erable embarrassment and incon-  
venience caused to the Bharatiya

Janata Party-led government due  
to its failure to deal with the cri-  
sis. Indians witnessed significant  
economic turbulence in the form  
of substantial job losses. Yet, the  
turbulence did not kindle political  
resistance against the government.  
Instead, Hindutva politics used the  
pandemic to invoke the prejudices  
against Muslims. The demonisa-  
tion of the Muslim community was  
facilitated through organised rhet-  
oric and media propaganda during  
Covid.

Pandemics are often consid-  
ered to be great equalisers in his-  
tory as they simultaneously affect  
the privileged and the poor. Even  
though pandemics in the past  
helped change the world - they

were equalisers of some sort- we  
also need to understand that in,  
say, the last 150 years, history sug-  
gests that pandemics have often  
consolidated conservatism, sectari-  
anism, racism and violence glob-  
ally. Little wonder then that the  
influenza pandemic in 1918 in Italy  
provided vital support to the estab-  
lishment of fascism in that coun-  
try. Correspondingly, it boosted a  
similar expansion of the Naziparty  
in Germany.

Pandemics, therefore, need to  
be understood by transcending the  
health perspective. One must not  
forget that caste and communal  
rhetoric can play significant roles  
during such crises. In the Indian  
context, the government of the day  
used the pandemic to divert the at-  
tention of the general public by dis-  
seminating a polarised narrative  
even during a public health crisis  
to belittle minorities.

Views expressed in the article are the  
author's own and do not necessarily  
represent the editorial stance of  
Kashmir Observer. The article was  
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India

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# LET'S DO THE DETOX

## How To Take A Social Media Detox And Improve Your Mental Health

Amber Murphy

How often do you reach for the phone first thing in the morning and check your Twitter notifications? How often when you're on vacation are you more concerned about taking the perfect Instagram picture than enjoying yourself? How often are you locked in an internet argument on Facebook? A social media detox gives us a bit of clarity into this.

The amount of mental energy we give our phones, specifically social media, could be put to much better use.

Social media, in its inception, was harmless fun. Now, it has evolved to be part of our daily lives. It's how we consume most of our information, and it influences everything from elections to public discourse.

But social media is not real life. As much influence, or seeming influence, it has, it's a curated and selective sample of what's actually going on in the world.

Many people are beginning to discover this. There has been a recent trend of people consciously reducing their social media use. Some have even gone full cold turkey and deleted their social media accounts.

However, you don't need to go cold turkey to experience the benefits of avoiding social media. A social media detox may just be enough for you if you're experiencing the anxiety and stress that comes with social media use.

### WHAT IS A SOCIAL MEDIA DETOX?

A social media detox is a conscious elimination of social media use and consumption for a set period of time. Generally, most social media detoxes are 30 days, but some people do 7 days or even a year-long social media detox.

Ideally, you're completely eliminating social media use and consumption. This means deleting and removing all social media apps from your phone, and in some cases where it's possible, temporarily disabling your social media accounts.

### SOCIAL MEDIA DETOX VS. SOCIAL MEDIA BREAK

A social media detox is different than a social media break. A break from social media accounts is a promise to yourself to stay off of sites like Facebook, Twitter, TikTok, and Instagram for a set period of time. A social media detox is a complete disconnect from social media platforms and may even include a drastic measure such as giving away the passwords to your accounts to a trusted friend or completely deleting your accounts.

### WHY TAKE A SOCIAL MEDIA DETOX

If you're here or you've been thinking about taking some time off of social media, you should probably do it, and that should be reason enough. You're reading this because you're noticing your social media usage is through the roof social media networks are affecting your self esteem and overall well being.

If you feel like social media has taken over your life, if it preoccupies your mind, or if you find yourself constantly and habitually reaching for your phone, these might be signs that it's time for a break.

### CLEAR YOUR MIND

A social media detox gives you a chance to clear your mind.



We're sucked into this online world of pretty filters on models and influencers, a friend's curated version of their life in photos and captions, and news headlines designed to spark an emotional reaction.

This is all a recipe for a disaster when it comes to our mental health. It's unnecessary clutter, it's informational junk food, and ultimately most of it is useless to you besides disturbing your tranquility.

Imagine how much better use of your time and mental energy could go into the things you actually care about, or changes you can actually affect on the world. Taking a break from social media gives you a chance to take a step back and really evaluate what's most important in your life and what is a much better use of your time and mental space.

### TAKE BACK CONTROL OF YOUR DIGITAL HABITS

It also gives you back control of your phone and your digital habits. Social media apps and websites are designed to get you addicted to the feedback loops, notifications, likes, and instant gratification it gives you.

Every time you pull down the screen and refresh, hoping for a new notification or Like, you're pulling down that slot machine arm hoping there's something new to stimulate you. And when there's a new Like, Favorite, or Comment, you get a little bit of a dopamine hit.

This is intentional. These apps and websites have been optimized and iterated on for years by behavior scientists and psychologists hired by these tech companies to keep you engaged with their application.

Why? So you keep coming back and stay on their platform longer. The longer you stay on their platform, and the more you keep coming back, the more ads they can serve you. The more ads they can serve you, the more money they can make from you.

This creates an incentive for these tech companies to optimize their platforms against the spirit of their original intention or mission. It isn't really about connecting you with people, it's about keeping you and your brain addicted.

It gets to the point where you're no longer really in control of your digital habits. It becomes compulsive. You

check your feed first thing in the morning, you check it every time you get a notification, and you're glued to your screen even when you're trying to spend quality time with real people.

Finally, the last reason to take a social media detox is simply the benefits of taking a break from social media.

### BENEFITS OF A SOCIAL MEDIA DETOX

So, are there any real benefits to taking a social media detox? What can one expect?

#### MORE FREE TIME

When you start a social media detox, you may find yourself a little bored. That compulsion to open Twitter or Instagram whenever your phone is in your hand will need to be replaced with something. The amount of time you spend on your phone will have to be used for something else.

Hopefully, something much more productive.

If social media was your way to stay informed on issues you care about, instead of consuming information, why not spend this time taking action and doing something?

If social media was your way to stay in touch with friends, write them a letter or spend more time in person with people you care about.

#### LESS ANXIETY

Inevitably, what will happen after a week or so is with more and more mental clutter out of the way, you'll no longer fall prey to the worry of the day that makes the headlines, feeds or Trends on social media. Plenty of studies link social media and depression.

With enough time, you'll find yourself being more positive since social media tends to jade us and make us more cynical.

You'll also find yourself comparing yourself less to other people. You'll no longer feel like you'll have to keep up with the Jones, so to speak.

This will help lower your anxiety significantly. There's a lot of evidence that suggests most of today's anxiety comes from social media use and consumption.

#### BETTER MORNINGS

Most people check their phones first

thing in the morning, and some of those people immediately open up a social media app upon waking. They see that alert and notification and they need to investigate it.

This sets the tone for the rest of the morning, and sometimes even the rest of the day.

Intentionally staying away from social media forces you to use your time either in the mornings, or during your commute to work, or while your morning coffee, in a different way.

Rather than spending time reading a feed, read a book. Instead of taking some photos for Instagram, take a quick morning walk. Rather than seeing what so-and-so Tweeted, notice what thoughts enter your mind with a morning meditation.

#### MORE MINDFULNESS

One thing I've found when I've had to force myself off of social media for a while, was just how mindful I became of my device usage.

It actually started to bother me.

I caught myself several times, reaching for my phone, scrolling over to an app that I deleted. Then I found myself compulsively typing Twitter.com into my address bar before stopping myself.

I became much more mindful during this period and I was no longer a zombie scrolling through feeds and moving from one social media app to another without putting much thought into it.

Finally, I began to realize just how much mental real estate and time this stuff actually took from me and my life. It was pretty eye-opening. Then I began to think about how many of my friends and family are caught up in this as well.

It helped me practice mindfulness more in my daily activities and routine. It forced me to be present and actually sit with the boredom and cravings I had.

### HOW TO TAKE A SOCIAL MEDIA DETOX

Here's the step-by-step process to take your first social media detox. On the surface, it may seem simple, but we're going to walk through it anyway to ensure you're set up for success with it. This guide will also help you get through your first week so that time spent is spent productively and go on

without social media cold turkey.

#### TELL PEOPLE

The first step to taking a social media detox is to tell people.

Tell people you interact the most that you'll be offline for a while. This will do a few things.

First, it will keep you accountable. If you're back within a few days Tweeting or posting photos, the people you told will hopefully call you out on it. This will help you stick with the detox.

Secondly, it will let people know you haven't disappeared if you wind up sticking with it. Most people won't really care, and some may not even notice you're more inactive on the social media sites they're on (don't take it personally!)

### DELETE THE APPS AND BLOCK THE WEBSITES

The next step is to delete the social media apps from your mobile devices, especially your phone. This step is required. I can almost guarantee you that you will not succeed if you keep the apps on your phone during the detox, or you try to rationalize to yourself that you'll only check them once a week.

For this to work, you'll need to disconnect completely. If that seems too hard (or even impossible), try a shorter detox.

You may also want to install an app or tool on your computer that can block out social media websites for you. A few suggestions we like are Freedom and Cold Turkey. You may even want to block social media apps on your mobile devices.

This isn't required, but it's beneficial, especially if you check social media on your computer or laptop.

If you're struggling despite deleting apps, have a trusted family member or friend change the passwords to your accounts, and only give them to you after your detox is over. This is the extreme case, but I thought it's worth putting it out there for those that need it.

### PLAN WHAT YOU WILL DO DURING YOUR DETOX

The last step is to plan what you will do during your detox and actually fill your spare time with the things you plan to do.

You may wind up surprised at how much time you'll find during the day that you otherwise would have occupied with your social media habit.

If possible, try to replace your social media habit with something that doesn't involve technology. I suggest this because using your phone or laptop to replace a digital habit isn't really productive.

Some suggestions that I found useful:

- Reading
- Spending time with friends and family
- Learning something new (language, hobby, skill)
- Working on a side project or business
- Exercising, gym, yoga
- Travel during your detox

Also, some of the best times to meditate and practice mindfulness are when you're bored or have downtime. Go on a meditation retreat as part of your detox if you're feeling bold.

But if you need to replace your digital habit with a more productive digital habit, here are a few suggestions:

- Download Kindle on your phone

and read books during downtime/boredom instead of looking at social media

- Listen to podcasts or audiobooks
- Write
- Take an online course

### HOW TO DEAL WITH FOMO

One of the most prominent objections to taking a social media detox is "how will I know what's going on?"

Often, there's this sense of FOMO or "Fear of Missing Out." For some, social media is how they consume most of their news and stay informed. For others, it's how they keep in touch with friends they aren't able to see everyday in real life.

If you feel like you will be out of the loop when it comes to current events and the news, don't. If something is important enough, you'll hear about it from a friend, family member, or colleague. Also, most information you consume is not actually informing you. It's distracting you. All the noise is a lot less useful than you might think.

Even if you follow inspirational people on social media, turn to books, documentaries, and podcasts for a while to learn from interesting people.

Finally, when it comes to staying in touch with people, we could all put a little more effort into it.

During my social media detox, I penned over email with long-distance friends.

I also picked up the phone and called people every weekend, even just to see how they were doing for 10 minutes. Yes, it confused people at first, but eventually, after I did it every week, it deepened my connection to them.

Finally, I simply tried to spend more time in person with people. Yes, everyone is busy nowadays, but I still made an effort. It was great for my mental health and my connections with people.

### "WHAT IF I USE SOCIAL MEDIA FOR MY BUSINESS OR PROFESSIONAL LIFE?"

Another common concern before starting any kind of social media detox is that people use social media platforms for their professional lives. A good tip here is to keep your work and professional life separate if possible. Create a social media account just for your business or professional persona. Detox from your personal one and ensure you're only using your business account for business. Stay connected with important clients and partners but avoid the Twitter and Facebook drama.

### YOUR TURN

The first step to a successful social media detox is merely trying it. Even if you're hesitant or unsure if you can do it, try it for a weekend. See how you feel after 2 or 3 consecutive days of being off of social media.

Like how you feel? Try a week and slowly progress to a full month.

Many people find that after their social media detoxes, they never want to come back. It's often the first step to not only a much calmer and simpler life, but to disconnecting from social media for good.

What do you think? Have you tried a detox from social media before? What happened? Let us know in the comments.

*The article was originally published by De clutter the Mind*

KODAK MOMENTS



Some glimpses  
of Gurez  
Valley.

Picture credits: Abdul  
Basit (Twitter/Insta @  
thebasupunk)

## Political Opposition Is Translating Into Hostility, Not Sign Of Healthy Democracy: CJI

Press Trust of India

**Jaipur:** Chief Justice of India N V Ramana on Saturday said political opposition is translating into hostility which is not a sign of a healthy democracy and asserted that strong parliamentary democracy demands "strengthening the Opposition as well".

There used to be mutual respect between the government and the Opposition, but the space for opposition is diminishing and laws are being passed without detailed deliberation and scrutiny, he lamented at an event here.

The CJI said the people expect the court to stand as a counterweight to legislative and executive excess and this gains gravity, particularly whenever the Opposition is missing in action.

Instead of engaging in meaningful debates for furthering democracy, politics has become acrimonious, he said.

The diversity of opinion enriches polity and society. Political opposition should not translate into hostility, which we are sadly witnessing these days. These are not signs of a healthy democracy, CJI Ramana said.

He was speaking at an event organised at the Rajasthan Assembly by the Commonwealth Parliamentary Association (CPA) on '75 years of Parliamentary Democracy'.

Ramana, at an earlier event, said non-filling up of judicial vacancies was the main reason for the huge pendency of cases after Union Law Minister Kiren Rijiju flagged the backlog of five crore such cases.

The CJI also called for steps to address the "grave" issue of the high number of undertrial prisoners that is affecting the criminal justice system, saying there is a need to question procedures that lead to prolonged incarceration without any trial.

Out of 6.10 lakh prisoners in the country, nearly 80 per cent are undertrial prisoners, he said at an event here and lamented that in the criminal justice system, the process "is a punishment".

At the event of the Rajasthan assembly, the CJI raised concerns over the quality of legislative performance.

"There used to be mutual respect between the government and opposition. Unfortunately, space for opposition is diminishing," he said.

"Sadly, the country is witnessing a decline in the quality of legislative performance," he said, adding laws are being passed without detailed deliberations and scrutiny.

He said that if every wing of the state functions with efficiency and responsibility, the burden on others would reduce considerably.

If the general administration is carried out efficiently by the officers, a lawmaker need not toil for ensuring basic facilities for his electorate.

He said that the Constitution does not

specify the minimum number of days for which the state assembly must meet every year. However, there is no doubt that the citizens will definitely benefit from longer engagements.

Highlighting the significance of parliamentary debates and parliamentary committees, the CJI said that strengthening parliamentary democracy demands strengthening the opposition as well.

The leaders in the Opposition used to play a stellar role. There used to be a lot of mutual respect between the government and the opposition. Unfortunately, the space for opposition is diminishing. We are witnessing laws being passed without detailed deliberation and scrutiny, he said.

He said that the increasing state intervention in the lives of the population, dissatisfaction among the public about the other two wings and the rising awareness of rights have increased the public expectations from the judiciary.

In a modern democracy, the people expect the court to stand as a counterweight to legislative and executive excess. This gains gravity, particularly whenever the opposition is missing in action, he said.

Ramana said that as a judge at times he wonders as to how does one trace the legislative intent behind the enactments. Instead of engaging in meaningful debates for furthering democracy, politics has become acrimonious, he added.

The CJI said that a strong, vibrant and active Opposition helps to improve the governance and corrects the functioning of the government.

In an ideal world, it is the cooperative functioning of the government and the Opposition which will lead to a progressive democracy.

Referring to his views on a decline in the quality of debate on last year's Independence Day, he said that his observations were perceived in some quarters as criticism of lawmakers.

When I expressed those sentiments, my only concern was the burden imposed on the judiciary because of imperfections in lawmaking.

"If the bills are thoroughly and dispassionately debated and all the well-meaning suggestions accommodated, we will have better laws. Laws without deficiency save the judiciary from the avoidable burden of litigation, he said.

He also suggested lawmakers have quality assistance from legal professionals so that they are able to contribute to the debates meaningfully. He said that lawmaking is a complicated process and one cannot expect every lawmaker to have a legal background.

The CJI urged the youth to be in touch with the past and present issues. He said that in today's world, true empowerment lies in true awareness.

## Biden Meets With Arab Gulf Countries To Counter Iran Threat

Agenceis

Jeddah: President Joe Biden was using a summit of Arab nations on Saturday to lay out his strategy for the Middle East as he closes the final leg of a four-day trip meant to bolster U.S. relationships in a region bracing for confrontation with Iran.

The president spent the morning meeting individually with the leaders of Iraq, Egypt and the United Arab Emirates, some of whom he had never sat down with.

Biden invited Mohammed bin Zayed Al Nahyan, who became president of the UAE two months ago, to visit the White House this year, saying he looked forward to another period of strong and growing co-operation between their countries under the sheik's leadership.

The Gulf Cooperation Council summit, which is being held in the Red Sea port city of Jeddah, is an opportunity for Biden to demonstrate his commitment to the region after spending most of his presidency focused on Russia's invasion of Ukraine and China's growing influence in Asia.

Hours before the conference began, the White House released satellite imagery that indicates Russian officials have twice recently visited Iran to see weapons-capable drones it is looking to acquire for use in its war in Ukraine.

None of the countries represented at the summit have moved in lockstep with the U.S. to sanction Russia, a key foreign policy priority for the Biden administration. If anything, the UAE has emerged as a sort of financial haven for Russian billionaires and their multimillion-dollar yachts. Egypt remains open to Russian tourists.

Release satellite imagery that shows Russian officials visited Kashan Airfield on June 8 and July 15 to look at the drones could help the administration better tie the war's relevance to many Arab nations' own concerns about Iran's nuclear ambitions, missile program and support for militants in the region.

A senior Biden administration official, who briefed reporters before the summit, said Moscow's efforts to acquire drones from Tehran show that Russia is effectively making a bet on Iran.

Biden's attendance at the Gulf Cooperation Council summit followed his Friday meeting with Saudi Crown Prince Mohammed



bin Salman, the oil-rich kingdom's de facto ruler and heir to the throne currently held by his father, King Salman.

The president had initially shunned Prince Mohammed over human rights abuses, particularly the killing of U.S.-based writer Jamal Khashoggi, which U.S. intelligence officials believe was likely approved by the crown prince.

But Biden decided he needed to repair the longstanding relationship between the two countries to address rising gas prices and foster stability in the volatile region.

Biden and Prince Mohammed greeted each other with a fist bump when the president arrived at the royal palace in Jeddah, a gesture that was swiftly criticised. Biden later said he did not shy away from discussing Khashoggi's killing during their meeting.

The topic created a frosty start to the discussion, according to a U.S. official familiar with the private conversations.

However, the atmosphere eventually became more relaxed, the official said, as they spoke about energy security, expanding high-speed internet access in the Middle East and other issues. Biden even tried to inject some humor into the conversation by the end of the meeting, according to the official, who spoke on condition of anonymity discuss a private meeting.

The Saudi-owned Al Arabiya news network, citing an unnamed Saudi source, reported that Prince Mohammed responded to Biden's mention of Khashoggi by saying that attempts to impose a set of values can backfire. He also said the U.S. had committed mistakes

at the Abu Ghraib prison in Iraq, where detainees were tortured, and pressed Biden on the killing of Palestinian American journalist Shireen Abu Akleh during a recent Israeli raid on the West Bank city of Jenin.

Adel Al-Jubeir, the kingdom's minister of state for foreign affairs, called the visit a great success and brushed off questions about friction between the two countries.

Maybe the skeptics are people looking for theatrics or drama. The reality, however, is that this relationship is very solid, he told Arab News, a Saudi news organization.

Biden, when he addresses the Gulf Cooperation Council, will offer his most fulsome vision yet for the region and the U.S. role there, the White House said. The Biden administration is also expected to announce 1 billion in food security assistance for the Middle East and North Africa.

The president's first Middle East trip comes 11 months after the chaotic U.S. withdrawal from Afghanistan, and as Biden aims to reprioritise the U.S. away from the Middle East's ruinous wars and ongoing conflicts stretching from Libya to Syria.

Energy prices elevated since Russia's invasion of Ukraine were expected to be high on the agenda. But Biden aides tempered expectations that he would leave with a deal for regional producers to immediately boost supply.

I suspect you won't see that for another couple of weeks, Biden told reporters late Friday.

At the summit, Biden was set to hear concerns about regional stability and security, food security, climate change and the continued threat of terrorism.

## HDFC Bank Net Profit Up Almost A Fifth

Srinagar: The Board of Directors of HDFC Bank Limited approved the Bank's (Indian GAAP) results for the quarter ended June 30, 2022, at its meeting held in Mumbai on Saturday.

HDFC Bank reported Rs 9,195.99 crore standalone net profit for the quarter ended June 30, up 18.79 percent from the year ago period.

HDFC Bank net interest income (NII) stood at Rs 19,481.40 crore, up 14.5 percent year-on-year (YoY). The rise in the NII was driven by 22.5 percent growth in advances and 19.2 percent growth in deposits. The lender's total balance sheet grew 20.3 percent.

The Bank's core net revenue, excluding trading and Mark to Market losses, grew 19.8 percent to 27,181.4 crore from 22,696.5 crore in the same quarter of the previous fiscal year.

HDFC Bank core net interest margin was at 4.0 percent on total assets, and 4.2 percent based on interest earning assets. "We continued to add new liability relationships at a robust pace of 2.6 million during the quarter."

Pre-provision Operating Profit (PPOP) stood at Rs 15,367.8 crore. PPOP, excluding trading and Mark to Market losses, grew 14.7 percent on YoY basis.

The country's largest private sector lender made provisions worth Rs 3,187.7 crore in the first quarter of FY23 (which were specific loan loss provisions), down about 34 percent from Rs 4,830.8 crore for Q1FY22.

HDFC Bank said it added 725 branches and 29,038 employees over the last twelve months and 36 branches and 10,932 employees during the quarter under review. "This, and other investments made during the quarter, will position the Bank to capitalise on the growth opportunity," it said.

HDFC Bank said its total balance sheet size as of Q1FY23 stood at Rs 21,09,772 crore, registering a growth of 20.3 percent. Total deposits grew 19.2 percent to Rs 16,04,760 crore.

CASA deposits climbed 20.1 percent with savings account deposits at Rs 5,14,063 crore and current account deposits at Rs 2,20,584 crore. Time deposits were stood at Rs 8,70,113 crore, up 18.5 percent from the corresponding quarter of the previous fiscal, resulting in CASA deposits comprising 45.8 percent of total deposits.

Total advances advanced 21.6 percent to Rs 13,95,068 crore. Retail loans grew 21.7 percent, while commercial and rural banking loans rose 28.9 percent and corporate and other wholesale loan climbed 15.7 percent. Gross non-performing assets (NPA) were at 1.28 percent of gross advances as against 1.47 percent in the same quarter last year. Net NPAs stood at 0.35 percent of net advances.

The bank held floating provisions of Rs 1,451 crore and contingent provisions of Rs 9,630 crore as on June 30, 2022. Total provisions (comprising specific, floating, contingent and general provisions) were 170 percent of the gross NPAs.

### CONTD. FROM FRONT PAGE

#### Climate Change Turning

strikes when provoked and will give out a warning hiss before striking, she said. "This snake is highly aggressive, so we had to resort to great caution while extricating over three Levantine vipers from Srinagar in a single day."

According to Wildlife SOS—a non-profit body established in 1998 "with the primary objective of rescuing and rehabilitating wildlife in distress across India"—one Levantine viper was even rescued from the former Chief Minister Mehbooba Mufti's residence.

Among the other crawling catches of this summer, was an Indian rat snake rescued at the periphery of Srinagar city. It had fallen into a deep pit.

But while these snakes are coming out of their holes like never before this year, the question, many ask, is how Kashmir is suddenly witnessing such a reptile rush?

Five years ago, Aaliya said, snake sightings were quite rare in Kashmir. But since the temperature is increasing, she said, snakes come out from the burrows to maintain their body temperature.

Snakes go deep into their burrows for brumation—a form of hibernation in snakes—to regulate the warmth during winters.

And since they cannot regulate their internal body temperature, snakes do not come to the surface during the colder months of March and April. "They remain underground to keep themselves warm, and only surface in summers for natural sunlight and heat."

But this year, Aaliya said, the human-induced climate change resulted in a quick switch from winter to summer and forced snakes come out early to escalate the human-reptile conflict.

"Our helpline starts receiving snake rescue calls generally from the month of May," she said. "But this year, due to the excessive heat and the lack of rainfall, there's a high probability that the brumation of the snakes was shorter, forcing them to come out of their burrows earlier."

#### Daily Cases

Also, they said that the death toll in the pandemic remained unchanged at 4758 in J&K—2333 in Jammu and 2425 in Kashmir, as no fresh fatality was reported during the last 24 hours.

Pertinently, Coronavirus cases witnessed a decline in March this year after witnessing a gradual spurt in the winters. In February, the

daily cases even crossed 300-mark.

#### Govt Urges People

spreading again.

"He stated that there is a little surge in covid positive cases but the mortality fortunately very low," he added.

Under these circumstances, Mehta, the spokesperson said, enjoined upon all to enforce mandatory SoPs like wearing of face masks, use of hand sanitisers etc. He said that the Chief Secretary also advised them to take precautions and be careful in public places for the general good of all of them.

"The Chief Secretary also encouraged the people to take the precautionary dose whoever is eligible. He made out that it is the mass vaccination that has saved human lives last time and this time again people should show prudence by taking the free booster doses for their safety and well being," he said.

According to the spokesperson, Mehta also directed the concerned to commence an IEC campaign and create awareness among masses.

"He asked them to be vigilant and ensure that the virus do not spread uncontrollably. He asked them to monitor the situation constantly and take measures simultaneously," he said.

"He also showed confidence that last time our performance was efficient as we didn't let the situation to take an ugly turn. He exuded hope that this time we together would better that record by playing our respective roles by being responsible and careful," he added.

#### First Batch Of

have gone on the annual pilgrimage this year. The Haj was resumed this year after a gap of two years due to COVID-19.

The last return flight carrying pilgrims from J-K will arrive here on August 2.

According to an official spokesperson, Pole in his interaction with the pilgrims enquired about the facilities and arrangements put in place for their well being during their pilgrimage.

"The pilgrims expressed their gratitude to the LG Administration for making fool-proof and elaborate arrangements during the pilgrimage," he said.

On the occasion, he said, the Div Com also took stock of arrangements for the smooth arrival of pilgrims and stressed on ensuring their comfortable home returning.

#### KPs Welcome

to the pilgrims.

The members of the Kashmiri Pandit community also recited Durood' (eulogies) to Prophet Muhammed (Pbuh).

A video of the gesture went viral on social media.

The video was posted on Twitter by PDP spokesperson Mohit Bhan, who himself belongs to the Kashmiri Pandit community.

Our Kashmiri Pandits welcomed Hajis at Srinagar airport today by singing traditional Naat seeking the blessings of the Prophet. This is our syncretic culture believers of Islam are enablers of Amarnath Yatra & the followers of Shavism are messengers for unity, Bhan wrote on Twitter.

In the past as well, Kashmiri Pandit singers like Vijay Malla have sung some of the most popular Muslim eulogies and Muslim singers have done similar with devotional songs to Hindus.

The 145 pilgrims consisted of 80 men and 65 women.

Over 6,000 pilgrims from J&K have gone on the annual pilgrimage to Saudi Arabia this year. The Haj resumed this year after a gap of two years due to COVID-19.

The last return flight carrying pilgrims from J&K will arrive here on August 2, according to officials. (PTI)

#### Continue Work

upon the trainees to fully devote themselves to training, work shoulder to shoulder with each other, develop a team spirit and prepare for future challenges.

He said the trainees must carry forward the spirit, positivity and activism inculcated in them during the training for the benefit of society.

The DGP said the trainees should follow the curriculum with dedication as they would be shouldering the responsibilities with fellow policemen working already on the ground to maintain peace and tranquility and a secure environment in J-K.

Later, Singh took stock of security arrangements at Manigam and Shadipora transit camps.

He also took stock of arrangements for yatrins and interacted with pilgrims and service providers (tent walas and langar walas). Officers briefed the DGP regarding the arrangements

and security of the base camps, an official statement said.

#### Army Fires At Pak

Kashmir side, the sources said.

Following the incident, the Army and the police launched a search operation in the area, they said.

#### ITBP Head

Asked if police rules out suicide as a possibility for the death, the officer said that "all angles including suicide is being looked into."

SHO Poonch Ranjit Singh Rao confirmed to a local news agency GNS death of the Head Constable due to burn injuries but said that matter was under investigation and "things will come to fore as regards how the death took place."

Official sources said that Kumar was taken District hospital Poonch with severe burn injuries at around 1930 hours. However doctors declared him dead.

#### Carpenter Falls

Meanwhile, Police have taken cognizance of the incident—(KNO)

#### Fake Sim Card

such Sim cards for criminal acts.

"In this regard, a case under FIR number 109/2022 under relevant sections of law was registered in PS Bandipora and further investigation started," he said.

"During the course of investigation the name of one person identified as Parvaiz Ahmad Ganie son of Gh Mohammad Ganie of Checkreshpora was established and he was arrested," he added.

The spokesperson further said that the preliminary investigation revealed that the said accused person has issued many Sim cards on fake particulars using forged/fictitious documents, bank passbooks and also used his own photograph.

"General public is hereby advised to remain cautious and acquire SIM cards through legal means after completing all verification processes and not to fall prey to the vested interests of SIM card scammers. Further investigation into the case is going on," he added.

#### China Wants Islam

settlements from Han Chinese from outside the province.

During his four-day tour of the region which started on July 12, Xi met with officials. He stressed fostering a strong sense of community for the Chinese nation, promoting exchanges, interactions and integration among different ethnic groups, the official media reported.

Xi underlined the need to improve the governance capacity of religious affairs and realise the healthy development of religions.

Enhanced efforts should be made to uphold the principle that Islam in China must be Chinese in orientation, and to adapt religions to socialist society, he was quoted as saying by the state-run Xinhua news agency.

The normal religious needs of believers should be ensured and they should be united closely around the party and the government, Xi added.

In the past few years, the president has been advocating the sinicization of Islam which broadly means bringing it in tune with the policies of the ruling Communist Party.

Stressing the importance of cultural identity, Xi called for educating and guiding people of all ethnic groups to strengthen their identification with the motherland, the Chinese nation, Chinese culture, the Communist Party of China (CPC) and socialism with Chinese characteristics.

China has been battling allegations of mass incarcerations of Uygur Muslims in camps, which Beijing describes as de-radicalisation and education centres.

China accuses the separatist East Turkistan Islamic Movement (ETIM) which is active in the region of carrying out numerous terrorist attacks.

Beijing also downplays western allegations of massive human rights violations against Uygur Muslims and refutes the US and the EU allegations of genocide against Muslims in the province.

Recently, UN Human Rights Council chief Michelle Bachelet visited Xinjiang after a long drawn-out negotiation process with Beijing to look into the allegations of the internment of over a million Uygur Muslims of different ages as part of China's crackdown on Islamist militants.

At the end of her visit to Xinjiang on May 28, Bachelet said she raised questions and concerns over the application of counter-terrorism and de-radicalisation measures and their broad application, particularly their impact on the rights of Uygurs and other predominantly Muslim minorities.

## Over 5,800 Pilgrims Leave Jammu Camp For Amarnath

Press Trust Of India

**JAMMU:** Amid tight security, the 17th batch of over 5,800 Amarnath pilgrims left Jammu city on Saturday morning for the twin base camps of Pahalgam and Baltal in Kashmir, officials said.

The annual pilgrimage, which was suspended from Jammu last Sunday due to bad weather resumed on Monday. A flash flood triggered by heavy rains near the cave shrine on Friday last week led to the death of at least 15 people.

The 43-day-long pilgrimage to the 3,880-metre-high cave shrine in south Kashmir Himalayas commenced on June 30 from the twin tracks -- the traditional 48-km Nunwan-Pahalgam route in south Kashmir's Anantnag district and 14-km shorter Baltal in central Kashmir's Ganderbal district.

A total of 5,838 pilgrims left Bhagwati Nagar Yatri Niwas

here in a convoy of 223 vehicles amid heavy CRPF security, the officials said.

They said that 2,547 pilgrims heading for Baltal were the first to leave the Bhagwati Nagar camp in 97 vehicles around 3.20 am followed by the second convoy of 126 vehicles carrying 3,291 pilgrims for Pahalgam at 4.20 am.

With this, a total of 99,825 pilgrims have left the Bhagwati Nagar base camp for the Valley since June 29, the day the first batch of pilgrims was flagged off by Lt Governor Manoj Sinha.

So far, over 1.65 lakh pilgrims have offered prayers at the cave shrine, the officials said.

The pilgrimage is scheduled to end on August 11 on the occasion of Raksha Bandhan.

A total of 25 people mostly pilgrims have died during the Amarnath yatra till now excluding 15, who died in the flash floods at the cave shrine.

## 8 CRPF Men Injured In Pulwama Road Accident

**SRINAGAR:** At least eight CRPF personnel were injured on Saturday in a road accident in J&K's Pulwama district.

Police sources said a CRPF vehicle collided with a truck on the Jammu-Srinagar national highway at Goripora (Awantipora) crossing in Pulwama district today.

"Eight CRPF jawans belonging to 130 battalion were injured in this accident."

"They were shifted to primary health centre in Awantipora town where attending doctors referred two of the injured for specialised treatment to Srinagar", sources said.

## J&K Bank Bags 2 Awards For Robust Information-Security

Observer News Service

**SRINAGAR:** In a strong recognition of its robust information security framework, J&K Bank received CSO 100 Award - 2022 at CSO100 Awards & Symposium - 2022 from Foundry India, an Indian chapter of Foundry - an IDG Inc., during a gala event held in Bangalore on Friday.

During the event themed as - Cyber-security 2022 : Business Risk at the Brink - the Bank was also conferred with Special Cyber Security Award 2022 on Access and Identity Management for its Privilege and Customer Authentication Framework.

Muneer Kongawani received both the awards at the function as the Bank's Chief Information Security Officer at the hands of Director, Foundry India (Content and Communities) Yogesh Gupta. Notably, the CSO100 Awards recognises top CSOs/CISOs for security projects and initiatives at their respective companies that demonstrate outstanding business value in today's constantly-evolving digital and threat landscape over the past 12 months.

While commending the Bank's Information Security Team led by the CISO on reception of award, MD & CEO Baldev Prakash said, "Every efficient effort brings acknowledgement in due course of time, and we humbly receive these tokens of recognition with

a promise to provide our customers better, faster and more secure services in future."

"Besides testifying the Bank's commitment towards protection of customer trust on Banks digital assets, the recognition from such prestigious platform will provide further impetus to our technology teams to continually work on enhancing security for better customer experience", he added.

MD & CEO further said, "Keeping our digital promise on the eve of recent Eid festival, we have fairly demonstrated as a resilient organisation that we take challenges head-on to serve our customers well and meet the expectations of our stakeholders."

While sharing his experiences during the Fireside Chat session of the symposium on 'Safe-guarding Your Customer Experience Amidst Complex Threat Landscape', J&K Bank CISO Muneer Kongawani addressed CISOs of different organisations and expressed his expert views on the subject.

Pertinently, CSO100 Awards by Foundry (formerly known as International Data Group (IDG)) is a high profile event that brings together top information-security leaders across all industry verticals in India to explore new ideas and adopt creative and game-changing ways of tackling cyber security in the modern enterprises.

## MeT Predicts Scattered Light Rainfall In J&K



Agencies

**SRINAGAR:** The weatherman on Saturday predicted scattered light rains and thunderstorms in next 24 hours even as minimum temperature continued to hover in and around below normal at most places in Jammu and Kashmir.

A meteorological department official here said that during last 24 hours till 0830 hours today, 3.8 mm of rainfall was recorded in Srinagar, 5.4 mm in Qazigund, 7.7 mm in Pahalgam, 3.5 mm in Kupwara, 4.8 mm in Kokernag, 2.2 mm in Gulmarg, 5.2 mm in Jammu, 13.4 mm in Banihal, 3.4 mm in Batote, 4.4 mm Katra and 15.0 mm in Bhaderwah.

"There is a possibility of scat-

tered light rain/TS over J&K during next 24 hours and isolated to scattered light very rain/TS for subsequent 2 days."

Meanwhile, Srinagar recorded a low of 18.1°C against 17.0°C on the previous night. The temperature was 0.3°C 'below' normal during this time of the year for the summer capital, the MeT official said. Qazigund recorded a low of 17.1°C against 16.2°C on the previous night. The temperature was 0.4°C above normal for the gateway town of Kashmir, he said.

In Pahalgam, the mercury settled at 13.8°C against 13.3°C on the previous night and it was 1.3°C above normal for the south Kashmir resort.

Kokernag recorded a low of

15.5°C against 15.2°C last night and it was 0.5°C below normal for the place, he said.

World famous Gulmarg resort recorded a low of 9.5°C against 10.6°C and it was 2.6°C below normal for the place. Kupwara town saw a low of 15.5°C against 15.1°C on previous night and it was 2.6°C 'below' normal for the place during this time of the season, the official said.

Jammu recorded a low of 24.4°C against 23.5°C on the previous night. It was 0.6°C below normal for J&K's winter capital, he said. Banihal recorded a low of 16.4°C, Batote 16.3°C, Katra 23.0°C while Bhaderwah had a minimum of 16.1°C, the official said.

### 'MISUSE' OF INVESTIGATION AGENCIES

## J&K Cong To Hold Satyagraha On July 21

Press Trust Of India

**JAMMU:** The Jammu and Kashmir Congress will hold a satyagraha on July 21 over the alleged misuse of investigation agencies, recruitment scams in the union territory and rising prices due to tax terrorism of the Centre, the party said on Saturday.

It said dharnas are being or-

ganised at all state headquarters against the vindictive politics of the Modi government against the Congress leadership.

A meeting held here decided to hold a peaceful dharna on July 21 against the misuse of central agencies like the ED, CBI, IT against opposition leaders, especially the Congress leadership, besides the recruitment

scam in Jammu and Kashmir, spoiling the career and future of educated youths, and rising prices due to tax terrorism of the Modi government, J-K Congress leader G A Mir said.

He alleged that the BJP government has failed on all fronts, especially on the unprecedented price hike in essential commodities and record unemployment.

## BJP Accuses NC, PDP Of Indirectly' Inciting Communal Passions

Press Trust Of India

**JAMMU:** The Jammu and Kashmir BJP on Saturday accused Valley-based political leaders of indirectly inciting communal passions, provoking violence and encouraging militancy.

It alleged that both the National Conference and the PDP feel that everything is alright when they are in power but become ardent supporters of Pakistan and ask the central government to talk to the neighbouring country to solve the Kashmir issue when they are out of power.

J-K spokesperson Y V Sharma lambasted former chief ministers Farooq Abdullah and Mehbooba Mufti for issuing baseless and irresponsible statements and accused them of indirectly inciting communal passions, provoking violence and encouraging militancy, which, he said, is almost on its wane after the abrogation of Article 370 in August 2019.

He cited "Dr Abdullah's statement that militancy won't end unless government wins the hearts of the people in J-K and seeks its solution and Mehbooba Mufti's outburst that BJP is rejecting the conditions under which it joined the nation to buttress his allegations.

These rulers in J-K made them (youths) tools of blackmail and tried to isolate the people of J-K from the rest of the country and creating a mini nation within the grand Indian nation, arousing communal and religious passions, Sharma said.

He also targeted the Kashmiri leaders over the exodus of the Pandits.

"Why did these leaders not make any effort to stop these migrations? Does it not show their tacit approval? If they are the real leaders of Kashmir, why have they failed to convince the people of Kashmir to ensure the safe, secure and dignified re-

turn of these helpless people to their homes back in Kashmir."

Sharma said the government of India is using all its resources in the best possible way to win the hearts of the people and to ensure peace, prosperity, progress, development and goodwill of all in J-K.

"The quick enhancement of facilities in almost all fields of activity like agriculture, horticulture, floriculture, local-self government, road connectivity and communication, tourism, governance, trade and industry, health and education, general amenities in the lives of the people etc are there for everyone to see," he added.

The rousing reception of the Amarnath Yatra pilgrims by the Muslim community in Kashmir and the rush of tourists at various tourist resorts are welcome steps. They show the confidence of the people in the security arrangements, the BJP spokesperson said.

## Work For Patient Wellness, Not Just Treatment: Dwivedi Urges Medical Officers



Observer News Service

**JAMMU:** "We need a strong cadre of healthcare administrators for which we need to invest more in programmes on skill development, training and capacity building. As India emerges from being a developing nation to a developed one, it is important that our health sector evolves simultaneously".

These remarks were made by Principal Secretary, Health & Medical Education (H&ME), Manoj Kumar Dwivedi while inaugurating a five-day Management Development Programme for Medical Officers of Jammu division at Government Hospital Gandhi Nagar here on Saturday.

The training programme is being conducted by Academy of Hospital Administration Jammu Chapter in association with Director Health Services Jammu.

Speaking during the inaugural ceremony of the programme, the Principal Secretary highlighted that challenges in the health sector are evolving and the medical staff also needs to upgrade its technical and management skills. He called upon all those present to adopt technology with curiosity and to apply the learning in their routine work.

The Principal Secretary also shared management tips with the officials and asked them to conduct routine audit of inventory, processes

and equipment to ensure optimum utilisation of resources. He also delved upon the participants for use of technological interventions for time management, staff management and strengthening of systems.

"There is a need to work on developing strong public-relations to dispel hearsay, eliminate doubts of the public and for creating positive perception", advised the Principal Secretary. "Aim to improve patient experience. Work for people's wellness and not just treatment", he urged upon Medical officers.

The Principal Secretary also cautioned the health officials in view of rising number of Covid cases. He asked them to stay alert, promote Covid appropriate behaviour and ramp up testing.

Director Health Services (DHS), Jammu, Dr Saleem ur Rehman on the occasion gave a PowerPoint presentation on novel initiatives of DHS-J. He briefed the participants on the Save Life Jammu initiative under which Emergency Rooms have been set at district, sub-division and CHC levels throughout the division. He shared details about progress on National Tuberculosis Elimination Programme in Jammu Division and informed about commencement of geriatric/ palliative care services in all districts and starting evening OPDs and special dental OPDs among other initiatives of the department.

## Suzuki V-Strom 250 Launched In Kashmir



Observer News Service

**SRINAGAR:** Jamkash Suzuki on Saturday unveiled The Master of adventure bike Vstrom- SX.

The chief guest for the occasion was Mr. Syed Shafat Hussain Rufai (President JK Bank C&B operations Kashmir Div), Mr. Riyaz Ahmad Wani (JK Bank Head Cluster-1 Srinagar) Directors of Jamkash Suzuki Mr. Irfan Ahmad Narwaroo and Aawan Ahmad Narwaroo in presence of officials of J&K Bank, Mahindra & Mahindra, PNB and All GMS, DGMS staff members and large gathering of customers.

Introducing The Master of adventure bike Vstrom- SX, Mr. Aawan Ahmad Narwaroo, Director, Jamkash Suzuki said, we feel delighted to announce our entry in the 250cc adventure sports segment with the launch of V-Strom SX.

The All-New V-Strom SX has

been manufactured to cater to the needs of the riders who like a versatile sports adventure tourer. V-Strom SX will be perfectly suitable for the city and highway riding as well as to explore various kinds of adventure terrains on a motorcycle.

Powering the V-Strom 250 is the same 249cc, single-cylinder, oil-cooled engine that does its duty in the quarter-litre Gixxers too. This motor develops 26.1 hp at 9,300 RPM and 22.2 Nm of peak torque at 7,300 RPM, paired with a 6-speed manual gearbox. It gets telescopic forks at the front, a mono-shock absorber at the rear, and runs on multi-spoke alloy wheels.

For braking duties, the motorcycle features disc brakes at either end with dual-channel ABS. Further the Bike will be available in three colours Champion Yellow, Pearl Blaze orange and Glass sparkle Black.

## In J&K, Only 16% Women Have Knowledge About AIDS: Survey

Agencies

**SRINAGAR:** Only 16 percent women and 34 percent women in Jammu and Kashmir have comprehensive knowledge about HIV/AIDS and just 26 percent women are tested for HIV during ANC, the National Health and Family Survey-5 (NHFS-5) has reported.

According to official data, 84 percent women in Jammu & Kashmir have heard of HIV or AIDS.

In urban areas, 88 percent know about HIV or AIDS, compared with 83 percent in rural areas. "Women age 25-29 are more likely (86%) than older women age 40-49 (81%) to have heard of HIV or AIDS. Women with no schooling (66%) and women with no regular exposure to media (81%) are less likely than other women to have heard of HIV or AIDS," the survey said.

"Men are slightly more likely than women to know about HIV or AIDS. Eighty-nine percent of men in Jammu & Kashmir have heard of HIV or AIDS, including 92 percent in rural areas," it added.



"Men are more likely than women to know how HIV/AIDS is transmitted and how to keep from getting it. For example, only 65 percent of women know that consistent condom use can help to prevent HIV/AIDS, compared with 75 percent of men, and 67 percent of women know that having just one uninfected partner who has no other partners can reduce the chance of getting HIV/AIDS, compared with 78 percent of men."

According to the survey, only 16 percent of women and 34 percent of men in Jammu & Kashmir have comprehensive knowledge about HIV/AIDS.

"Three-fifths (60%) of women and 66 percent of men in Jammu

& Kashmir would be willing to take care of a relative with HIV/AIDS in their home. Higher proportion of women (68%) and men (79%) say that a female teacher who has HIV/AIDS but is not sick should be allowed to continue teaching. Almost two-thirds of women (65%) and over four-fifths of men (78%) think that people living with HIV/AIDS should be treated in the same public hospital as persons who are HIV negative.

"Over two-thirds of women (68%) women and almost four-fifths of men (79%) think that people living with HIV should be allowed to work in the same office with people who are HIV negative," it added.

It said that 7 percent of women and 12 percent of men have blood transfusion. "Women are more likely than men to have received an injection in the past 12 months (57% of women, compared with 40% of men). A disposable syringe was used for injections for 92 percent of adults who received an injection in the past 12 months," it said—(KNO)

## BJP Snatched Jammu's Glorious Dogra Identity, Business, Tourism Sector: Bukhari

Agencies

**JAMMU:** Apni Party President Syed Mohammed Altaf Bukhari on Saturday was given a rousing reception by thousands of people from different segments of society in Jammu City.

Bukhari, as per a statement, was given an impressive welcome in a traditional manner by the people as well as the Party leaders and workers near Jewel Chowk, Gumat Bazaar, Vivekanand Chowk, Raghunath Bazaar Chowk, Residency Road, and Shaheedi Chowk when he was on his way with large number of Apni Party leaders and workers towards Shaheedi Chowk to address One Day Workers Convention.

The convention was attended by Apni Party Senior Vice President Ghulam Hassan Mir, Vice President, Choudhary Zulfikar Ali, Former Minister and Senior Leader, Dilawar Mir, Provincial President Jammu, Manjit Singh, Spokesperson, Sr Adv Nirmal Kotwal, Additional General Secretary, Arun Kumar Chibber, President Apni Trade Union, Ajaz Ka-

zmi, ST Wing State President Saleem Alam, Provincial Secretary/ District President Jammu Urban, Dr Rohit Gupta, Trade Union Provincial President Jammu, Raj Sharma and others.

In his address, Altaf Bukhari thanked the people of Jammu for the rousing reception to him.

"I want to thank everyone for welcoming me to this historic city. While coming to Residency Road, I remembered the days when it was the heart of Jammu. However, they have broken it into pieces. We have seen our childhood in this Residency Road. But this Govt has worsened the condition of Residency Road which is very unfortunate. Unfortunately they claim that they represent the aspirations of Jammu and its people. However, it does not seem they really represent Jammu in true sense. If you go out and see the condition of Historic City and popular Residency Road, you will find



the truth," he said.

Whether the Jammu people had given mandate to them to end the 100 years old Darbar Move or to end the business of Jammu?, said Bukhari in his address expressing serious concern over the plight of Jammu people with poor business, infrastructure, scattered garbage, poor drainage system and other basic amenities.

He criticized the BJP for misleading the people with emotional sloganeering while saying that "They have played with the emotions of people and destroyed the splendid Raghunath Bazaar; Jammu's business and its tourism sector."

He said that the direct train to Katra from other parts of the country has affected the business very badly and no effort was made to promote tourism destinations of Jammu.

He said that the BJP would claim that Jammu was facing discrimination due Art 370 and

Art 35A and accordingly they abrogated the special status claiming that the discrimination would end to fulfill their 60 years old slogan.

"Have you witnessed any positive change after August 5, 2019 in Jammu? However, today you are witness to the situation which has turned bad to worse in Jammu City. Jammu has become backward and youth have come on the roads. At the time, when I am speaking here in the Convention, our youth Finance Department's Account Assistants, aspirants of Sub Inspectors of J&K and daily wagers are protesting for their genuine demands."

He said that "If someone was involved in leaking the Sub Inspector's papers, why the entire list was cancelled. It is not justified."

He again cornered BJP in its stronghold and questioned whether BJP did justice with the people of Jammu.

"No absolutely not. It has not done justice with the people of Jammu City, Jammu East and Jammu West. Had the people of Jammu given votes to BJP for this situation?" he asked—(KNO)

## JKFA Announce A-Division Football Tournament Fixtures



Observer News Service

**SRINAGAR:** The Jammu & Kashmir Football Association (JKFA) on Saturday announced that the A-Division Football League tournament will begin from Monday, July 18 at Synthetic Turf TRC here.

In an official notification by District Football Association (DFA) Srinagar, the fixtures list was also released with six matches set to be played between July 18 to 20.

In the first match on Monday, Al-Rasheed FC will take on Kashmir Heroes FA at 4:00 PM.

The second match of the day will see Bagh-e-Hamdan FC lock horns against Real Cosmo FC at 5:30 PM.

The remaining fixtures are as follows:

July 19: Sporting Khonmoh FC vs Muslimmen United FC; Ma-

jeed Bagh FC vs Lasjan FC

July 20: Nadirgund FC vs North End FC; Al-Hilal FC vs Kashmir Heroes FA

The Annual A-Division Football League for the 2022-23 season has been organised by DFA Srinagar in collaboration with Jammu & Kashmir Sports Council.

## District Taekwondo C'ship Begins At Srinagar



Observer News Service

**SRINAGAR:** Secretary J&K Sports Council, Nuzhat Gul on Saturday inaugurated the District Srinagar Taekwondo Championship at Multi Sports Centre Gindun Ground Rajbagh, here.

The event is slated to be held in two days during which both girls and boys in different age groups shall be participating. More than 200 players are taking part in the championship.

Speaking on the occasion, Secretary Sports Council reiterated her stance on drug-free

society and how sports can help achieve that aim. She also apprised participants and others about the sports policy and different schemes through which athletes and players can benefit immensely.

The Secretary Sports Council also assured participants of all the possible support.

Mohammad Akbar, Member Sports Council and Gul Mustafa former Olympian were also present at the inaugural function.

Meanwhile, the event got kick-started with the display of Taekwondo skills by the players.

## J&K Wushu Team Shines In 22nd Sub-Junior Championship



Observer News Service

**SRINAGAR:** J&K Wushu players continue to give tough time to their opponents and this time it was the turn of junior players who bagged 14 medals in the 22nd Sub-Junior National Wushu Championship held in Mandi, Himachal Pradesh from 9th to 14th of this month.

More than 1200 athletes drawn from 35 units of the Wushu Association of India participated in the event. J&K athletes secured 5 medals in the Sanda event including one Silver and four Bronze besides 9 medals in the Taglu event with two silver and seven bronze in their kitty.

In the group event, J&K team bagged 3rd position while Manipur and Madhya Pradesh stood at 1st and 2nd place respectively. The team received a rousing re-

ception upon its arrival in Jammu.

The medallists included Reyhan Bin Reyaz, Kapish Bharat, Rakwal MR. Rishi Khosla and Dhruv Paul bagged bronze in different weight categories while Tara-num Sualha Wani bagged silver. In the Taolu event Pratibha Devi bagged 2 silver and 1 bronze while Arzath Wangoo, Praznath Wangoo, Dhruvika Gupta, Hiranya Mahajan and Aahan Sharma secured 2 bronze each respectively and Rudra Pratap Singh, Arman Malik, Swarit Singh Chib bagged 1 bronze each.

Appu Jamwal, Sher Bahadur, Irfan Ahmed and Aman Singh accompanied the team as coaches.

Secretary Sports Council, Nuzhat Gul congratulated the J&K Wushu team for the splendid show and assured them of all her support in the future ventures too.

## 3rd ODI: India To Tweak Batting In Series Decider



Press Trust of India

**MANCHESTER:** Jolted by a thumping defeat in its last game, the Indian team is expected to tweak its batting template from cautious to a more fearless one in the series-deciding third ODI against England here on Sunday.

The team under Rohit Sharma did put up an ultra-aggressive batting show with a great degree of success during the recently concluded T20 international series but the manner in which it chased a below-par target of 247 in the second ODI has left a lot to be desired.

Rohit would put his hand up and admit that he and other veteran Shikhar Dhawan, were a bit on the defensive in the wake of some fine swing and seam bowling from Reece Tople and David Willey.

That Virat Kohli's endless saga of failures has only compounded the problems is also a big factor but senior openers playing out two maiden overs at the start, didn't indicate a positive mindset either.

Therefore a change in approach is required and for that a paradigm shift in the mindset while going for the tricky run-chases unlike the first game at

the Oval where the game was singlehandedly won by Jasprit Bumrah's six-wicket haul.

The approach of going for leather from the word "go" worked wonderfully in T20 Internationals and there is no reason that it can't work in the 50-over format which many teams see as an extension of two T20 innings.

In fact, even England's star-studded batting line-up has looked complete out-of-sorts in the two games and suddenly it seemed that hosts with power hitters of the calibre of Jos Buttler, Jonny Bairstow, Jason Roy, Ben Stokes and Liam Livingstone are playing an archaic one day game.

## Two & Half Month Exclusive Window For IPL In ICC's FTP



Press Trust of India

**DUBAI:** The IPL is all set to have its dedicated two and half month exclusive window from the next Futures Tours & Programme (FTP) calendar of the ICC starting 2024, with no international cricket scheduled in that phase.

That the T20 extravaganza would be a "two-and-a-half-month" affair from the next FTP was confirmed in an exclusive

interview with BCCI secretary Jay Shah on the sidelines of the blockbuster IPL media rights deal last month.

As per the draft by the International Cricket Council, the IPL, which now has a window from March last week to May, will now spill over to June with a two-week extension, said a report in ESPNcricinfo.

While Pakistan Cricket Board (PCB) is expected to raise its concern as its players are

banned from the cash-rich league due to cross-border tension between neighbours, Ramiz Raja is unlikely to get any support from other members.

In fact, it was the BCCI secretary Shah, who had pushed hard for the dedicated window and got most of the member nations on the same page. The IPL pays the maximum wages to foreign players and each overseas sold to franchises ensures a 10 percent fee for the member

## Barcelona Set To Sign Robert Lewandowski From Bayern Munich

Agencies

**BARCELONA:** Barcelona is set to sign Poland striker Robert Lewandowski from Bayern Munich in a bold move by the debt-ridden club to acquire a world-class scorer who can finally help fill the void a year after Lionel Messi's exit last summer.

The two European clubs have reached an agreement in principle for Lewandowski's move to Camp Nou, Bayern president Herbert Hainer said Saturday.

"We have come to a verbal agreement with Barcelona. It's good to have clarity for all parties," Hainer said on Bayern's official Twitter account. "Robert is an incredible player and he won everything with us. We are incredibly grateful to him."

Spanish media reports that the transfer would cost Barcelona some 50 million euros (\$50.4 million).

The 33-year-old Lewandowski, one of soccer's most prolific scorers of the past decade, would greatly boost Barcelona's chances of rebuilding a compet-



itive team after winning nothing last season following the departure of Messi, its all-time top scorer.

Lewandowski scored 312 goals in 384 Bundesliga games for Bayern and previous club Borussia Dortmund. He hit 35

goals in 34 appearances last season to become the Bundesliga's leading scorer for the seventh time overall. Barcelona's top scorers were Memphis Depay and Pierre-Emerick Aubameyang with 13 goals each last campaign.

## Don't Pull Kohli Down, Says Shoaib Akhtar

Press Trust of India

**LAHORE:** Pakistan's fast-bowling great Shoaib Akhtar has hit out at Virat Kohli's critics and reminded them that the former India captain's 70 international hundreds weren't scored in "aunt's backyard" or while playing "candy crush video game".

Kohli's painfully long lean patch of nearly three years has led to calls for his ouster from the T20 World Cup team, with even the legendary Kapil Dev voicing support for his exclusion.

While Akhtar said he respects Dev's opinion that continuing with the woefully out-of-form Kohli is unfair to a performing junior, the Pakistani reminded everyone that it takes a lot of effort to score 43 ODI and 27 Test hundreds.

"Kapil Dev is my senior and he has an opinion and it is fine to have an opinion. If Kapil Dev says, you still understand as he is a great cricketer. He has the right to air his opinion," Akhtar said on his YouTube channel.

"But, as a Pakistani, why am I supporting Kohli? Well, he has 70 hundreds. Woh 70 sau khaala ke ghar mein ya candy crush khelte huye nahi banein hain. (Those 70 tons were not scored



in his aunt's backyard or while playing Candy Crush)."

Akhtar is at pains to understand how does one even harbour thoughts of dropping a player of Kohli's calibre.

"How did you even imagine in your wildest dreams that Kohli can be dropped from Indian team?"

"Virat Kohli is finished? Ok, fair enough. Virat Kohli should be dropped? Agreed. Now when I hear these things, I laugh and tell people, 'Virat has been the greatest batter in the world in the last 10 years.'"

"Yes, he has had a couple of lean years and even in those years, he has scored runs if not hundreds. Suddenly everyone getting up in arms against him, such a great player and a human being isn't right," the 'Rawalpindi Express' said.

SL vs PAK 1st Test

## SL Hit Back After Afridi Takes 4 On Day 1



Agencies

**GALLE:** Shaheen Shah Afridi led an inspired attack to bowl out Sri Lanka for 222 but the hosts hit back with two wickets before stumps on the opening day of the first Test on Saturday.

The tourists reached 24 for two at the close of play in Galle after losing their openers Imam-ul-Haq and Abdullah Shafique.

Azhar Ali, on three, and skipper Babar Azam, on one, were batting at the close of play with Pakistan still trailing by 198 runs.

Fast bowler Kasun Rajitha trapped Haq leg before wicket for two and Prabath Jayasuriya took down Shafique for 13 with his left-arm spin on a day dominated by the bowlers.

Left-arm fast bowler Afridi

stood out with figures of 4-58 but Dinesh Chandimal's attacking 76 and a late cameo of 36 by Maheesh Theekshana gave the hosts a fighting total on a pitch expected to aid spinners.

The hosts were tottering at 133-8 but added 89 runs for the final two wickets, including a 44-run stand by Theekshana and Chandimal, who hit 10 fours and one six.

Afridi wrapped up the innings with the wicket of Theekshana in the final session of play.

"That's the beauty of Test cricket, sometimes tailenders and sometimes lower-order batsmen look like proper batsmen," Afridi told reporters.

"We [had] to get them out under 150-160, but the last few batsmen played well. Chandimal played well."

## Chelsea Signs Kalidou Koulibaly From Napoli



Agencies

**LONDON:** Chelsea completed the signing of center back Kalidou Koulibaly from Napoli on Saturday.

The Premier League club paid a fee reported to be 40 million euros (\$40 million) for the 31-year-old Senegal international, who arrives at Stamford Bridge following the departures of defenders Antonio Rudiger and Andreas Christensen.

Koulibaly, who signed a four-year contract, joined his new teammates in Las Vegas for their pre-season tour of the United States. Koulibaly played eight seasons with the Italian club, making 317 appearances and scoring 14 goals. He began his career with Metz in France and moved to

Belgian club Genk for two seasons before joining Napoli.

"Chelsea came first to get me in 2016 but we didn't make it," Koulibaly said. "Now when they came to me I accepted it because they really wanted me to come to the Premier League to play for them."

Koulibaly will play in front of Senegal teammate and goalkeeper Edouard Mendy. Koulibaly is Senegal's captain and this year led the team to its first African Cup title.

Chelsea co-owner Todd Boehly described Koulibaly as "one of the world's elite defenders... A great leader and an exemplary team player, Kalidou brings a wealth of experience and attributes that will benefit our squad and the club as a whole."