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## Govt's Investment Push: LG Calls For Quick Process To Facilitate Proposals

Observer News Service

**Srinagar:** Lieutenant Governor, Manoj Sinha on Wednesday directed the officials of the Industries and Commerce department to speed up the process of facilitating investment proposals in Jammu and Kashmir and focus on the development of Private Industrial Estates to facilitate the industrial growth in the Union Territory.

Sinha passed these directions while chairing a meeting to review the functioning of the I&C department here at Civil Secretariat, an official spokesperson said.

During the meeting, the LG, he said, sought a detailed briefing on the present status



of Investment proposals, land bank, progress of work on Industrial Estates, Medi-cities, MoUs with industry leaders, on-line services etc.

Sinha, he said, directed the Directors I&C Department to

hold regular meetings with chamber & industry representatives and take stock of their issues and concerns.

“Chief Secretary, J&K will meet the Industry representatives, Chambers every three

months to resolve the issues and challenges confronting the businesses,” he said.

Pertinently, the LG on June 25 met Industry Leaders and representatives of various Industries Associations from across Jammu &

Kashmir in Srinagar, and a similar interaction will be held in Jammu in the first week of August.

According to the spokesperson, the LG passed explicit directions for speeding up the process of facilitating investment proposals in the UT.

“He asked the officials to focus on the development of Private Industrial Estates to facilitate the industrial growth in J&K,” he said.

He further said that the LG also sought the progress on developing Medi-Cities in the UT, which will strengthen the health sector, enhance the educational seats and create employment opportunities for thousands of medical professionals.

“The Lt Governor further

called for identifying the measures that can be taken to improve J&K's Ease of Doing Business ranking,” he added.

As per the spokesperson, Dr Arun Kumar Mehta, Chief Secretary instructed for taking feedback from the users regarding online services being provided by Industries & Commerce department and also advised for linking these online services with e-Unnat and integrating them with RAS as well.

He further said that Vivek Bhardwaj, Additional Chief Secretary, Industries & Commerce Department gave a detailed briefing on the overall working of the Industries & Commerce department.

The LG will be **More on P6**

## 118 Civilians Killed Since Aug 2019 In J&K: Centre

Press Trust Of India

**New Delhi:** As many as 118 civilians, including five Kashmiri Pandits and 16 other Hindus and Sikhs, were killed in Jammu and Kashmir since the abrogation of Article 370 in 2019, the government said Wednesday.

Union Minister of State for Home Nityanand Rai also said in Rajya Sabha that 5,502 Kashmiri Pandits have been provided jobs in different departments of government of Jammu and Kashmir in the valley and no Kashmiri Pandit has reportedly migrated from the valley since August 2019.

Rai said there has been substantial decline in militant attacks in last three years - from 417 in 2018 to 229 in 2021.

“From August 5, 2019 till July 9, 2022, 128 security force personnel and **More on P6**

## India's 15th President To Be Elected Today

Press Trust Of India

**New Delhi:** India on Thursday will know who will succeed incumbent Ram Nath Kovind to become the country's 15th President, as counting of votes for the presidential election begins at 11am at the Parliament House here.

Ruling NDA's Droupadi Murmu and Opposition's Yashwant Sinha are pitted against each other in the contest, with votes clearly stacked in favour of Murmu, who, if elected, will be the first tribal woman to occupy the top constitutional post in the country.

Kovind's tenure is ending on July 24 and the new president will take oath on July 25.

With ballot boxes from all states having reached the Parliament House, poll officials are ready for the counting in room number 63, the strong-room of Parliament where the boxes are guarded behind a round the clock security.

Rajya Sabha Secretary General P C Mody, who is the Chief

Returning Officer for the poll, will oversee the counting Thursday, the result of which is likely to be declared by the evening.

Mody will first brief on the poll trends after all votes of MPs have been counted, and then again after votes of 10 states in alphabetical order have been counted.

Sources said he will brief once more on the poll trends after votes of 20 states have been counted, and then finally declare the result after the total counting.

All ballot boxes from state assemblies had reached the Parliament's strongroom on Tuesday evening and have been locked there since. The ballot boxes had been flown into the national capital as Mr Ballot Box' from across the states.

“Mr Ballot Box’ came seated in the front row of aircraft under the watchful gaze of the Assistant Returning Officers (AROs) of their respective states.

The Election Commission had on Monday posted photographs of the sealed ballot boxes on-board flights **More on P6**



A huge flock of sheep left for grazing by shepherds in the vast Tosa Maidan meadow in central Kashmir's Budgam district on Wednesday. KO Photo, Abid Bhat

## 434 People Tested Covid-19 Positive As Cases Spike

Mask Mandate Imposed In Three More J&K Districts

Observer News Service

**Srinagar:** Jammu and Kashmir reported on Wednesday 434 fresh cases of novel Coronavirus, the highest single-day spike in over five months, while one more person succumbed to the deadly infection in the Union Territory during the last 24 hours.

According to officials, 248 new cases of Covid-19 were reported in Jammu division on Wednesday while the Valley registered 186 cases of the virus, taking the total number of people infected since the onset of the pandemic in J&K to 457951.



The sudden spurt in cases prompted the authorities in twin districts of Baramulla and Kupwara to order wearing face masks mandatory at all public

places. Mask mandate has also been reimposed in Jammu.

On Tuesday, face masks were made compulsory in Srinagar, Ganderbal, **More on P6**

## No KP Left Valley Since Art-370 Abrogation: MHA

Observer News Service

**Srinagar:** No Kashmiri Pandit has migrated from Kashmir since the abrogation of Article-370, while the central government has approved construction of 6,000 transit accommodations for Kashmiri migrant employees working in the Valley under Prime Minister's special employment package, the Rajya Sabha was informed on Wednesday.

“As per record, no Kashmiri Pandit reportedly migrated from Kashmir during said period (August 5, 2019 to July 9, 2022),” Minister of State for Home Affairs Nityanand Rai submitted in the Rajya Sabha, to a question by Congress

leader Digvijaya Singh.

Rai also said the government has acquired state land (including Khalsa Sarkar, Kahchrie, Shamlat, etc.), measuring 2,359.45 hectares for various public purposes such as roads, railways, schools, playgrounds, parks, border fencing and industrial estates during 2019-20, 2020-21 and 2021-2022 (up to June 2022).

“The Government of India approved the construction of 6,000 transit accommodations for Kashmiri migrant employees engaged or to be engaged in different districts of Kashmir Valley under Prime Minister's Development Package, 2015 (PMDP-2015) announced on November 7, 2015. **More on P6**

### NIA Raids Nine Locations In Kashmir

Observer News Service

**T**he National Investigation Agency (NIA) on Wednesday conducted searches at nine locations in the Kashmir valley in connection with a case related to the recovery of a huge cache of arms and ammunition here, an official said. Two local “hybrid” militants of Lashkar-e-Taiba (LeT) were arrested in the Chanapora area of Srinagar on May 23, and 15 pistols, 30 magazines, 300 rounds and a silencer **More on P6**

### Blast Injures Two Labourers From Bihar

Observer News Service

**T**wo migrant labourers were on Wednesday injured when an old shell exploded at a construction site in Pulwama district of South Kashmir, officials said. During construction work of a boundary wall on the bank of a stream in Tahab area of the south Kashmir district, the shell exploded, the officials said. The officials identified the injured as Ishtiyak Ahmad and Ranjeet Kumar, both residents of Bihar. **More on P6**

### Mudslides Briefly Shut Banihal Highway

Observer News Service

**T**he strategic Jammu-Srinagar national highway was reopened on Wednesday following a brief blockade caused by mudslides at several places in Ramban district triggered by heavy rains, officials said. The blockade had brought hundreds of vehicles, including a convoy of Amarnath pilgrims, to a halt, they said. Ramban Deputy Superintendent of Police Pradeep Kumar Sen said heavy rains on early Wednesday morning led to **More on P6**

### BSF Constable's Wife Commits Suicide

Observer News Service

**T**he wife of a BSF constable allegedly committed suicide at her residential quarters in Humhama area of Central Kashmir's Budgam district, sources said on Wednesday. They told a local news agency KDC that Subangi (26) wife of BSF constable Somnath Dhanker from 91bn of BSF committed suicide at her residential Quarter no. 263 in BSF Campus Humhama. A police officer confirmed the incident and said **More on P6**

### Train Crushes Elderly Man To Death

Observer News Service

**A** septuagenarian was killed after being hit by a moving train in South Kashmir's Pulwama district on Wednesday. 70-year-old Mohammad Ramzan Wagay of Braw Banduna, was hit by the train near **More on P6**

### RDD Engineer Falls In ACB Net

Observer News Service

**T**he anti-corruption bureau (ACB) on Wednesday arrested an assistant engineer of the Rural Development Department for demanding and accepting a bribe for releasing payment to a contractor. The anti-graft body received a complaint alleging that Mushtaq Ahmad Najar, Assistant Engineer Rural Development Department (REW), Sub-Division Awantipora, Pulwama, is demanding a bribe of Rs 2,000 for releasing **More on P6**



## Shocking New Study Finds That 43.5% of Rivers Worldwide Have an Alarming Amount of Pharmaceutical Pollution

Pharmaceutical chemicals in prescription and over-the-counter medications are released into the environment during their manufacturing, usage, and disposal, particularly in surface waters. According to research findings recently published in Environmental Toxicology and Chemistry, pharmaceutical pollution is a worldwide issue that is likely harming the health of the world's rivers.

Concerning quantities of pharmaceutical components were found in about 43.5% of the 1,052 sites across 104 nations that were evaluated for the research. 23 pharmacological ingredients—including compounds from the antidepressant, antimicrobial,



antihistamine, benzodiazepine, painkiller, and other classes—occurred at con-

centrations above what is considered safe. "This is the first truly

global assessment of the impacts of single pharmaceuticals and mixtures of

pharmaceuticals in riverine systems," said corresponding author Alejandra Bouzas-Monroy, a Ph.D. student at the University of York. "Our findings show that a very high proportion of rivers around the world are at threat from pharmaceutical pollution. We should therefore be doing much more to reduce the emissions of these substances into the environment."

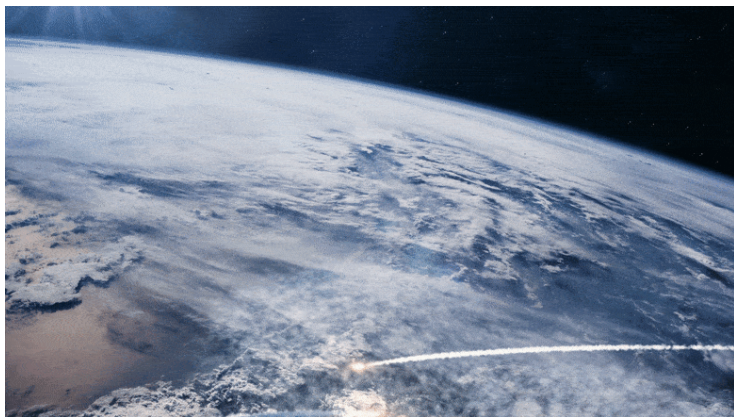
Reference: "Assessment of the Potential Ecotoxicological Effects of Pharmaceuticals in the World's Rivers" by Alejandra Bouzas-Monroy, John L. Wilkinson, Molly Melling and Alistair B. A. Boxall, 22 June 2022, Environmental Toxicology and Chemistry.

## New Research Reveals How Nuclear War Would Affect Earth Today

Louisiana State University

The threat of nuclear warfare is back to the forefront following Russia's invasion of Ukraine. But how would modern nuclear weapon detonations impact the world today? A new research study published today (July 7, 2022) provides startling information on the global impact of nuclear war.

Cheryl Harrison, the study's lead author LSU Department of Oceanography & Coastal Sciences Assistant Professor, and coauthors ran multiple computer simulations to examine the effects of regional and larger scale nuclear warfare on the Earth's systems given today's nuclear warfare capabilities. According to the Stockholm International Peace Research Institute, nine countries currently control more than 13,000 nuclear weapons around the world. In all of the scientists' simulated scenarios, nuclear firestorms would release soot and smoke into the upper atmosphere that would block out the Sun resulting in crop failure around the world. In the first month following nuclear detonation, average global temperatures would plunge by about 13 degrees Fahrenheit (7 degrees Celsius), a larger temperature drop than in the last Ice Age. "It doesn't matter who is bombing whom. It can be India and Pakistan or NATO and Russia. Once the smoke is released into the upper atmosphere, it spreads globally and affects everyone," said Harrison, who has a joint appointment at the LSU Center for Computation & Technology. Cheryl Harrison LSU Department of Oceanography & Coastal Sciences Assistant Profes-



sor Cheryl Harrison presents recent research findings on the impacts of nuclear war on Earth's systems at the Nuclear Threat Initiative conference. Credit: Matt Mendelsohn, NTI Even after the smoke clears, ocean temperatures would drop quickly and would not return to their pre-war state. As the planet gets colder, sea ice expands by more than 6 million square miles and 6 feet deep in some basins blocking major ports including Beijing's Port of Tianjin, Copenhagen, and St. Petersburg. The sea ice would spread into normally ice-free coastal regions blocking shipping across the Northern Hemisphere making it difficult to get food and supplies into some cities such as Shanghai, where ships are not prepared to face sea ice. The sudden drop in light and ocean temperatures, especially from the Arctic to the North Atlantic and North Pacific oceans, would kill the marine algae, which is the foundation of the marine food web, essentially creating a famine in the

ocean. This would halt most fishing and aquaculture. The researchers simulated what would happen to the Earth's systems if the U.S. and Russia used 4,400 100-kiloton nuclear weapons to bomb cities and industrial areas, which resulted in fires ejecting 150 teragrams, or more than 330 billion pounds, of smoke and sunlight-absorbing black carbon, into the upper atmosphere. They also simulated what would happen if India and Pakistan detonated about 500 100-kiloton nuclear weapons resulting in 5 to 47 teragrams, or 11 billion to 103 billion pounds, of smoke and soot, into the upper atmosphere. "Nuclear warfare results in dire consequences for everyone. World leaders have used our studies previously as an impetus to end the nuclear arms race in the 1980s, and five years ago to pass a treaty in the United Nations to ban nuclear weapons. We hope that this new study will encourage more nations to ratify the ban treaty," said co-

author Alan Robock, Distinguished Professor in the Department of Environmental Sciences at Rutgers University.

This study shows the global interconnectedness of Earth's systems, especially in the face of perturbations whether they are caused by volcanic eruptions, massive wildfires or war.

"The current war in Ukraine with Russia and how it has affected gas prices, really shows us how fragile our global economy and our supply chains are to what may seem like regional conflicts and perturbations," Harrison said.

Volcanic eruptions also produce clouds of particles in the upper atmosphere. Throughout history, these eruptions have had similar negative impacts on the planet and civilization. "We can avoid nuclear war, but volcanic eruptions are definitely going to happen again. There's nothing we can do about it, so it's important when we're talking about resilience and how to design our society, that we consider what we need to do to prepare for unavoidable climate shocks," Harrison said. "We can and must however, do everything we can to avoid nuclear war. The effects are too likely to be globally catastrophic." Oceans take longer to recover than land. In the largest U.S.-Russia scenario, ocean recovery is likely to take decades at the surface and hundreds of years at depth, while changes to Arctic sea ice will likely last thousands of years and effectively be a "Nuclear Little Ice Age." Marine ecosystems would be highly disrupted by both the initial perturbation and in the new ocean state, resulting in long-term, global impacts to ecosystem services such as fisheries, write the authors.

## سانچہ ارتحال

خاندان رضویہ شریف آباد کی معزز شخصیت مرحوم سید محمد عباس رضوی کی ہمسرا اچانک حرکت قلب رک جانے کی وجہ سے بوقت صبح، بروز بدھوار مورخہ 20 جولائی 2022 (20 ذی الحجہ 1443ھ) کو پیک اجل کو لبیک کہہ کر راسی سفر عالم برزخ ہو گئیں! مرحومہ کو پُریم آنکھوں کے ساتھ سپرد خاک کیا گیا۔۔

## انا لله و انا اليه راجعون.

مرحومہ کی فاتحہ خوانی 22 جولائی 2022ء مطابق ۲۲ ذی الحجہ 1443ھ بروز جمعہ صبح 00:06 بجے انجام دی جائے گی۔ بعد ازاں تعزیتی مجلس دن بھر جاری رہے گی۔

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سادات رضویہ شریف آباد و سادات رضویہ کاٹھمید ان جڈ تیل

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## EXTENSION NOTICE

It is notified for information of all the concerned that the last date for submission of online application forms for admissions to various Programmes notified vide Admission Notification No. 01 of 2022 Dated: 29-06-2022 has been extended upto **01-08-2022**. The candidates can apply online for the aforesaid academic programmes on the University Website [www.iust.ac.in](http://www.iust.ac.in).

Moreover, the candidates whose result of the qualifying examination is awaited can also apply online provisionally. However, such candidates shall have to upload the declaration as per the format available on the University website [www.iust.ac.in](http://www.iust.ac.in) (under Admission Tab) and accordingly submit the result of the qualifying examination to the Office of Dean Academic Affairs within a period of 07 (seven) days from the date of University Entrance Test (if any) of the said programme or as and when required by IUST.

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## Vitamin B6 supplements may reduce anxiety, depression: Study

Press Trust Of India

Taking high-dose Vitamin B6 supplements may reduce the feelings of anxiety and depression, according to a study.

Scientists at the University of Reading in the UK measured the impact of high doses of Vitamin B6 on young adults and found that they reported feeling less anxious and depressed after taking the tablets every day for a month.

The study, published in the journal Human Psychopharmacology: Clinical and Experimental, provides valuable evidence to support the use of supplements thought to modify levels of activity in the brain for preventing or treating mood disorders. "The functioning of the brain relies on a delicate balance between the excitatory neurons that carry information around and inhibitory ones, which prevent runaway activity, said study lead author David Field, from the University of Reading. "Recent theories have connected mood disorders and some other neuropsychiatric conditions with a disturbance of this balance, often in the direction of raised levels of brain activity, Field said. The researchers noted that vitamin B6 helps the body produce a specific chemical messen-



ger that inhibits impulses in the brain, and the study links this calming effect with reduced anxiety among the participants.

While previous studies have produced evidence that multivitamins can reduce stress levels, few studies have

month.

The study showed that Vitamin B12 had little effect compared to placebo over the trial period, but Vitamin B6 made a statistically reliable difference. Raised levels of GABA among participants who had taken vitamin B6 supplements were confirmed by visual tests carried out at the end of the trial, supporting the hypothesis that B6 was responsible for the reduction in anxiety.

Subtle but harmless changes in visual performance were detected, consistent with controlled levels of brain activity, the researchers said. "Many foods, including tuna, chickpeas and many fruits and vegetables, contain vitamin B6. However, the high doses used in this trial suggest that supplements would be necessary to have a positive effect on mood," Field said. "It is important to acknowledge that this research is at an early stage and the effect of vitamin B6 on anxiety in our study was quite small compared to what you would expect from medication. "However, nutrition-based interventions produce far fewer unpleasant side effects than drugs, and so in the future people might prefer them as an intervention," he added.

been carried out into which particular vitamins contained within them drive this effect.

The latest study focused on the potential role of Vitamins B6, which is known to increase the body's production of GABA (Gamma-Aminobutyric Acid), a chemical that blocks impulses between nerve cells in the brain. In the study, more than 300 participants were randomly assigned either vitamin B6 or B12 supplements approximately 50 times the recommended daily allowance or a placebo, and took one a day with food for a





## NIT Makes Wearing Facemasks Mandatory On Campus

Observer News Service

Srinagar: In view of the surge in Covid-19 cases reported from Kashmir, National Institute of Technology (NIT) Srinagar has decided to make wearing of face masks compulsory on campus.

In a statement, Director NIT, Prof. (Dr), Rakesh Sehgal said in view of resurgence in Covid19 cases in Valley, they have taken some precautionary measures for students, employees, faculty, and visitors to mitigate the spread of the virus.

Prof. Sehgal said wearing 3-ply reusable or disposable masks is mandatory for all persons entering the NIT campus.

"We ensure that all COVID19 precautionary measures should be adhered to, so that there will be no risk of spreading infection on the campus," he said.

Registrar NIT Srinagar, Prof. Syed Kaiser Bukhari said they had already issued strict guidelines to enforce COVID19 SOP's on the campus. He urged students, and employees to go for self-monitoring of health and in case of any symptoms, they should immediately report to the Medical Unit of the Institute.

Prof. Bukhari said there is a need to maintain social distance in common places to minimize the spread of covid-19 infection. We have reviewed the health facilities at Institute and all arrangements have been placed to mitigate any crisis situation," Prof. Bukhari said.

Medical Officer, Dr. Fayaz Ahmad Bhat said on the directions of the Director and Registrar NIT, that all arrangements have been finalized at the Medical Unit.

It is pertinent to mention here that on Wednesday, Jammu and Kashmir reported 434 fresh Covid19 cases and one death.

# CS Launches E-Services, Website Of Floriculture Dept.

Observer News Service

Srinagar: Chief Secretary, Dr Arun Kumar Mehta on Wednesday launched a new website and e-services of Department of Floriculture, Gardens & Parks here at Civil Secretariat.

During the launch of different e services, Dr Mehta impressed upon the officers to make services like e ticketing an equitable profit both for the department and the outsourcing vendors who are already providing tickets manually at different gardens.

At the launch, Chief Secretary was informed that the department is shifting almost to complete online mode while offering several services to people.

On the occasion, he maintained that the online ticketing would also make a hassle free entry for the visitors in different gardens while there would be no need for the people to wait in queues to get their tickets.

The visitors would simply scan their Quick Response (QR) Code of their e tickets to get entry into the gardens across Jammu and Kashmir.

Dr Mehta observed that the e tickets would be used as a database of how many visitors would be going to visit a particular garden or park at a given time.

The Chief Secretary was also informed that besides



e tickets, the department is offering e services in e permission, e registration for flower growers, gardener search and online helpdesk for gardening.

On the occasion, Dr Mehta also approved Har Ghar Bagecha (Your Home Your Garden) initiative to encour-

age and improve beautification of people's homes with-in available spaces therein.

The Chief Secretary complimented the department for starting e services and said the initiative would facilitate people and offer guidance in gardening like the type of plants for differ-

ent seasons, seeds, requirement of space for gardens and many other activities associated with this trade.

Commissioner Secretary Floriculture, Gardens & Parks, Sheikh Fayaz Ahmad, Director Floriculture Kashmir and Jammu were also present on the occasion.

## Sub Variant Of Omicron Likely Behind Surge In Covid Cases, Say Experts

Agencies

Srinagar: Health experts believe that the current spike in Covid cases in the Union Territory of J&K is likely caused by the Omicron sub-lineages, mainly BA.2, BA.2.38, BA.4 and BA.5.

Experts say these new sub variants are indicating higher transmissibility and dominating currently in most of the places but most cases are of mild infection that includes cold, cough, fever and body ache.

Dr Muhammad Salim Khan, Head of Department Community Medicine at GMC Srinagar said that the number of Covid cases are seeming-

ly on rise over the last few weeks, but the symptoms are mild and self-limiting lasting for a few days only.

"The majority of affected persons don't know if they had COVID as they never tested for it," he said. "Despite being positive, they kept on doing their routine activities and the virus kept on spreading."

He said that there's no severity of currently circulating strain as it mainly affects the upper respiratory tract and as such the hospital admissions are minimal with those having comorbidities and involvement of lungs. Which rarely occurs with the circulating strains of Omicron variant.

Meanwhile, another doctor from GMC Srinagar said that the positivity rate in J&K is increasing with each passing day and it is likely that sub lineages of Omicron are behind it, however, it can be fully confirmed in genome sequencing labs.

He said that it is usually mild form presenting with fever, body aches, sore throat and cough and it resolves in a few days.

"The variant doesn't seem to be aggressive as the hospital admissions haven't increased as of now, however, people must not be complacent and must use masks at least in outdoors," he said.(KNO)

## Public Grievance Redressal Camp Held At Brein, Nishat

Observer News Service

Srinagar: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad on Wednesday undertook an extensive tour of Nishat area of Srinagar District and presided over a Public Grievance Redressal Camp as part of Public Outreach Programme under weekly Block Diwas.

The Programme was held in the premises of Alamdar Park, Brien Nishat which witnessed a large participation of people from Nishat, Gupt Ganga, Brein, Karpura, As-tanpora, and other adjoining areas of the Tehsil Khanyar of Srinagar District.

During the Grievance Redressal Camp, Public delegations and scores of individuals projected various developmental issues before the Deputy Commissioner including, infrastructure upgradation of Health centre, Brien, upgradation of Boys Middle School Brien, replacement of electric wire & poles, augmentation of drainage system in the area, repairs of lanes & drains, macadamization of roads, issues related to granting permission for repairs etc in Green Belt areas under LCMA through single window system, establishment of Petrol pump, transportation facility and other developmental issues in the area.

## BSF Soldier's Wife Found Dead In Humhama

Observer News Service

Srinagar: Wife of a BSF personnel was found dead under mysterious circumstances at official quarters of the paramilitary forces at Humhama here on Wednesday.

Official sources said that the woman has been identified as Shubhamgi of Pohri Maharashtra and police were investigating the case.

### NOTICE

I Mohammad Shafi Shah am holding 1000 Shares of J&K Bank under Folio No:JKB024887 where my name has been inadvertently recorded as Mohammad Shafi Bhat amd my parentage has been recorded as Ghulam Mohi-UD-Din Bhat both of which are incorrect whereas my actual name is Mohammad Shafi Shah and my parentage is Ghulam Mohi-UD-Din Shah.

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- Ambulance: Kashmir EMS Service: +91 94841 00200



### AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



### RAILWAYS

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



### HIGHWAY STATUS



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



### PRAYERS

FAJR	3: 54
ZUHR	12:37
ASR	5:34
Magrib	7:43
ISHA	9: 19

## This Day In History

- 1921 - To prove his contention that air power is superior to sea power, US Colonel William Mitchell demonstrates how bombs from planes can sink a captured German battleship
- 1933 - Haifa Harbor in Palestine opens
- 1947 - Indonesia begins 1st political election
- 1951 - Dalai Lama returns to Tibet
- 1960 - In Sri Lanka (then Ceylon) Sirima Bandaranaike is world's 1st woman PM
- 1961 - Launch of Mercury 4 (Liberty Bell) with Grissom
- 1962 - Battles on Chinese & Indies boundary
- 1965 - Pakistan, Iran & Turkey sign Regional Co-Operation pact
- 1969 - Neil Armstrong becomes the first person to step on the Moon at 2:56:15 AM (GMT)
- 1969 - Russia's Luna 15 impacts moon after 52 lunar orbits
- 1970 - Aswan Dam opens in Egypt, enables human control of the flooding of the Nile
- 1972 - Bloody Friday: within the space of seventy-five minutes, the Provisional Irish Republican Army explode twenty-two bombs in Belfast; six civilians, two British Army soldiers and one UDA volunteer were killed, 130 injured
- 1973 - USSR launches Mars 4 for fly-by (2600 km) of red planet
- 1974 - US House Judiciary approves two Articles of Impeachment against President Richard Nixon

### From KO Archives

## Car-Bomb Attack In High Security Zone

Major among 3 soldiers, Civilian killed; 20 injured

Observer News Service

Srinagar: Militants attacked passing army vehicles in the high security zone of Munshi Bagh area with a powerful car bomb this morning, leaving a civilian and three security men, including an army major, dead.

Twenty others, including five women and four security personnel were injured in the blast.

The attack took place at around 9: 10 am near the Sher-e-Kashmir cricket stadium close to the Burn Hall School when an explosive-laden Maruti car blew up just as army vehicles were passing by.

The residences of several ministers, politicians and senior bureaucrats are located in the area, and it remains under round-the-clock vigil of the police and the security forces. Eyewitnesses, quoted by the CNS, said they saw the driver of the Maruti car leap out and disappear through a lane after slowing the vehicle down. The Maruti rammied in to an army Gypsy and was hurled several feet into the air by the explosion, they said. The police, quoted by the PTI, said that the explosion occurred in a stationery vehicle.

The Hizb-ul-Mujahideen, which has owned responsibility for the blast claiming to have inflicted heavy casualties on the security forces, has said that it was a suicide attack.

The blast killed Major Kupil Vinayak, two other personnel, identified as Ram Krishen and Subhash Chander, and a civilian, Naseer Ahmad Bhat of Buchwara, Dalgate, who worked as an accountant in the Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST).

Those injured in the attack include Kaisar Hussain Mir of Pandrethan, Abdul Rahman Wani of Sonawar, Shugufta of Haft Chinhar, Ruby Akhtar, Ghulam Qadir Dhobi, Muhammad Sultan, Abdul Majeed Ganai, Mushtaq Ahmad Wani and Azad Ahmad Khan of Dooru Anantnag, Muhammad Suban of Zero Bridge, Ghulam Muhammad Bhat, Sakina Akhter of Tangmarg, Convent School employee Roshni Akhtar, constable Tahmina, Dara Singh of Mattan, Muhammad Yousuf Wani of Haft Chinhar, and Narendar Hakka of Shivpora.

Two of the four injured security personnel have been identified as Shankar Rao and driver Ghosh.

The blast, which was heard over a large area, left the area strewn with bleeding bodies and twisted metal of damaged vehicles. The Maruti car used in the blast was blown to bits and only its engine could be recovered by the police. The army Gypsy was wrecked, and three other vehicles were damaged.

Window panes of the nearby LIC office, the Highland Motors showroom, the official residence of the chief justice of the state high court, and several other buildings were smashed by the impact of the explosion.

(Kashmir Observer, 21 July, 2005)



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K O V I E W

China Problem

India and China failed to make any breakthrough in resolving their lingering stand-off along the Line of Control in Ladakh at the 16th round of military talks on Sunday. The two sides, however, agreed to continue dialogue for a mutually acceptable resolution at the earliest. They reaffirmed that the resolution of the pending issues would help in the restoration of peace and tranquility along the Line of Actual Control. The talks, which continued for around twelve-and-half-hours centered on the need for early disengagement of troops from all the remaining friction points in the region and demanded the restoration of the status quo ante as of April 2020 when China first staged incursions along the LAC. The joint statement said the two sides agreed to maintain security and stability on the ground in eastern Ladakh and agreed to stay in “close contact” and maintain dialogue through military and diplomatic channels to work out a mutually acceptable resolution to the remaining issues “at the earliest”.

But going by the outcome of the multiple rounds of talks so far, it looks highly unlikely that the two countries will come to an understanding in the near future. Though the two countries have since resolved the stand-off along Pangong Tso lake, the stalemate along the other three points - Galwan Valley, Hot Springs and Gogra - persists. And it is unlikely to end anytime soon. And considering the two countries are only bolstering their troop presence in Ladakh, the conflict looks set to continue for now. More so, when the divergences between the two are only increasing what with India getting closer to the western bloc and China becoming the principal global rival to United States.

India wants China to go back to status quo ante as it existed in April last year but Beijing is in no mood to do so. On the contrary, the People’s Liberation Army has enhanced its military profile on the border by deploying thousands of its soldiers and equipment. In recent years China has reportedly more than doubled its total number of airbases, air defence positions and heliports near the Indian border.

This has now become a high stakes war of nerves between the two countries. However, this time New Delhi is approaching the situation very cautiously and waiting if China’s intermittent statements of reconciliation are translated into action. There is also the realisation that the complete de-escalation will be a long haul.

O T H E R   O P I N I O N

Plight of Working Mothers

A working mother is often caught in a tussle of priorities. Family arrangements in India, gendered expectations and inadequate facilities for mothers in the workplace — how many have crèches? — create this tension, which is unbefitting an equal-opportunities society. The Bombay High Court ruled recently that a mother cannot be asked to choose between her child and her career, a principle which is humane and fair. A family court had barred the woman from taking her nine-year-old daughter to Poland, where the mother’s company was executing a two-year-long project. The girl’s father had complained against this relocation. The family court’s order was reportedly set aside by the Bombay High Court, which, besides pointing out the unfairness of the choice being implied, also stated that no one could be prevented from pursuing development, as the woman was doing by accepting a senior position in Poland. To balance the rights of the mother with those of the father, the high court ordered that the father should have virtual and holiday visitation rights. The high court emphasised the importance of the strong bonds that a child has with both parents. This would suggest that the approach of both parents to work and home should be the same: the woman should balance her career and childcare as should the man. Ways should be evolved for a child’s healthy and happy upbringing within a given situation.

Like every domestic dispute, the specific circumstances of the case cannot be ignored, even though the principles that emerge from it may help in cutting through layers of gender inequality. The high court noted that the woman had left her marital home with her daughter in 2016, and had brought her up as a single mother — the father had visitation rights — while managing work and home. While a nine-year-old child’s natural place is with her mother, this was added reason for the high court’s order: the girl had always lived with her mother. The Bombay High Court also said that it was not uncommon for a working woman to leave her child in day-care. That answers a repeated complaint by families unwilling to let women work. Society would benefit greatly from the high court’s pronouncements about working women with children. It is unfortunate that inherited attitudes are so difficult to change

Telegraph India

End Of An Order

Matthew Ehret

Tectonic shifts continue to rage through the world system with nation-states quickly recognizing that the “great game” as it has been played since the establishment of the Bretton Woods monetary system in the wake of the second World War, is over.

But empires never disappear without a fight, and the Anglo-American one is no exception, overplaying its hand, threatening and bluffing its way, right to the end.

End of an order

It seems no matter how many sanctions the west imposes on Russia, the victims most affected are western civilians. Indeed, the severity of this political blunder is such that the nations of the trans-Atlantic are heading towards the greatest self-induced food and energy crisis in history.

While the representatives of the “liberal rules-based international order” continue on their trajectory to crush all nations that refuse to play by those rules, a much saner paradigm has come to light in recent months that promises to transform the global order entirely.

The multipolar solution

Here we see the alternative security-financial order which has arisen in the form of the Greater Eurasian Partnership. As recently as 30 June at the 10th St Petersburg International Legal Forum, Russian President Vladimir Putin described this emerging new multipolar order as:

“A multipolar system of international relations is now being formed. It is an irreversible process; it is happening before our eyes and is objective in nature. The position of Russia and many other countries is that this democratic, more just world order should be built on the basis of mutual respect and trust, and, of course, on the generally accepted principles of international law and the UN Charter.”

Since the inevitable cancellation of western trade with Russia after the Ukraine conflict erupted in February, Putin has increasingly made clear that the strategic reorientation of Moscow’s economic ties from east to west had to make a dramatically new emphasis on north to south and north to east relations not only for Russia’s survival, but for the survival of all Eurasia.

Among the top strategic focuses of this reorientation is the long overdue International North South Transportation Corridor (INSTC).

On this game-changing mega-project, Putin said last month during the plenary session of the 25th St Petersburg International Economic Forum:

“To help companies from other countries develop logistical and cooperation ties, we are working to improve transport corridors, increase the capacity of railways, trans-shipment capacity at ports in the Arctic, and in the eastern, southern and other parts of the country, including in the Azov-Black Sea and Caspian basins – they will become the most important section of the North-South Corridor, which will provide stable connectivity with the Middle East and Southern Asia. We expect freight traffic along this route to begin growing steadily in the near future.”

The INSTC’s Phoenix Moment

Until recently, the primary trade route for goods passing from India to Europe has been the maritime shipping corridor passing through the Bab El-Mandeb Strait linking the Gulf of Aden to the Red Sea, via the highly bottlenecked Suez Canal, through the Mediterranean and onward to Europe via ports and rail/road corridors.

Following this western-dominated route, average transit times take about 40 days to reach ports of Northern Europe or Russia. Geopolitical realities of the western technocratic obsession with global governance have made this NATO-controlled route more than a little unreliable.

Map of the International North South Transport Corridor (INSTC), linking Russia, Iran, India

The International North South Transport Corridor (INSTC)

Despite being far from complete, goods moving across the INSTC from India to Russia have already finished their journey 14 days sooner than their Suez-bound counterparts while also seeing a whopping 30 percent reduction in total shipping costs.

These figures are expected to fall further as the project progresses. Most importantly, the INSTC would also provide a new basis for international win-win cooperation much more in harmony with the spirit of geo-economics unveiled by China’s Belt and Road Initiative (BRI) in 2013.

Cooperation not competition

Originally agreed upon by Russia, Iran and India in September 2000, the INSTC only began moving in earnest in 2002 – albeit much more slowly than its architects had hoped.

This 7,200 km multimodal megaproject involves integrating several Eurasian nations directly or indirectly with rail, roads and shipping corridors into a united and tight-knit web of interdependency. Along each artery, opportunities to build energy projects, mining, and high tech special economic zones (SEZs) will abound giving each participating nation the economic power to lift their people out of poverty, increase their stability and their national power to chart their own destinies.

Beyond the founding three nations, the



other 10 states who have signed onto this project over the years include Armenia, Georgia, Turkey, Azerbaijan, Kazakhstan, Belarus, Tajikistan, Kyrgyzstan, Oman, Syria and even Ukraine (although this last member may not remain on board for long). In recent months, India has officially invited Afghanistan and Uzbekistan to join too.

While western think tanks and geopolitical analysts attempt to frame the INSTC as an opponent to China’s BRI, the reality is that both systems are extremely synergistic on multiple levels.

Map of China’s Belt and Road Initiative (BRI), The ‘One Belt One Road’ (OBOR)

China’s Belt and Road Initiative (BRI)

Unlike the west’s speculation-driven bubble economy, both the BRI and INSTC define economic value and self-interest around improving the productivity and living standards of the real economy. While short term thinking predominates in the myopic London-Wall Street paradigm, the BRI and INSTC investment strategies are driven by long-term thinking and mutual self-interest.

It is no small irony that such policies once animated the best traditions of the west before the rot of unipolar thinking took over and the west lost its moral compass.

An integrated alternative

The INSTC’s two major bookends are the productive zone of Mumbai in India’s South-east region of Gujarat and the northern-most Arctic port of Lavna in Russia’s Kola Peninsula of Murmansk.

This is not only the first port constructed by Russia in decades, but when completed, will be one of the world’s largest commercial ports with an expected capacity to process 80 million tons of goods by 2030.

The Lavna Port is an integral part of Russia’s Arctic and Far East Development vision and is a central piece to Russia’s current Comprehensive Plan for Modernization and Expansion of Main Infrastructure and its Northern Sea Route which is expected to see a five-fold increase of Arctic freight traffic over the coming years. These projects are integrally linked to China’s Polar Silk Road.

Between these bookends, the INSTC moves freight from India into Iran’s Port of Bandar Abbas where it is loaded onto double-tracked rail to the Iranian city of Bafq and then to Tehran before coming to the Anzali Port on the southern Caspian Sea.

‘Be like water’

Because the INSTC is based on a flexible design concept capable of adapting to a changing geopolitical environment (very much like the BRI), there are a multitude of connecting lines that branch off the main North-South artery before goods make it to the Caspian Sea.

These include an eastern and western corridor branching off from the city of Bafq towards Turkey and thence Europe via the Bosphorus and also eastward from Tehran to Turkmenistan, Uzbekistan, Kazakhstan and thereafter into Urumqi in China.

Railway is still relevant

From the Anzali Port in the north of Iran, goods may travel by the Caspian Sea towards Russia’s Astrakhan Port where it is then loaded onto trains and trucks for transport to Moscow, St Petersburg and Murmansk. Inversely goods may also travel over land to Azerbaijan where the 35 km Iran Rasht-Caspian railway is currently under construction with 11 km completed as of this writing.

Once completed, the line will connect the Port of Anzali with Azerbaijan’s Baku, offering goods a chance to either continue onwards to Russia or westward toward Europe. A Tehran-Baku rail route already exists.

Additionally, Azerbaijan and Iran are currently collaborating on a vast \$2 billion rail line connecting the 175 km Qazvin-Rasht railway which began operations in 2019 with a strategic rail line connecting Iran’s Rasht port on the Caspian to the Bandar Abbas Complex in the south (to be completed in 2025). Iran’s Minister of Roads and Urban Development Rostam Ghasemi described this project in January 2022 saying:

“Iran’s goal is to connect to the Caucasus, Russia, and European countries. For this purpose, the construction of the Rasht-Astara railway is in the spotlight. During the Iranian president’s visit to Russia, discussions were conducted in this regard, and construction of the railway line is expected to begin soon with the allocation of needed funds.”

In recent months, India’s Prime Minister Narendra Modi has lobbied to incorporate the joint Iran-India built Chabahar Port into the INSTC which will likely occur since another 628 km rail line from the port to the Iranian city of

Zahedan is currently under construction.

Once completed, goods will easily move onward to the city of Bafq. While some critics have suggested that the Chabahar Port is antagonistic to Pakistan’s Gwadar Port, Iranian officials have constantly referred to it as Chabahar’s twin sister.

Since 2014, a vast rail and transportation complex has grown around the co-signers of the Ashkabat Agreement (launched in 2011 and upgraded several times over the past decade). These rail networks include the 917.5 km Iran-Turkmenistan-Kazakhstan route launched in 2014, and Turkmenistan-Afghanistan-Tajikistan rail/energy project launched in 2016 which is currently seeing extensions that could easily go into Pakistan.

In December 2021, the 6540 km Islamabad to Istanbul rail line (via Iran) recommenced operations after a decade of inaction. This route cuts the conventional sea transit route time of 21 days by half. Discussions are already underway to extend the line from Pakistan into China’s Xinjiang Province linking the INSTC ever more closely into the BRI on yet another front.

Map of Islamabad to Istanbul rail line (via Iran)

Islamabad to Istanbul rail line (via Iran)

Finally, June 2022 saw the long-awaited unveiling of the 6108 km Kazakhstan-Iran-Turkey rail line which provides an alternative route to the under-developed Middle Corridor. Celebrating the inaugural 12 day voyage of cargo, Kazakhstan’s President Kasym-Jomart Tokayev stated: “Today, we welcomed the container train, which left Kazakhstan a week ago. Then it will go to Turkey. This is a significant event, given the difficult geopolitical conditions.”

Despite the fact that the INSTC is over 20 years old, global geopolitical dynamics, regime change wars, and ongoing economic warfare against Iran, Syria and other US target states did much to harm the sort of stable geopolitical climate needed to emit large scale credit requisite for long term projects like this to succeed.

Caspian Summit Security breakthroughs

As proof that necessity truly is the mother of invention, the systemic meltdown of the entire post-VW2 edifice has forced reality to take precedence over the smaller-minded concerns that kept the diverse nations of Sir Halford John Mackinder’s “World Island” from cooperating. Among these points of endless conflict and stagnation which has upset great economic potential over the course of three decades, the Caspian zone stands out.

It is in this oil and natural gas rich hub that the five Caspian littoral states (Russia, Iran, Azerbaijan, Kazakhstan and Turkmenistan) have found a power to break through on multi-level security, economic and diplomatic agreements throughout the June 29-30, 2022 Sixth Caspian Summit in Ashgabat, Turkmenistan.

This summit placed a high priority on the INSTC with the region becoming both a north-south and east-west transportation hub. Most importantly, the leaders of the five littoral states made their final communicate center around the region’s security since it is obvious that divide-to-conquer tactics will be deployed using every tool in the asymmetrical warfare tool basket going forward.

Chief among the agreed-upon principles were indivisible security, mutual cooperation, military cooperation, respect for national sovereignty, and non-interference. Most importantly, the banning of foreign military from the land and waters of the Caspian states was firmly established.

While no final agreement was reached over the disputed ownership of resources within the base of the Caspian, the stage was set for harmonization of partner states’ security doctrines, a healthy environment was established for the second Caspian Economic Summit which will take place in Autumn of this year and which will hopefully resolve many of the disputes pertaining to Caspian resource ownership.

Although geopolitical storms continue to intensify, it is increasingly clear that only the multipolar ship of state has demonstrated the competence to navigate the hostile seas, while the sinking unipolar ship of fools has a ruptured hull held together by little more than chewing gum and heavy doses of delusion.

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

The author is a journalist, Senior Fellow at the American University of Moscow, and BRI Expert for Tactical Talk



# Rural Waste Management's Bleak Reality

Mukhtar Ahmad Farooqi

Even though the theme of this year's World Environment Day was "Only One Earth" with focus on Living Sustainably in Harmony with Nature but when we see piles of waste everywhere, then how will dreams of harmony with nature be actualised? Modernisation of rural areas on one hand has limited the migration of people to cities and improved socio-economic conditions but on the other hand has given a semi-urban touch to their living styles. Villages on our part of the world have changed from agrarian hubs to business spaces or concrete monsters. Before the advent and use of plastic products we used to experience nature in its true form in rural areas. People from cities would come to enjoy the serene environment of these places but pollution has turned them into dumping sites. With the apparent waste generation due to consumerist mind-set/culture, solid waste management has become a necessity in rural areas too.

We all know that our very existence depends on the environment of which man is an integral part, yet he is the arch-enemy of it too. His quest to make life very comfortable and more luxurious has made him turn a blind eye to the damage caused to the environment. Self-centeredness has been the most heartening aspect of environmental degradation because the motto of people in present times goes like "If it suits you, carry on and forget about everything else".

Several nationwide campaigns have been able to create awareness about different types of wastes, benefits in use of toilets, importance of personal hygiene to prevent various diseases, school children about various hygienic practices, waste segregation but as far as rural populace is concerned there seems nothing on ground. Swachh Bharat Mission is one such campaign that has been successful in changing attitudes, mind-sets and behaviours of people towards cleanliness and sanitation. Events like taking the broom to sweep the streets, cleaning up the garbage, focusing on sanitation and maintaining a hygienic environment



We all know that our very existence depends on the environment of which man is an integral part, yet he is the arch-enemy of it too. His quest to make life very comfortable and more luxurious has made him turn a blind eye to the damage caused to the environment

will have an impact when there is some sort of practicality in its execution especially in rural areas.

Solid Waste generated in rural areas is usually of two types viz. biodegradable and non-biodegradable. Biodegradable includes kitchen waste, cow dung, agricultural waste etc. while non-biodegradable includes plastic, used cloth, tetra packs, hospital waste etc. Reduction in agri based businesses and activities has led to generation of more non-biodegradable wastes than the biodegradable. Shrinking of agri-land due to the nuclear family system and subsequent construction

of houses on agri-land has altered their behaviours wherein they now throw biodegradable waste on roads whose foul smell becomes a nuisance to pedestrians.

Although there is SBM Gramin for rural sanitation but non-existence of concrete Rural Waste Management policy is proving to be disastrous and is leading to environmental degradation. Waste generation, especially plastic waste has not remained confined to cities only but expanded its horizon to non-motorable areas also. SBM demands disposal of garbage in a scientific manner but non-existence of requisite infrastructure has

put unjustified blame on households for irresponsibility. Both rural and urban populace is aware about the hazards of throwing waste in open but in rural areas even if the people collect garbage in homes, after segregation/collection they remain in dilemma Where to put the garbage? and throw that on roadsides, alleyways and even in water bodies like streams, rivulets or ponds due to non-availability of garbage collectors/sites and established dumping sites thereby the very motive of this campaign gets vanished. Non availability garbage collection units in villages or for that matter in educa-

tional institutions where even emptying a dustbin at times becomes a matter of debate. In contrast urban populace have the option of collecting the waste in dustbins, even segregating and then putting it in garbage collecting bins (Refuse Collector) of SMC whereby it is then transported to garbage dumping sites.

Piles of waste material especially plastic waste which includes polythene bags, wrappers, plastic bottles, medicinal waste etc. can be seen accumulated on roads, bus stops and agricultural fields making life of those inhabitants miserable. Disposable nappies and sanitary napkins which have become part of normal living style irrespective of the socio-economic condition has become another nuisance which can be termed as diaper pollution. Being single use in nature, these are

then disposed of in an uncontrolled manner in drains, waterbodies or on roadside which not only has become nuisance in rural areas but have been slowly mixing with agricultural land. These diapers/sanitary napkins not only cause pollution but can have adverse impact on public health as these become the source of several infectious diseases when they are thrown in water bodies.

There comes the question of ethics when such used diapers or plastic waste is disposed into openly but as a citizen one is bound to suffice morality in the absence of genuine facilities. It is pertinent to mention here that govt. is responsible for this whole mess as rural populace have no option but either burn the waste generated which will lead to air pollution or throw that waste everywhere. Reduce, reuse and recycle remains a mere rhetoric.

PS: The people concerned at the helm of affairs or executing agencies need to review policy keeping the needs of rural population in consideration. A well-managed Rural Waste Management is the need of the hour, if govt. is serious about preserving our rural environment. Keeping in view the already discussed flaws at least one garbage collecting bin (Refuse Collector) like in Municipalities should be kept in every village which is emptied every fortnight at least so that the very motive of sensitization and ultimately any campaign is upheld not just taking a broom to pose for a photograph as has been the case. Despite approaching the concerned authorities through social/print media, nothing seems to be happening on ground in rural areas.

Waste accumulation in inconceivable places like fresh water springs/ rivers, school premises, crossways, grazing lands etc. in rural habitations can have serious repercussions in near future if some immediate and practical steps on ground are not taken. To create a litter free and hygienic village, scientific waste disposal mechanism needs to be put in place through a financially sound and expertly consulted Rural Waste Management policy.

The author can be reached at mukhtar.farooqi37@gmail.com

## Out with Overthinking

RENEE HANLON

Everyone knows that thinking before acting is wise but when does our thinking actually become debilitating? With too much thinking, negative thoughts can begin creeping in that shed doubt and promote fear. Our thinking becomes negative when we begin to focus on all of the what-if scenarios or we begin to fear a bad outcome with our plans. Since there is no way to predict the future, a person can begin to feel totally out of control. This only intensifies the downward spiral of thoughts. Then, our insecurities and lack of confidence can take hold and squash all of our original good ideas and plans.

To be sure, part of the negative what-ifs come from knowing of someone who did have a worst-case scenario. In reality, these cases are rare and typically out of our control. When we focus too much on an undesirable possibility, it has the power to rob us of our joy, action and both our physical and mental health. Think about which causes the most distress—the chance of a worst-case scenario or the definite side effects of overthinking? But we're here to help with the best tips on how to stop overthinking.

Every day that we are given is a gift that should be enjoyed and lived to its fullest, and overthinking eats away at that precious time. By practicing these 20 ways to stop overthinking, we can end the vicious cycle of spiraling into anxiety.

### 1. DO A REALITY CHECK

How accurate is your thought, really? You can acknowledge the worst-case scenario but then put it to the test. For example, maybe you fear getting fired because you want to bring up an idea for changing a difficult procedure. How likely is that to really get you fired? Is it possible your boss may like your idea? Has your boss fired others for bringing up suggestions? If your idea isn't accepted, would you want to quit? If so, that fear of being fired kind of blows right out the window.

### 2. TAKE TIME TO THINK PRODUCTIVELY

If you are an overthinker, it probably doesn't make any sense to take more time to think. But it does if

you do it right. Often, our thoughts come flying at us in the middle of chaotic times when we can't process them effectively. If we set aside time, when things are quiet and we can let our minds go, we are more apt to form positive plans and ideas. It's a good idea to start by meditating on something positive like scripture or a calming mantra. This, in turn, leads to more positive thoughts to deal with a current situation. But watch out! When your mind begins to let in any fear or doubt, it's time for a distraction. Recognize that your initial thoughts are good and will allow you to take action and call out the creeping fear or doubt as a lie.

### 3. GO FOR A WALK

Physical exercise is good for stress in general as it can be a way to clear your head. A nice side benefit is that walking releases feel-good endorphins so you will start to feel better with the first step. Walking is also a distraction that gets you away from your current situation and can allow productive thoughts to enter in. If you don't like walking, try another healthy hobby like gardening. The key is to get out of your normal routine.

### 4. VOLUNTEER

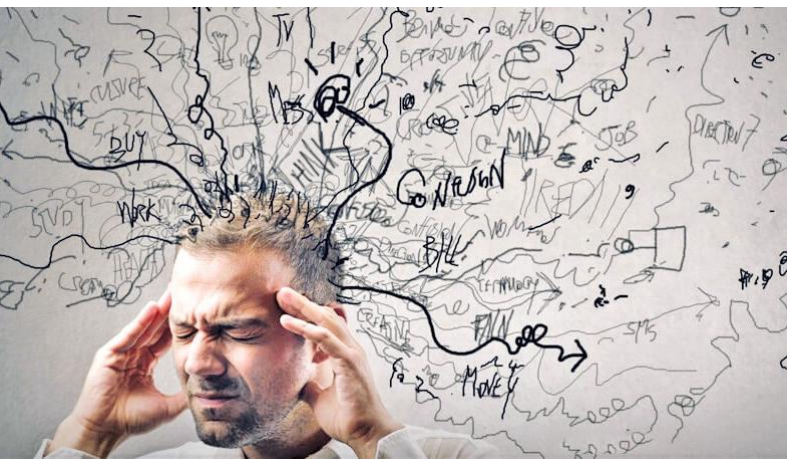
If you want to learn how to stop overthinking, start looking at those around you. Volunteering to help someone in need is a great way to shift your focus from yourself to another person. There is no time to think of your own situation when you are focusing on someone else. Plus, when you help someone else it always feels good emotionally. It can even give you a better perspective on your own life when you see what others are going through.

### 5. BREATHE DEEPLY

Overthinking brings up a lot of anxiety which also leads to physical symptoms like a racing heart. Take time to breathe deeply. Take at least ten deep breaths, counting slowly as you go. Concentrate on your breaths until you feel your body responding. This deep breathing gives a sense of calm that can alleviate stress symptoms.

### 6. COUNT YOUR BLESSINGS

It's always good to think about all of the positive things that you have or are going on in your life. Start with the basics first. Food, shelter and clothes are of the utmost impor-



tance but tend to be forgotten in the grand scheme of things. This might then progress to thinking about other blessings like friends, family, a good job or even a huge success. Our realities are often better than what our own negative thoughts tell us.

### 7. FORGIVE AND FORGET

Sometimes overthinking comes from not letting go of our mistakes that happened in the past. Was a lesson learned from the mistake? Then it's time to forgive yourself and move on with self-compassion! It's not healthy to keep rehashing what should have been done. Instead, look at the present and toward the future with your updated mindset.

As well as forgiving yourself, sometimes you need to forgive another person who has hurt you. Once you forgive someone, make sure to also truly forget. It doesn't help anyone to hold onto grudges and the negative thoughts that come with it.

### 8. ACKNOWLEDGE WHAT YOU CAN'T CONTROL

In any given situation, there will be things that you don't have control of. Acknowledge those things and realize that though you can't change them, you can deal with them the best you can. You may have immediate fear or feel awful about a situation at the onset. However, telling yourself that you will get through it or it won't last forever will go a long way in controlling the fixation of your thoughts.

### 9. CHANGE YOUR SELF-FULFILLING PROPHECY

If you think you're going to fail, you just may when all of your time is spent thinking of pitfalls that then

Think of all the people that you are intimidated by which cause you to overthink your actions. It's time to take them off the pedestal! As humans, we are all much more alike than it may appear

lead to inaction. Instead, start positive thinking. Picture yourself at the end of a dreaded event. Imagine yourself walking to your car after a job interview or important social event and the feeling of relief that you have. Put yourself there, in your thoughts, instead of at the beginning. Know that you are going to have interactions and that you are going to do your best.

### 10. BE YOURSELF

Stop worrying about what others think about you. What makes anyone else's opinion about you more valid? Chances are they aren't even thinking

about you in any great detail. They are probably worrying more about what others are thinking about them! If you think that you have a valid reason for changing something about yourself, then work on a solution. Worrying about what others think doesn't solve anything at all.

### 11. GET OTHERS OFF THE PEDESTAL

Think of all the people that you are intimidated by which cause you to overthink your actions. It's time to take them off the pedestal! As humans, we are all much more alike than it may appear. That executive that you fear may look intimidating in the fancy suit but it's just underwear underneath.

### 12. TAKE ACTION

Overthinking a situation and having fear of doing the wrong thing will keep you from doing anything at all. Instead, do something to help your situation. There is power in action!

### 13. WRITE YOUR OWN STORY

For positive change, write your own story that empowers you instead of paralyzing you. Do you ever notice that when you set goals for yourself, you are often able to fill them? Give yourself clear direction and you won't let anything or thoughts stand in your way.

### 14. LIVE IN THE MOMENT

Focusing on the here and now is much better than dwelling on the past or worrying about the future. We have more than we need on our plates in one day let alone dwelling on the past that we can't change or the future that we can't predict.

Although we do need some goals and plans for the future, we can't overthink all the different scenarios. We can be quite adaptable when plans have to change. Basically, plan for the best and be flexible when things need to be changed. There is no way to have a different good plan for every possible outcome.

### 15. IDENTIFY YOUR TRIGGERS

What things typically cause you to begin having negative thoughts? Why? Is there a deeper fear? How can you let go of what you can't control? Acknowledging what your triggers are will help you to find specific ways to cope with them.

### 16. CHANGE YOUR PATH

If there is something in your life that you know is wrong for you, stop dwelling on it in your thoughts. In-

stead, change your behavior or situation for a better outcome. The first step in changing a behavior is to write out a plan. Then, work to bring your plan to fruition which will take up your mental space in a healthy way.

### 17. WRITE DOWN YOUR THOUGHTS

Journaling is a good way to keep track of your thoughts. It helps when you can write them down and actually see them on paper. Then, logically write down a solution to help you through your situation.

If you are having conflict with a person, write them a letter. You don't necessarily have to send it but getting your thoughts down is a healthy exercise to analyze a situation and better communicate with that person.

### 18. MAKE A LIST OF POSITIVE OUTCOMES

Think of all the things that could go right in any given situation. Make that a habit and there won't be any room for negative thoughts. In reality, a good plan has more potential for a positive outcome than a negative one. The whole view of the glass half full or half empty is what tends to control your mind. When you don't know the outcome, why would you want to unnecessarily spend time worrying about what could be a bad outcome?

### 19. FORGET PERFECTION

Don't wait for perfection for action. This only leads to stalling out instead of healthy progress. When we overthink, we can always find something that needs to be changed—even if it doesn't! Perfection is all about opinion and rarely will two people view perfection the same. All that we can ever ask of ourselves is to do our best with what we have.

### 20. ASK FOR INPUT

If a friend is having a hard time, you're likely quick to lend a listening ear and offer advice that is practical, as well as extremely empathetic. You deserve that type of thoughtful feedback as well! After going to someone you look up to for advice when you can't stop overthinking on your own, their compassionate (and less emotionally-charged) perspective from being outside of the situation could provide you with exactly what you need to take the first step forward into freedom.

The article was originally published by Parade



# Alt News Co-Founder Zubair Walks Free After SC Grants Interim Bail In All UP Cases, Disbands SIT

Press Trust of India

**New Delhi:** Alt News co-founder Mohammad Zubair, held in custody for 24 days on allegations of hate speech, walked free on Wednesday, hours after the Supreme Court granted him interim bail, saying the "exercise of the power of arrest must be pursued sparingly".

Zubair was held in police and judicial custody following half dozen FIRs lodged against him in different parts of Uttar Pradesh for posting tweets that allegedly hurt religious sentiments. The UP state police had also set up a Special Investigation Team to probe the allegations.

On Wednesday, a bench of justices DY Chandrachud, Surya Kant and AS Bopanna ordered disbanding of the SIT and transfer of all the cases to Delhi, saying there was "no reason or justification for the deprivation of his (Zubair's) liberty to persist any further."

The SC bench also refused to restrain Zubair from tweeting in the future as sought by the UP government.

"Can a lawyer be restrained from arguing?" the bench asked. "How can a journalist be restrained from tweeting and writing?"

"If he violates any law by tweeting or for that matter any citizen speaking in public or private, then he can be proceeded as per the law", the bench said in a lengthy order passed after more than two-hour hearing.

"It is a settled principle of law, that the existence of the power of arrest must be distinguished from the exercise of arrest and the exercise of the power of arrest must be pursued sparingly," it said.

Zubair, dressed in striped T-shirt and blue trousers, showed the victory sign as he hurriedly left in a car after his release from



Tihar Jail at around 9 pm.

Earlier, the court said the directions for the transfer of investigations of the FIRs which have been registered in Uttar Pradesh to the special cell of Delhi Police shall apply to all the existing FIRs forming the subject matter of the tweets as noted earlier and to any future FIR to be registered against him under the same subject matter.

Fairness to Zubair would require that the entirety of the investigation into all the FIRs be clubbed together and should be handled by one and the same investigating authority, it added.

It said the overlap between the allegations in the FIRs, emanating as they do, from the tweets of the petitioner (Zubair) would only go to emphasise the need for a consolidated as opposed to a piecemeal investigation by a diverse set of law enforcement agencies.

The apex court said that essentially, the gravamen of allegations against the petitioner pertains to tweets that have been put out by him.

"Having found from the record that the petitioner has been subjected to a fairly sustained investigation by the Delhi police, we find no reason or justification for the deprivation of the liberty of the petitioner to persist any further.

"Consequently, we are of the view that the petitioner shall be released on interim bail in each of the FIRs which form the subject matter of these proceedings under Article 32 of the Constitution", it said.

The top court, which did not upload the detailed order on its website but the operating part only, said that it would take some time to transcribe the detailed judgment and directed that Zubair will be released on interim bail in all the FIRs lodged in UP after depositing a bail bond of Rs 20,000 with Chief Metropolitan Magistrate at Patiala House Court here.

"Immediately upon the presentation of the bail bonds, the Superintendent at the Tihar Jail shall take necessary steps to ensure that the petitioner is released

from judicial custody....," it said.

It said the investigation into the FIR registered by Delhi Police's special cell pertains to offences, which have also been invoked in the FIRs lodged in Uttar Pradesh.

The bench said it was of the view that the alternate prayer which has been pursued on behalf of the petitioner should be accepted and "all the FIRs which have been registered against the petitioner including the six FIRs which have been noted arising out of his tweets should be transferred for investigations to the special cell of the Delhi police".

The bench directed that the SIT which has been constituted by the UP police shall be rendered "redundant and shall be disbanded".

It added that while the court is inclined to direct the transfer of investigation of the FIRs which have been registered in Uttar Pradesh to the special cell of Delhi Police, "we reserve liberty to the petitioner to take recourse to the remedy under section 482 of CrPC in the event

he is advised to seek the quashing of FIR before the Delhi High Court."

All proceedings in connection with the FIRs shall lie before the Delhi High Court for such remedies as are available under law, it added.

"We also order and direct that the petitioner shall be entitled to protecting the order of interim bail which has been granted by this court not only in respect of the FIRs which have already been registered but in respect of any FIR which may be registered on the same subject matter as regard to the tweets put out by him", it said.

The bench said, "in the present case, there is absolutely no justification to keep the petitioner in continued custody any further and subject him to numerous rounds of proceedings before diverse courts, when the gravamen of the allegations arises out of tweets, which have been put out by the petitioner, which forms the subject matter of the investigation which is being conducted by the Delhi police".

It said that the grant of bail by the Patiala House Court on July 15, 2022 (in the Delhi FIR), has not been sufficient to secure the personal liberty of the petitioner, embroiled as he is in successive FIRs which have been registered in diverse police stations of state of Uttar Pradesh.

Leaders of opposition parties welcomed Zubair's release. Senior Congress leader P Chidambaram said it is the "triumph of liberty over tyranny" and held that the judgement reaffirms abuse of power of arrest must be ended.

Zubair was arrested by the Delhi Police on June 27 for allegedly hurting religious sentiments through one of his tweets.

## Traffic Snarls, Waterlogging Mar Wednesday Rain Fun For Delhi Residents

Press Trust of India

**New Delhi:** A good pour on Wednesday brought respite to the residents in Delhi from a long spell of humid heat, but became a bane for the commuters, who across the city were forced to negotiate snarls and waterlogging.

According to civic authorities, at least five complaints of tree felling were reported from across Delhi due to rains.

Trees were uprooted in Dwarka Sector-1, Tughlakabad village, Delhi Gate, Paschim Vihar, and Netaji Subhash Place.

Authorities said they received 11 calls complaining about waterlogging after the rain lashed the city.

Places that witnessed waterlogging and traffic congestion included stretches between INA and AIIMS, Moolchand Underpass, Aurobindo Marg between IIT and Adhchini, NH-8 (Delhi-Gurgaon highway), and Mehrauli-Badarpur Road.

Ring Road between Naraina and Moti Bagh, Rohtak Road, Kapashera Chowk, TITO, Vikas Marg, Sarai Kale Khan, Delhi-Meerut Expressway, Anand Parbat-Zakhira Road, Dhaura Kuan, Najafgarh, Mahipalpur, and Rangpuri were some of the other areas that saw waterlogging and traffic snarls.

Several incidents of vehicles breakdown due to heavy rain and waterlogging were also reported.

People tried to draw authorities' attention by posting pictures of submerged spots from across Delhi on social media.

A video shared on social media showed what was purported to be a mohalla clinic flooded with rainwater with doctors making urgent

appeals to authorities to fix the problem.

PTI couldn't independently check the veracity of the video.

Traffic police took to Twitter to inform commuters about waterlogging and traffic congestion.

Kindly avoid the following routes due to waterlogging and vehicle breakdown in South District- 1) Aurbindo stretch from INA to AIIMS 2) Moolchand Underpass on Ring Road 3) Aurbindo marg from IIT to Adhchini 4) MB road near Vayusnabad, Delhi traffic police said in a Tweet.

In another tweet, it said the traffic is affected on NH8 on both carriageways between Dhaura Kuan and Gurgaon due to waterlogging and breakdown of vehicles.

It also advised the commuters to avoid stretch between Naraina and Moti Bagh, where vehicles moved at a dragging speed on both sides of the road due to waterlogging.

The city was reeling under a muggy weather for the last several days, and Wednesday rain provided a long-pending respite to the people.

All the same, commuters had a nightmarish experience as they moved at a crawling speed on the city roads.

Delhi gets flooded even with slightest of rain followed by long traffic snarls. It is a nightmarish experience as I was stuck in traffic jams and reached home around an hour late from my office in central Delhi, said Joginder Sethi, a resident of New Ashok Nagar.

Another commuter, Lata Chauhan, said she fought traffic jams at number of places due to the collection of water on roads.

## ISIL-K Has Increased Presence In Northern, Eastern Afghanistan: UN report

Agenceis

**United Nations:** ISIL-Khorasan has increased its presence in northern and eastern Afghanistan and if the terror group regains lost territory in the eastern part, it may prove difficult for the Taliban to reverse such gains and ISIL-K would then be positioned to develop a global threat capability from Afghanistan, according to a UN report released on Wednesday.

The 30th report of the Analytical Support and Sanctions Monitoring Team submitted pursuant to resolution 2610 (2021) concerning ISIL (Da'esh), Al-Qaida and associated individuals and entities said that the situation in

Afghanistan remains complex.

International terrorist organisations based in the country view the victory of the Taliban as a motivating factor for disseminating their propaganda in the neighbouring regions of Central and South Asia, and globally, it said.

"ISIL-K has increased its presence in northern and eastern Afghanistan. It also includes fighters from Central Asia, who have increased activities in the north, the report said.

However, the report said that it was unclear whether ISIL-K can regain lost territory in eastern Afghanistan.

It is unclear whether ISIL-K can regain lost territory in eastern



Afghanistan. Should they succeed, it may prove difficult for the Taliban to reverse such gains. According to one Member State, ISIL-K would then be positioned to develop a global threat capability

from Afghanistan, the report said.

It added that ISIL views Afghanistan as a base for expansion in the wider region for the realisation of its great caliphate project.

ISIL-K seeks to strengthen its

capabilities by recruiting members from other terrorist groups, as well as by attracting disaffected Taliban fighters and dissatisfied local ethnic minorities."

It noted that in April 2022, ISIL-K claimed it had fired rockets into Tajikistan and Uzbekistan. Although both countries denied that rockets had reached their territory, the risk of similar attacks remains.

"The aims were to undermine the credibility of Taliban security forces by demonstrating their inability to control the borders, and to attract new recruits from the region. Further, it said Al-Qaida enjoys greater freedom in Afghanistan under Taliban rule but

confines itself to advising and supporting the de facto authorities.

Al-Qaida in the Indian Subcontinent (AQIS) is reported to have 180 to 400 fighters, primarily from Bangladesh, India, Myanmar and Pakistan. AQIS fighters are represented at the individual level among Taliban combat units, the report added.

The report said Tehrik-e Taliban Pakistan (TTP) constitutes the largest component of foreign terrorist fighters in Afghanistan (between 3,000 and 4,000). One Member State reported that current TTP leader Mufti Noor Wali Mehsud has united the group, which is now more cohesive, presenting a greater threat in the region.

On June 3, TTP announced it would extend its temporary ceasefire with Pakistan following talks brokered by the de facto Afghan authorities. It remains to be seen whether the ceasefire leads to a more durable peace agreement.

The report said that Al-Qaida leadership reportedly plays an advisory role with the Taliban, and the groups remain close.

Aiman Muhammed Rabi al-Zawahiri increased outreach to Al-Qaida supporters with a number of video and audio messages, including his own statement promising that Al-Qaida was equipped to compete with ISIL, in a bid to be recognised again as the leader of a global movement.

## CONTD. FROM FRONT PAGE

### Govt's Investment Push

chairing a meeting every month to review the progress of the I&C department.

### 118 Civilians Killed

118 civilians were killed by militants in Jammu and Kashmir. Out of 118 civilians killed, 5 were Kashmiri Pandits and 16 belonged to other Hindu and Sikh communities," he said, in a written reply to a question.

He said no pilgrim has been killed during this period.

The minister said the government has a policy of zero tolerance towards militancy and the security situation has improved significantly in Jammu and Kashmir.

He said jobs to the Kashmiri Pandits were given under the Prime Minister's Development Package (PMDP).

Article 370, which gave special status to Jammu and Kashmir, was abrogated on August 5, 2019 and the state was bifurcated into two Union territories - Jammu and Kashmir and Ladakh.

### China Plans To

which China claims as part of South Tibet. Under the plan released last week, the highway known as G695 is expected to run through Cona county which lies immediately north of the LAC, Kamba county bordering Sikkim and Gyirong county near the border with Nepal, the report said.

The planned road would also go through Burang county between Tibet, Nepal and India as well as Zanda county in Ngari prefecture, parts of which are held by India, it said.

The details of the new construction remain unclear, but the highway, when completed, may also go near the hotly contested areas such as the Dapsang Plains, Galwan Valley and Hot Springs on the LAC, it said.

There was no official reaction here to the news report in the Hong Kong media.

India has said previously that it keeps an eye on all the activities along its border.

The report of the new highway plan along the LAC comes at a time when India and China made efforts to resolve the over two-year eastern Ladakh standoff.

The two countries have so far held 16 rounds

of talks to disengage troops at different points. At Sunday's 16th round of talks between the top military commanders of the two countries, it was learnt that the Indian delegation sought resolution of pending issues in Dapsang Bulge and Demchok.

India has been consistently maintaining that peace and tranquillity along the LAC were key for the overall development of the bilateral ties. Last month External Affairs Minister S Jaishankar asserted that India will not allow any unilateral attempt by China to change the status quo or the LAC.

At his meeting with Chinese counterpart Wang Yi on the side-lines of recent G20 foreign ministers in Bali, Jaishankar conveyed to Wang the need for early resolution of all the outstanding issues in Eastern Ladakh.

The eastern Ladakh border standoff erupted on May 5, 2020, following a violent clash in the Pangong lake areas.

Both sides gradually enhanced their deployment by rushing in tens of thousands of soldiers as well as heavy weaponry.

As a result of a series of military and diplomatic talks, the two sides completed the disengagement process last year on the north and south banks of the Pangong lake and in the Gogra area.

China has been ramping up infrastructure in Tibet. Last year it launched a high-speed bullet train connecting the provincial capital Lhasa with Nyingchi, the Tibetan border town close to Arunachal Pradesh.

On Tuesday, new satellite images emerged indicating the construction of a Chinese village East of the Doklam plateau on the Bhutanese side, a region that is considered important for India's strategic interest.

Chinese President Xi Jinping travelled by bullet train during his rare visit to border areas in Tibet.

The massive development of rail, road and airport development vastly improved the Chinese military's ability to move men, materials and weapons to the border areas at a faster pace.

Tibet has five airports including at Nyingchi, Shigatse and Ngari located close to the Indian and Nepal borders.

Authorities in Tibet accelerated 15 key construction projects last year, including the

middle section of the highway from the regional capital Lhasa to Xigaze.

Tibet completed an investment worth 20.1 billion yuan (about USD 3.2 billion) in fixed assets for road transport last year, according to an official media report.

### India's 15th President

accompanied by AROs.

According to the EC, each ballot box was issued an e-ticket under the name 'Mr Ballot Box'.

Polling for the presidential election was held between 10am to 5pm Monday at 31 locations including the Parliament house and 30 centres within state legislative assemblies.

There are also reports of cross-voting in favour of Murmu in a number of states. There is no whip issued to members in the presidential poll.

MPs of both Lok Sabha and Rajya Sabha, except nominated MPs, and all MLAs in legislative assembly in all states act as electors in the presidential poll.

A total of 4,809 electors, comprising 776 MPs and 4,033 elected MLAs, are entitled to vote in the election, but nominated MPs and MLAs, and Members of Legislative Council are not.

Over 99 per cent of the total electors had cast their ballot in the poll that took place Monday, according to the Election Commission.

Eight MPs, including BJP MPs Sunny Deol and Sanjay Dhotre, were among those who missed casting their votes.

Actor-politician Deol missed voting since he is abroad for medical treatment, while Dhotre gave it a pass since he was in the ICU.

Two MPs each from BJP and Shiv Sena, and one each from the BSP, Congress, SP, and AIMIM missed voting in the Monday polls.

Kovind had become the President after polling 7,02,044 votes out of a total of 10,69,358 votes, while his rival Meira Kumar polled only 3,67,314 votes.

### 434 People Tested

Bandipora, and Ramban districts in an attempt to curb the spread of the deadly infection.

In the Valley, officials said, Srinagar reported the highest 147 new cases of Coronavirus,

Baramulla 16, Budgam 11, Kupwara four, Ganderbal three, Pulwama and Bandipora two each and Shopian one. No cases were reported from the twin districts of Anantnag and Kulgam in South Kashmir.

In the winter capital, officials said, Jammu reported a maximum of 154 new cases of Coronavirus, Kathua 31, Udhampur 19, Doda and Ramban nine each, Poonch eight, and Rajouri, Samba and Kishtwar six cases each. Reasi was the only district in Jammu division where no new case of Covid-19 was detected.

Also, the officials said that one more person succumbed to the deadly infection in Jammu division on Wednesday, raising the death toll in the pandemic to 4761 in J&K—2336 in Jammu and 2425 in Kashmir.

"Moreover, 111 more COVID-19 patients have recovered and been discharged from various hospitals including 52 from Jammu division and 59 from Kashmir division," they added.

### No KP Left

"Construction of 1,025 units has been completed or substantially completed, 1,872 units are at different stages of completion and work on remaining units has been taken up," he said replying to a written question.

The minister said 8,565.40 hectares of state land was transferred under Roshni Act 2001 to individuals, institutions and entrepreneurs. (With PTI inputs)

### NIA Raids Nine

were seized from them.

Two more accused were arrested later, and a vehicle was seized.

A spokesperson of the NIA said the searches were conducted at nine locations in Kashmir five in Pulwama district of south Kashmir and four in Srinagar district in the case related to a conspiracy of carrying out militant activities in and around Srinagar.

The case was registered initially at the Chanapora police station on May 23 and re-registered by the NIA on June 18 for a thorough investigation.

The NIA said the searches were conducted at the premises of the accused and other suspected persons, leading to the recovery and seizure of digital devices and other incriminating materials.

"Further investigations in the case are in progress," the spokesperson said.

"Hybrid" militants is a term coined by the security forces in Jammu and Kashmir to describe those militants who carry out a subversive task assigned to them by their handlers before slipping back into normal life. (PTI)

### Blast Injures Two

The injured have been admitted to a hospital. (PTI)

### Mudslides Briefly

mudslides and shooting stones in many areas.

However, men and machines were deployed soon and the highway was cleared of debris. The stranded vehicles have been allowed to proceed to their destinations, officials said. (PTI)

### BSF Constable's Wife

proceeding under relevant sections of law has been initiated. (Agencies)

### Train Crushes

Panzgam, leading to his on the spot death, reports said.

The body was later shifted by railway police to a nearby hospital for medico-legal formalities.

### RDD Engineer

CDR amount of Rs 7,000 to a contractor, an ACB spokesperson said Wednesday.

The amount, he said, was deposited by the complainant for work named "Improvement of walling/ Gate around Panchayat Ghar at Dangerpora Padgampora, Pulwama".

On the basis of complaint, the spokesperson said a case FIR No 13/2022 was registered at PS ACB Anantnag and investigations started.

"During the course of investigation a trap team was constituted. The team caught the accused official red handed while demanding and accepting a bribe of 2,000 from the complainant. He was arrested on the spot by the ACB team. The bribe money was also recovered from his possession in presence of independent witnesses," the Bureau spokesperson said, adding that further investigation in the case is going on.



## Over 43,00 Pilgrims Leave For Amarnath Shrine From Jammu

Press Trust Of India

**JAMMU:** The 30th batch of 4,355 Amarnath pilgrims left the Bhagwati Nagar base camp in Jammu for the twin base camps of of Pahalgam and Baltal in Kashmir on Wednesday, officials said.

The pilgrims left in a convoy of 166 vehicles amid heavy CRPF cover, they said.

Officials said 1,846 pilgrims heading for Baltal were the first to leave the Bhagwati Nagar camp in 72 vehicles followed by the second convoy of 94 vehicles carrying 2,509 pilgrims for Pahalgam.

With this, a total of 1,20,011 pilgrims have left from the Jammu base camp for the Valley since June 29.

Over 2 lakh pilgrims have so far offered their prayers at the cave shrine in south Kashmir Himalayas, officials said.

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

A total of 32 people, mostly pilgrims, have died during ongoing Amarnath yatra till now, excluding the 15 pilgrims who died in the flashfloods at the cave shrine on July 1.

## 18 Injured In Separate Road Accidents In J&K

Press Trust Of India

**JAMMU:** As many as 18 people were injured in two separate road accidents in Jammu and Kashmir's Reasi and Rajouri districts on Wednesday, police said.

In Reasi, 14 people, including four children, were injured after a minibus collided head-on with a truck on the Katra-Reasi road, they said.

The injured have been hospitalised, they said.

In Rajouri, four people were injured after a goods carrier fell

off the road at Khorinar along the Line of Control (LoC) after its driver lost control of the vehicle, the police said.

The injured, including the driver of the vehicle, were immediately rescued by Army personnel from a nearby Rashtriya Rifles unit and administered first aid before being taken for further treatment, they said.

The Army's prompt response and help were highly appreciated by the family members of the injured and locals, they said.

## Govt Declares June 19-22 Snowfall, Rains As 'Natural Disaster'

Agencies

**SRINAGAR:** The administration on Wednesday declared "untimely" snow/heavy rain causing flash floods from 19th -22nd June 2022 in Jammu & Kashmir as State Specific Natural Disaster under SDRF norms.

Subsequent, the government, according to an order, has asked all the concerned DCs to provide compensation from funds under SDRF to the affected families after due verification and strictly in accordance with SDRF norms/guidelines thereof.

## Masoodi, Choudhary Talib, 4 Others Appointed As Members Of Hajj Committee

Agencies

**SRINAGAR:** The administration of Jammu & Kashmir has appointed sitting MP Justice (retd.) Hasnain Masoodi, former MP Talib Hussain Choudhary and four others as member of Haj Committee for J&K Union Territory.

The Department of Revenue has issued a notification to appoint six members of Hajj Committee for Jammu & Kashmir Union Territory.

According to the notification, Justice (retd.) Hasnain Masoodi, National Conference MP from Anantnag, has been appointed as member of Hajj committee for Jammu & Kashmir Union Territory.

Former MP Talib Hussain Choudhary, who is associated

with BJP, is also part of the committee.

Chairperson District Development Council Baramulla, Safina Baig, who had joined Peoples Conference last year but recently said that she would continue to remain as an independent candidate, has also been appointed as member of the panel.

The others appointed as members of the committee include Muhammad Rafiq Chashti (Poonch), Molvi Muhammad Ashraf (Anantnag) and Syed Muhammad Rafiq (Ganderbal) presently residing in Srinagar).

According to the order, the members have been appointed for a period of three years starting from today with publication of the notification.

## Rain Lash South Kashmir, Jammu Region



Agencies

**SRINAGAR:** Rains lashed parts of south Kashmir and Jammu region overnight, weatherman said on Wednesday.

A meteorological department official here said that Qazigund, the gateway town of Kashmir, received rainfall of 30.4 mm, Kokernag 18.2 mm, Pahalgam 3.4 mm, Jammu 5.8mm, Banihal 2.8 mm, Batote 1.6 mm, Bhaderwah 22.6mm while Katra received highest amount of the rain of 58.4 mm.

Meanwhile minimum temperatures recorded a rise at most places where rains eluded in the J&K.

The MeT official said that Srinagar recorded a low of 21.5°C

against 20.6°C on the previous night. The temperature was 2.8°C above normal during this time of the year for the summer capital, the official said.

Qazigund recorded a low of 18.0°C against 18.4°C on the previous night. The temperature was 1.0°C above normal there, he said.

In Pahalgam, the mercury settled at 17.6°C against 15.8°C on the previous night and it was 4.6°C above normal for the south Kashmir resort.

Kokernag recorded a low of 16.9°C against 18.0°C last night and it was 0.6°C above normal for the place, he said.

World famous Gulmarg resort recorded a low of 13.2°C against 13.5°C and it was 1.1°C

above normal for the place.

Kupwara town saw a low of 18.9°C against 17.8°C on previous night and it was 1.9°C above normal for the place during this time of the season, the official told Global News Service.

Jammu recorded a low of 24.7°C against 27.1°C on the previous night. It was 0.4°C below normal for J&K's winter capital, he said. Banihal recorded a low of 19.0°C, Batote 18.0°C, Katra 22.4°C while Bhadarwah had a minimum of 17.5°C, the official said.

"Rain/thunderstorm was likely (50-60% chances) at scattered places of Kashmir and at many places of Jammu (mainly in morning hours) during 20-24th," the official said about the forecast for five days. (GNS)

### CLOUDBURST IN DODA

## 13 Structures Washed Away, 20 Damaged In Flashfloods

Press Trust Of India

**JAMMU:** Thirteen structures, including a school building, were washed away and at least 20 others got partially damaged in flash floods triggered due to cloudburst in Jammu and Kashmir's Doda district on Wednesday, officials said.

Top districts officials, including Deputy Commissioner Vikas Sharma, Senior Superintendent of Police Abdul Qayoom and Thathri Sub-Divisional Magistrate Ather Amin Zargar reached the spot and took stock of the situation.

Allama Iqbal Memorial Educational Institution, a house, eight 'gharats' (small mills) and three shops got washed away in the flashfloods due to the cloudburst in Tanta area of Kahara tehsil, SDM Zargar said.

A portion of the Kahara tourism reception centre, Bhadarwah Development Authority, was badly damaged. More than 20 structures were partially damaged, but no loss of life or serious injury was reported, he added.

DC Sharma said, "We are as-

## Flash floods Damage Crops In Baramulla

**SRINAGAR:** Standing crops were damaged after cloudburst triggered flash floods were witnessed in Hamam Markoot village of Rafiabad in north Kashmir's Baramulla district on Wednesday afternoon, reports and officials said.

Reports said that a cloudburst occurred in the upper reaches of Hamam Markoot village of Rafiabad, which caused damage to standing crops and roads. In the aftermath of flash floods, the road at Mundaji was cut off, leaving over a dozen local sightseers stranded in the area. The sightseers were later on guided and asked

to use alternate routes to ensure their safe evacuation from the site.

Tehsildar Dangiwaicha Sajad Rasool Shah told a local news agency GNS that though the flash floods caused damage to standing crops however fortunately there wasn't any loss or injury reported in the incident. "Given the fact that there were sightseers stranded in and around the affected site, we soon after the occurrence launched a rescue operation to evacuate them and luckily all of them are safe", the official said.

"Everything is under control and the administration is assessing the situation", the official added.

weather conditions.

It asked the public to remain vigilant and keep themselves away from River Chenab in view of the rise in water level in the river and apprehension of flash floods in streams and river tributaries.

## Tanzeem-Ul-Makatib To Organize 3 Day Inter-Faith Conference

Observer News Service

**SRINAGAR:** Tanzeem-ul-Makatib, an organisation devoted to religious awareness among the Shiites in India for education, is organising a three-day grand conference on the theme "Karbala- In defence of the oppressed and a movement towards peace".

The event is being held in collaboration with Jamiat-ul-Mustafa Al-Aalamiya, New Delhi.

The conference will be held from 22nd July, 2022 to 24th July 2022 at the campus of Tanzeemul Makatib at Golagunj Lucknow.

The organizers of the event said it is going to be an inter-faith conference and people cutting across religious divide are expected to the participate in large numbers.

The event will also be streamed live on social media platforms.

## CPI (M) Demands Roll Back Of GST Hikes On Essentials

Observer News Service

**SRINAGAR:** The Polit Bureau of the Communist Party of India (Marxist) on Wednesday strongly condemned the latest round of "unprecedented burdens" imposed on the people through the GST hikes on all essential commodities such as pre-packaged rice, wheat, milk.

In a statement issued on Wednesday, the Polit Bureau demanded that these hikes be immediately rolled back.

"Independent India abandoned the policy of the colonial British government's tax on food items. In these last 75 years food items like rice, wheat, pulses etc., daily essentials like curd, paneer, meat, fish, jag-gary were never taxed. This is the Modi government's 'gift' to the Indian people in this year of Azaadi ka Amrut Mahotsav," party spokesperson Muralidharan said.

The party said that the range of items on which GST has been increased also includes crematorium charges, hospital rooms, writing ink etc.

"Even to withdraw one's own savings from their bank account people have to pay 18 per cent GST on bank cheques," the statement said.

"This cruel assault on people's livelihood comes when there is a run-away price rise with the Consumer Price Index ranging above 7 per cent and the Wholesale price Index above 15 per cent, soaring unemployment, a tumbling rupee, unprecedented trade deficit and a stumbling GDP growth. These hikes will further ruin people's livelihood," it added.

The party spokesperson further said that to raise revenue, the Modi government must tax the super-rich and not "impose more burdens" on the people.

"Apart from having the fastest growing billionaires in the world, companies listed on the Bombay Stock Exchange reported collective profits of Rs. 9.3 lakh crores in 2021-22, i.e., 70 per cent more than the previous year and three times higher than the average profits earned during the decade, 2010-2020," the spokesperson said.

"Instead of taxing this super rich the Modi government is giving them further tax concessions and loan waivers. Many of the luxury goods that should have been taxed heavily are having a modest GST. Gold purchases are taxed at 3 per cent, diamonds at 1.5 per cent, while food items have GST of 5 per cent or more," he added.

## J&K Bank Ties-Up with Ebix Money Express Pvt Ltd

Observer News Service

**SRINAGAR:** With a view to facilitate personal foreign inward remittances for Non-Resident Indians (NRI), J&K Bank on Wednesday entered into a tie-up with Ebix Money Express Pvt Ltd – an Indian Agent of Overseas Principal RIA Financial Services. The service shall be operational on August 15 as a part of country-wide Azadi ka Amrit Mahotsav celebrations.

The tie-up will provide NRIs based across the world an additional money transfer channel to send remittances of personal nature up to 2500 USD from abroad to their loved ones in the country.

Dy. General Manager (Corporate Banking & Forex Planning) Nishikant Sharma signed the agreement on behalf of Bank while as T C Guruparasad put in his signatures as Managing Director EBIX Money Transfer Pvt Ltd. In presence Bank's General Manager Syed Rais Maqbool, MD & Country Manager RIA Money Services DR. J. Emil Ruban, Dy. General Manager Imtiyaz Ahmad and other senior

officers of the Bank.

Speaking on the occasion, General Manager Syed Rais Maqbool said, "The tie-up of J&K Bank – a dominant, strategic player of the region – with premier market players like Ebix Money Express will go a long way in helping NRIs based in Gulf Countries, US, Europe & Canada especially those belonging to J&K and Ladakh to send remittances to their loved ones."

While laying emphasis on due diligence in KYC procedures, he said that both the organisations need to live up to the expectations of clientele comprising of professionals, businessmen and other segments of overseas workers, and provide them best services while ensuring compliance with the regulatory norms in place for such remittances.

Thanking J&K Bank for the tie-up, Managing Director EBIX Money Express T C Guruparasad said that the agreement will make job of sending the remittances for people to their families much easier and safer. "Going forward we see this association bringing happiness in the lives of so many people", he said.

## 2 JKAS Officer Shifted, Another Given Additional Charge

Agencies

**SRINAGAR:** Two JKAS officers were transferred while another was given additional charge of a post on Wednesday in the interest of administration with immediate effect.

According to a government order, Tahir Ajaz, JKAS, Deputy Excise Commissioner (Executive), Kashmir, has been transferred and posted as Additional Secretary to the Government, Housing and Urban Development Department. "He shall also look after the work of Srinagar Mass Rapid

Transit Corporation (SMRTC), in addition to his own duties, till further orders," reads the order.

Ms. Tazayun Mukhtar, JKAS, Joint Director, Industries and Commerce (S&M), Kashmir, has been transferred and posted as Deputy Excise Commissioner (Executive), Kashmir.

"Fayaz Ahmad Fayaz, JKAS, Joint Director, Industries and Commerce (Development), Kashmir, shall hold the charge of the post of Joint Director, Industries and Commerce (S&M), Kashmir, in addition to his own duties, till further orders." (GNS)

Ujwal Bharat Ujwal Bavishya

## 2451 MVA Capacity Added To Power Sector Since 2019

Observer News Service

**SRINAGAR:** Over the past many years, the determined effort of J&K Government has ensured that every citizen of J&K realizes the dream of electricity despite weather vagaries and difficult terrain.

The UT administration has ensured that common citizens get access to basic necessities of quality roads, electricity and water on priority basis. The aim of the administration is to provide quality electricity to all citizens and businesses and these augmented facilities will address the important need of the growing economy.

To address the current power deficit, J&K has initiated a large-scale capacity augmentation programme. In 70 years, J&K was able to harness only 3500 MW, and now generation capacity is set to be doubled in four years and tripled in seven years.

Currently, Transmission & Distribution projects worth Rs

2000 crore are being completed, and an additional amount of Rs 6000 crore has been allocated by the central government to strengthen the Sub-Transmission & Distribution network across the UT. This will help the administration to bridge the basic infrastructural gap between cities and villages.

Since August 2019, 2451 MVA has been added to the total capacity as compared to the 8394 MVA capacity achieved in seven decades. J&K Government launched various initiatives to strengthen and improve power infrastructure in the UT which had remained dilapidated for the last several decades.

The decade-long overdue up-gradation of power infrastructure which was ignored by successive regimes is being done in a sustained manner. According to a senior official, the present administration is eliminating the legacy of delays and all the languishing projects hanging for long are

being completed in a record time.

Jammu & Kashmir is bestowed with an estimated hydro-power potential, out of which 14,867 MW has already been identified by Central Electricity Authority. The J&K is all set to double the Hydropower Generation Capacity in next 3 years from existing capacity of 3500 MW.

In this direction, 5 Mega Hydro-power projects viz Ratle (824 MW), Kirthai-II (930 MW) Sawalakote (1856 MW), Dulhasti-Stage II (258 MW) and Uri-I Stage-II (240 MW), having total capacity of 4134 MW have been taken-up for execution in collaboration with NHPC. The likely investment in these projects is Rs 34,882 crore and on completion will make J&K power surplus.

Notably, Jammu and Kashmir achieved a major milestone under Pradhan Mantri Sahaj Bijli Har Ghar Yojana 'Saubhagya' with the Union Territory accomplishing the 100 percent

target of rural electrification.

The J&K administration has proactively worked in ensuring electrification to every village which is visible from the fact that almost 3,57,405 households have been electrified in whole of the UT. J&K has also received a reward of Rs100 crore from the Government of India for achieving the target of 100% electrification ahead of the timeline.

The J&K Power Development Department is setting new standards in project, planning and execution. These measures will not only resolve the power crisis during peak season but will also open a host of employment opportunities by meeting the growing demand for the opening of new industries in UT.

Power Department introduced Feeder Data Monitoring through state of the art E-support systems which will help in direct access/ monitoring of AT&C losses and power reliability indices for all feeders.

### OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SHOPIAN

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Email: rnbdivisionshopian@gmail.com

#### CANCELLATION – NOTICE

It is notified for the information of all the concerned that since the item namely "centering , shuttering including propping of shuttering items and removal of same " has got missed in the BoQ of work at S.No. 01 of this office NIT No: 86/4242-51/RnB/ of 2022-23/ Dated:07/07/2022 is hereby cancelled and put to fresh tenders.

No: NIT/ 4836-41  
Dt:18-07-2022  
DIPK-6415-22

Sd/-  
Executive Engineer  
R&B Division Shopian



## 2 Matches Played In DFA Srinagar A-Division League



Observer News Service

**SRINAGAR:** In the ongoing Annual Football League tournament, two matches of A-Division were played on Wednesday at Synthetic Turf TRC, here.

The first match of the day was played between Nadirgund FC and North End FC. First half ended goalless, however, in the second half it was the Nadirgund FC who drew first blood with Amir scoring an important goal for his team in 40th minute. Nadirgund FC maintained their lead but North End FC against the run of play with the opposite striker, Sadam, scoring a tremendous

goal in 65th minute. Nadirgund FC tried hard to took the lead again, but it was North end FC who took the lead on the counter attack through Athar. The final score ended 2-1 in favour of North End FC.

The second match of the day was played between Al-Hilal FC and Kashmir Heroes Academy. Al-Hilal FC dominated the show and defeated Kashmir Heroes Academy by 8 goals to 0. Faisal, Uzair, Maroof scored two goals each, while Sahil and Ubaid scored one goal each for Al-Hilal FC.

The tournament is organised by JKFA in collaboration with JKSC.

## Secretary Sports Council Felicitates Wushu Medallists



Observer News Service

**SRINAGAR:** Secretary J&K Sports Council on Wednesday congratulated Sub-Junior Wushu Medallists, Taranum Solihah Wani, Silver medallist, and Reyan Bin Riyaz, Bronze medallist, from Baramulla in presence of Joint Director of Youth Services and Sports.

Secretary JKSC, Nuzhat Gul, congratulated the J&K Wushu kids for the splendid performance in the 22nd Sub-Junior National Wushu championship at Mandi (HP) from 9th to 14th 2022 in which J&K bagged 14 medals (03 Silver and 11 Bronze medals).

Nuzhat Gul appreciated the efforts of Wushu Association of J&K and providing the platform for the Wushu athletes across J&K.

Pertinent to mention here that

around 1200 Athletes from 35 units of the Wushu Association of India participated in the National Championship.

Nuzhat Gul also congratulated the Certificate course holders namely Mohammad Maqsood Rather, Rashid Bashir and Maqsood Ali who have recently passed out from the NS NIS with "A" Grade.

The Dronacharya Awardee Kuldeep Handoo also thanked the Secretary for appreciating Wushu Kids for outstanding performance in the national championship.

He also thanked for the immense support and requested her for the establishment of the State Academy for Wushu so that the players can bring the name and fame for the country and the J&K at National and international Level.

## JD YSS Inaugurates Provincial Level Yoga Competitions



Observer News Service

**BUDGAM:** Joint Director (Kashmir) Youth Services and Sports Department, Bashir Ahmed, on Wednesday declared open the Provincial Level Inter District competitions in Yoga at Sports Stadium here.

He was flanked by Akram-Ullah Tak ADDC Budgam, DYSSO Budgam and other senior officers and officials of the Department of YSS. He while encouraging the participants in his brief speech advised them to make participation in physical games and activities a habitual part of their daily routine to get maxi-

mum mental and physical benefits from the same. He also appreciated the efforts of DYSSO Budgam for organising the event in a professional way.

Pertinently, both boys and girl students of all age group (AAG) categories took part in the competitions of the sports activity.

The selected 10 district-level boys and girl teams of the Kashmir division took part in the mega event.

ADD Budgam & DYSSO Budgam also delivered their lectures and encouraged the participants as well as officials for making the event successful.

## India To Tour Zimbabwe For ODI Series In August



Press Trust of India

**NEW DELHI:** The Indian cricket team will travel to Zimbabwe for the first time in six years for a three-match ODI series, next month.

The three ODIs will be played on August 18, 20 and 22 in Harare, the Zimbabwe Cricket announced.

KL Rahul is expected to lead the Indian side.

The series is part of the ICC

Men's Cricket World Cup Super League, a 13-team competition serving as the main route for direct qualification for the 50-over World Cup to be staged in India next year.

The last time the 'Men in Blue' were in Zimbabwe was when a Mahendra Singh Dhoni-led side played three ODIs and as many T20Is in June-July 2016.

India recently finished their tour of England with series vic-

tories in T20Is and ODIs.

A young Indian team, under the leadership of Shikhar Dhawan, will next play a three-match ODI series against West Indies followed by five T20Is that finish on August 7.

Before the series against India, Zimbabwe will host Bangladesh for three T20s from July 30.

They will tour Australia ahead of the marquee-event for three ODIs from August 28.

## Bumrah Drops To 2nd In ICC ODI Rankings, Babar No.1 Batter



Press Trust of India

**DUBAI:** India pace spearhead Jasprit Bumrah dropped to second among bowlers while Hardik Pandya rose a whopping 13 places to eighth in the all-rounders' list after his strong show against England in the latest ICC ODI rankings issued on Wednesday.

While India clinched a narrow 2-1 triumph in what was a thrilling ODI series, star pacer Bumrah was forced to miss the final match owing to back spasms,

which cost him his top spot.

New Zealand quick Trent Boult reclaimed the top spot with 704 rating points as against Bumrah's 703. Among other Indians, Yuzvendra Chahal, who picked seven wickets during the ODI series against England, jumped four spots to 16th.

Pakistan skipper Babar Azam remains on top in the list for batters, with the Indian duo of Virat Kohli (fourth) and Rohit Sharma (fifth) and South Africa opener Quinton de Kock (sixth)

all dropping a spot.

South Africa's Rassie van der Dussen hit his third ODI century at Chester-le-Street on Tuesday and that helped the 33-year-old jump three places to third overall in the batter rankings.

England all-rounder Ben Stokes dropped four spots and out of the top 10 for all-rounders to 11th, while compatriot Chris Woakes fell two spots on both the bowlers and all-rounders' lists after he failed to feature during the series.

## 'We Are Not Cars': Ben Stokes Slams International Schedule



Agencies

**LONDON:** England World Cup hero Ben Stokes was blunt when explaining his decision to retire from one-day internationals: "We are not cars, you can't just fill us up."

But despite the 2019 World Cup-winner's exit from 50-over cricket, meaningful reform of a fixture schedule that England Test captain Stokes has labelled "unsustainable" is unlikely.

International fixtures underpin a lucrative broadcasting contract the England and Wales Cricket Board has with Sky TV worth about £220 million (USD 264 million) a year and are the

main revenue providers for most of the sport's leading nations.

Since the start of 2017, England have had nearly 500 scheduled days of cricket, which puts them ahead of India in second place on 472.

Making matters worse, a knock-on consequence of the coronavirus pandemic is that several delayed fixtures have been shoehorned into this year's calendar.

Stokes bowed out of the ODI game after England's defeat by South Africa at his Durham home ground on Tuesday, a match in which the weary-looking 31-year-old all-rounder took 0-44 and managed just

five with the bat.

He will still play Tests and Twenty20 internationals.

The game came midway through a gruelling England programme of 12 white-ball fixtures in 25 days this month, with the Test team playing seven matches in the 2022 home season.

Stokes, speaking before Tuesday's match, told the BBC: "You want a product that is of the highest quality. You want the best players to be playing as much as you possibly can, all the time."

"We are not cars, you can't just fill us up and we'll go out there and be ready to be fuelled up again."

## Not In A Position To Host Asia Cup T20: Sri Lanka Cricket



Press Trust of India

**KARACHI:** Sri Lanka Cricket on Wednesday informed the Asian Cricket Council that they will not be in a position to host the upcoming edition of the Asia Cup T20 because of the economic and political crisis in the island nation. The development comes after the SLC recently postponed the third edition of the Lanka Premier League (LPL) due to the ongoing crisis.

"Sri Lankan cricket has conveyed that due to the existing political and economic situation in their country specially where foreign exchange is concerned it is not an ideal situation for them to host such a mega-event of

six teams in the island," an ACC source said.

The official stated that the SLC officials conveyed that they would like to host the tournament in the UAE or some other country.

The official also added that the ACC is likely to make an announcement in the next few days, given the Asia Cup is slated to be held in August and September this year before the T20 World Cup in Australia.

"UAE is not the final replacement venue, it could be some other country, even India as the ACC, Sri Lanka cricket will first have to talk with Emirates Cricket Board officials to get final approval for the event," the official said.

## Pakistan Complete Record Run Chase To Beat Sri Lanka



Agencies

**GALLE:** Abdullah Shafique hit an unbeaten 160 as Pakistan chased down a record target of 342 in Galle on Wednesday to beat Sri Lanka by four wickets in the first Test.

The tourists achieved the win in the final session of the fifth day's play to take a 1-0 lead in the two-match series.

The previous highest successful fourth-innings chase at Galle was 268 by Sri Lanka against New Zealand in 2019.

Left-arm spinner Prabath Jayasuriya took four wickets for the hosts and is on the brink of an unprecedented feat of four straight five-wicket hauls in his first two Tests.

He took 12 wickets on debut in a series-levelling Test win over

Australia last week at the same venue, six in each innings.

Pakistan resumed the day on 222-3 and Sri Lanka soon used up their remaining two umpire reviews, with Jayasuriya involved in both calls.

Mohammad Rizwan opened his day's account with a boundary off Ramesh Mendis and kept up his positive intent by taking singles and twos before he fell lbw to Jayasuriya for 40.

A review did not save Rizwan, a wicketkeeper-batsman who has come into the two-match series after a successful stint with English county Sussex.

Shafique, who recorded his second Test century on day four to lead the chase, has stood firm and played the anchor's role to perfection so far. (AFP)

## Williams, Djokovic Included In U.S. Open Entry List



Agencies

**S**erena Williams was included on the entry list for the U.S. Open on Wednesday along with fellow former champion Novak Djokovic, who will not be able to compete due to his refusal to be vaccinated against COVID-19.

Williams, who returned to competition last month after a year-long absence, was added to the entry list for the Aug. 29-Sept. 11 Grand Slam in New York having been named in the draw for tune-up events in Toronto and Cincinnati.

The 23-times Grand Slam champion fell in the first round at Wimbledon and last appeared in the U.S. Open in 2020 when the six-time winner reached the semi-finals.

Eligible players are automatically entered into the main draw but that does little to

help Djokovic, who retained his Wimbledon crown last month and is one back of Rafa Nadal's record of 22 Grand Slam titles.

Djokovic will not be able to participate in the year's final Grand Slam due to current rules under which travellers seeking to enter the United States have to be fully vaccinated and provide proof before boarding flights.

"The U.S. Open does not have a vaccination mandate in place for players, but it will respect the U.S. government's position regarding travel into the country for unvaccinated non-U.S. citizens," the United States Tennis Association (USTA) said in a news release.

Almost 12,000 people have signed an online petition calling for the USTA to work with the country's government to allow Djokovic to compete in the U.S. Open despite his refusal to take the COVID-19 vaccine.