KASHMIR OBSERVER

Tuesday 26 July 2022 | 26 Zil Hajj | 1443 Hijri | Srinagar | Vol: 25 | Issue: 171 | Pages: 08 | Price: ₹3

www.kashmirobserver.net • twitter.com / kashmirobserver • facebook.com/kashmirobserver • Postal Regn: L/159/KO/SK/2014-2016



Turkish Burger

Bun Maska & Irani Chai JK Bank Lawns, Opp Ghat 6 Boulevard, Srinagar-1

Mufti had on Sunday posted a video on Twitter in which

employees of an urban body

in Anantnag were purportedly

making announcements on a

public address system asking

the shopkeepers to contribute

Rs 20 each for the flag in order

"We appeal to the shopkeepers to deposit Rs 20 with the

municipal body, which issues

the trade license to you, by 12.00

noon on Monday. This is under

the order of district administra-

tion Anantnag for the Har Ghar

Tiranga movement launched by

the government. More on P6

to "avoid trouble"

'HAR GHAR TIRANGA' CAMPAIGN

Education Dept Stokes Controversy Over Flag Fund Collection

Press Trust Of India

Srinagar: A circular issued by the education department in central Kashmir district of Budgam has stoked a controversy as students were told to pay Rs 20 towards the government's 'Har Ghar Tiranga' campaign.

The circular was issued by Chadoora zonal education officer (ZEO) to all schools in the area on July 16, directing the heads of these institutions to collect the money from every student and staff member for the campaign launched as part of the Azadi ka Amrit Mahotsav.

Chief Education Officer Budgam, all the HOIs (heads of institutions) of this zone are asked to collect Rs 20 per head from the students and the staff members of the school to deposit the same in ZEO office within four days,' the circular read.

"In case of more than one student belonging to same family, charges from only student be collected as per instructions," it said.

Peoples Democratic Party (PDP) leader and former MLA from Chrar-e-Sharief Ghulam Nabi Lone Hanjura posted a copy of the circular on social



media and questioned the administration for making the contribution "compulsory"

see such being issued which

AS PER THE DIRECTIONS FROM THE CHIEF EDUCATION OFFICER BUDGAM, all the HOIs (heads of institutions) of this zone are asked to collect Rs 20 per head from the students

and the staff members of the school to deposit the same in ZEO office within four days," contradict Div Com's (Divisional Budgam deputy chief edu-

Commissioner's) statement that 'Har Ghar Tiranga' is totally a voluntary movement and there is no compulsion & insistence in it. Admin must realize that nationalism comes naturally & can't be imposed through the barrel of a gun," Hanjura tweeted.

cation officer Inderjeet Singh, however, said the circular was issued erroneously and the contribution is voluntary. He said the zonal education officer concerned has already issued a corrigendum to the circular.

president Mehbooba

CORONAVIRUS RESURGENCE

Govt Directs Booster Dose Campaign On War Footing

Observer News Service

Srinagar: Taking note of the rising Coronavirus cases, the Jammu and Kashmir administration on Monday directed health officials to administer booster vaccination dose to the eligible people of Jammu and Kashmir on a war footing basis.

These directions were passed by Chief Secretary, Dr Arun Kumar Mehta on Monday while chairing a meeting to review the measures for containment of Covid-19 and Monkeypox diseases in the Union Territory, an official spokesperson said.

Mehta, he said, reviewed the measures for COVID containment and directed the concerned officers to frame a comprehensive strategy to gear up their efforts and saturate the targeted groups of vulnerable population and organize systematic vaccination drives for prompt booster vaccination of the remaining segment.

"He sought details about the number of eligible people to be administered booster doses and the number of people that have already received their doses," he added.
Asserting that booster dose

was essential for all eligibles, the Chief Secretary, More on P6

J&K Clocks 383 New Covid Cases

ammu and Kashmir reported on Monday 383 fresh cases no fatality was reported during the last 24 hours in the Union Territory. Kashmir Valley reported 237 new cases of Covid-19, while 146 others were detected from Jammu division on Monday thus taking the total number of people infected since the onset of pandemic in J&K More on P6

Murmu Takes Over As India's 15th President

Press Trust Of India

New Delhi: On a day that melded tradition with the aspirations of a modern nation, Droupadi Murmu took over as India's 15th president on Monday, the country's first tribal head of state and the second woman in the post.

"My election is proof of the fact that in India, the poor can dream and also fulfil those dreams," Madam President Murmu, who succeeds Ram Nath Kovind, said in Hindi after being sworn in by Chief Justice of India N V Ramana at Parliament's Central Hall

Murmu, India's youngest president at 64 and the first to be

satisfaction, she said and recalled her growing up years in a small tribal village where even getting primary education was like a dream.

Murmu, who was born in a Santhal family, went on to become the first person in the village to enrol for college education.

In her speech to the gathering, including Prime Minister Narendra Modi, ministers, former president Pratibha Patil. MPs as well as leaders such as Odisha Chief Minister Naveen Patnaik who backed her election, Murmu touched on various issues. These included the government's digital India and vocal for local' initiatives and its handling of the Covid pandemic.



President Droupadi Murmu during a guard of honour by the Tri-services personnel at the forecourt of the Rashtrapati Bhavan, in New Delhi, Monday, July 25, 2022. (PTI Photo)

born after Independence, took oath of office in the name of god to "preserve, protect and defend the Constitution and the law".

It is the power of India's democracy that a girl born in a poor tribal home could reach the topmost constitutional post, she said in her address, marking her journey from Odisha's Mayurbhanj district, one of the most underdeveloped in India, to the Rashtrapati Bhavan.

The country's deprived, poor, Dalits and tribals can see their reflection in her, a matter of immense

She also paid tribute to India's freedom fighters, and said the country will have to move quickly on the twin tracks of sabka prayas' (everyone's effort) and sabka kartavya' (everyone's duty) to fulfil their expectations.

Murmu, who started public life as a councillor and was former Jharkhand governor, said she wanted to reassure all Indians, particularly the youth and women. that their interests will be supreme for her as president.

The prime minister described Murmu taking More on P6



BJP Holds First Major Road Show In Srinagar's Lal Chowk

Press Trust Of India

Srinagar: The BJP on Monday the first-ever Tiranga

bikers rally at the once separatist strong-hold of Lal Chowk in the city centre here to pay tributes to the fallen soldiers of the 1999 Kargil War.

The bikers rally to the Kargil War Memorial in Drass area of the Ladakh Union territory

was flagged off by the party's National General Tarun Chug, and Bangalore

Details Of Every Penny Spent In J&K In Public Domain: LG

Observer News Service

Srinagar: Claiming that details of every penny spent in Jammu and Kashmir are in the public domain, the Union Territory Lieutenant Governor, Manoj Sinha said on Monday that his administration's aim is to make all government services easilv accessible to the people without human interface.

Sinha made these remarks during the inauguration of Jammu & Kashmir week during which he launched several digital initiatives here at SKICC, an official spokesperson said Monday.



The LG, he said, also inaugurated Digi-Mela in districts which will generate awareness about digital solutions and new technologies.

"Today, details of every penny spent in More on P6

Panel To Examine **Transfer Policy** Of Reserved **Category Employees**

ieutenant Governor, Manoj Sinha on Monday said that a committee headed by Principal Secretary GAD has been constituted to examine the long pending demand of transfer policy for reserved category employees.

"A Committee headed by Principal Secretary, GAD has been constituted to examine the long pending demand of transfer policy for reserved category Employees. More on P6

Kashmir Is Now Done With 'Terror': Tejasvi Surya

Says Art- 370 Was A Cultural, Psychological **Barrier In Country's Integration**

Press Trust Of India

Srinagar: Article 370 was not only a constitutional barrier in the way of Jammu and Kashmir's full integration with India, but also posed as a cultural and psychological hurdle, BJP's Tejasvi Surya said here on Monday.

Article 370, that granted the erstwhile state of J&K special status, was abrogated by the Centre in August 2019.

Surya, the president of the party's youth wing, was here to flag off the first-ever Tiranga bikers rally from Lal Chowk to Kargil War Memorial.

Speaking at the historic



Ghanta Ghar' (clock tower). Surya said after the abrogation of Article 370, development came to Kashmir and the valley is now done with "terror".

"Kashmir is done with "ism and is on the path of development. We used to hear and read every day about terrorist at-

LG Remembers Fallen Soldiers Of Kargil War

n the eve of "Kargil Vijay Diwas", the Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Monday paid homage to the soldiers who were killed in the 1999 Kargil War. "I salute the valour and courage of our immortal heroes who fought till their last breath to protect the sovereignty and integrity of our great Nation, and recaptured territory of our motherland in Kargil from the enemy", Sinha said, as per an official spokesperson. More on P6

Ex-Minister Escapes Unhurt In Road Accident

ormer Cabinet Minister ■ in Jammu and Kashmir government, Sham Lal Sharma had a narrow escape on Monday after his vehicle was hit by a vehicle in Akhnoor area of Jammu. According to reports, Sharma's vehicle was hit by a truck from the right side in which his Personal Assistant and three others sustained injuries. Sharma, who joined BJP after resigning from the Congress party escaped unhurt in the accident. All the injured, according to reports, More on P6

Ex-MLA Shoaib Lone Gets Interim Bail

local court in Jammu on Monday granted interim bail to Shoaib Nabi Lone, District President April Party (Baramulla) in an FIR registered against him at Crime Branch. Jammu in the year 2019 under Sections 420 and 120-B RPC. The 2nd Additional Sessions Judge, Jammu R. K. Sapru granted interim bail to ex. MLA Sangrama in the three year old case registrered against him. The said FIR was More on P6

Boy Drowns In Poonch Stream



minor boy is feared dead after slipping into a nallah near bus stand Mandi in Poonch district of Jammu and Kashmir. 10-year-old specially-abled boy Mohammad Asif drowned in nallah in Mandi-loran near bus stand Mandi on Monday, officials said. The boy went near nallah Mandi to wash hands and More on P6

Death Toll In Ramban Accident Rises To 6

he death toll in the accident in Jammu and Kashmir's Ramban district has gone up to six, with two more people succumbing to their injuries in the hospital, officials said on Monday. Naseema Begum, 42, and Naza Begum, 45, had sustained serious injuries and they died in hospitals in Srinagar, the officials said. Two other injured women are under treatment at GMC Hospital in Anantnag, they added. Four people were killed and More on P6

2 Govt Officials Held For Demanding Bribe

he Anti Corruption Bureau (ACB) on Monday arrested a Junior Assistant & an orderly of Tehsil office Baramulla for demanding and accepting a bribe. In a statement issued here, the antigraft body said that a complaint was received against Mushtaq Ahmad Mir posted in Tehsil office Baramulla for allegedly demanding a bribe of Rs 4000 from complainant for settling his case pending disposal with Tehsil office Baramulla etc. "It was found that a More on P6



Monday - Saturday (9am - 6pm) No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

Kashmir Observer Srinagar | Tuesday | 26-07-2022

Explainer: What Is Known About Monkeypox

Press Trust Of India

India has reported four cases of monkeypox so far - three from Kerala and one from Delhi - the latest being that of a 34-year-old man in the national capital with no history of foreign travel testing positive for the disease.

The patient, who is presently recovering at an isolation centre at the Lok Nayak Hospital, had attended a 'stag party' in Himachal Pradesh's Manali recently, official sources told PTI.

Q. What is monkeypox?

A. Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe.

There are two distinct genetic clades of the monkeypox virus - the Central African (Congo Basin) clade and West African. The Congo Basin clade has historically caused more severe disease and is thought to be more trans-

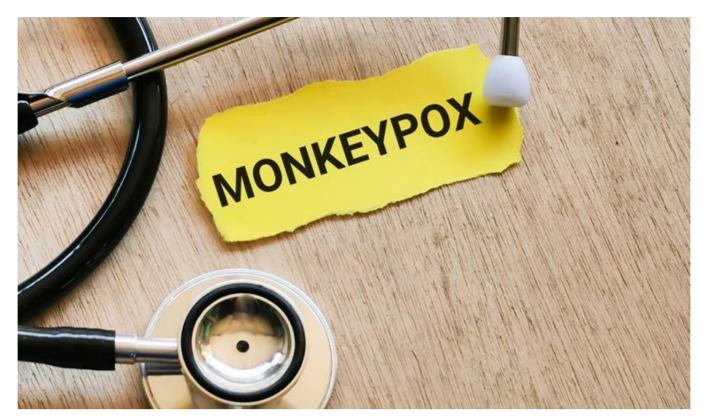
Q: What are the symptoms and what is the recovery period?

A: Monkeypox is usually a self-limited disease with the symptoms lasting two to four weeks. The case fatality ratio has historically ranged from zero to 11 per cent in the general population and has been higher among young children. In recent times, the case fatality ratio has been around three to six per cent.

Monkeypox typically presents itself with fever, headache, rashes for up to three weeks, sore throat, cough and swollen lymph nodes.

The symptoms include lesions, which usually begin within one to three days of the onset of fever, last for around two to four weeks, and are often described as painful until the healing phase when they turn itchy (in the

A notable predilection for palm and



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

soles is a characteristic of monkeypox.

Q. How does it spread?

A. Human-to-human transmission is known to occur primarily through large respiratory droplets generally requiring a prolonged close contact. It can also be transmitted through direct contact with body fluids or lesion material, and indirect contact with lesion material, such as through

infected person.

Animal-to-human transmission may occur by bite or scratch of infected animals like small mammals, including rodents (rats, squirrels) and nonhuman primates (monkeys, apes) or through bush meat preparation.

Q: What is the incubation period and the period of communicability?

contaminated clothing or linens of an A: The incubation period (interval from infection to onset of symptoms) is usually six to 13 days but can range from five to 21 days. The period of communicability is one to two days before the rash until all the scabs fall off or get subsided.

Q: Is monkeypox sexually transmit-

A: Tedros Adhanom Ghebreyesus, Di-

rector General of the World Health Organisation, while declaring monkeypox a public health emergency of international concern, said, "For the moment, this is an outbreak that's concentrated among men who have sex with men, especially those with multiple sexual partners. That means, this is an outbreak that can be stopped with the right strategies in the right groups.'

A research published in the New England Journal of Medicine last Thursday, which looked at 528 confirmed infections, showed 95 per cent cases were transmitted through sexual activity and that 98 per cent of those infected were gay or bisexual men.

Q: Is monkeypox a new disease?

A: No. Human monkeypox was first identified in 1970 in the Democratic Republic of the Congo. Since then, most cases have been reported from rural, rainforest regions of the Congo Basin, particularly in the Democratic Republic of the Congo and human cases have increasingly been reported from across central and west

Since 1970, human cases of monkeypox have been reported in 11 African countries. In 2003, the first monkeypox outbreak outside Africa was in the US. This outbreak led to over 70 cases of monkeypox in America.

Monkeypox has also been reported in travelers from Nigeria to Israel and the United Kingdom in September 2018, December 2019, May 2021 and May 2022, to Singapore in May 2019, and to the US in November

In May this year, multiple cases of monkeypox were identified in several non-endemic countries. Globally, over 16,000 cases of monkeypox have now been reported from 75 countries and there have been five deaths so far due to the outbreak.

Women Experience Higher Rates Of Depression Than Men: Research

Despite the fact that there are treatments for depression, many people find these treatments to be ineffective at times. In addition, women are more likely than males to have depression, but the cause for this difference is unknown. This makes treating their disorders more challenging at times.

The findings of the study were published this month in the journal Biological Psychiatry. University of California, Davis, researchers teamed up with scientists from Mt. Sinai Hospital, Princeton University, and Laval University, Quebec, to try to understand how a specific part of the brain, the nucleus accumbens, is affected during the depression. The nucleus accumbens is important for motivation, response to rewarding experiences and social interactions -- all of which are affected by depression.

Previous analyses within the nucleus accumbens showed that different genes were turned on or off in women, but not in men diagnosed with depression. These changes could have caused symptoms of depression, or alternatively, the experience of being depressed could have changed the brain. To differentiate between these possibilities, the researchers studied mice that had experienced negative social interactions, which induce stronger depression-related behavior in females than males.

"These high-throughput analy- ated with increased risk of de-

ses are very informative for pression, so we were curious to understanding long-lasting effects of stress on the brain. In our rodent model, negative social interactions changed gene expression patterns in female mice that mirrored patterns observed in women with depression," said Alexia Williams,



a doctoral researcher and recent UC Davis graduate who designed and led these studies. "This is exciting because women are understudied in this field, and this finding allowed me to focus my attention on the relevance of these data for women's health." The study "Comparative transcriptional analyses in the nucleus accumbens identifies RGS2 as a key mediator of depression-related behaviour." After identifying similar molecular changes in the brains of mice and humans, researchers chose one gene, regulator of g protein signaling-2, or Rgs2, to manipulate. This gene controls the expression of a protein that regulates neurotransmitter receptors that are targeted by antidepressant medications such as Prozac and Zoloft. "In humans, less stable versions of the Rgs2 protein are associ-

see whether increasing Rgs2 in the nucleus accumbens could reduce depression-related behaviors," said Brian Trainor, UC Davis professor of psychology and senior author on the study. He is also an affiliated faculty member with the Center for Neuroscience and directs the Behavioral Neuroendocrinology Lab at UC Davis.

When the researchers experimentally increased Rgs2 protein in the nucleus accumbens of the mice, they effectively reversed the effects of stress on these female mice, noting that social approach and preferences for preferred foods increased to levels observed in females that

did not experience any stress. "These results highlight a molecular mechanism contributing to the lack of motivation often observed in depressed patients. Reduced function of proteins like Rgs2 may contribute to symptoms that are difficult to treat in those struggling with mental illnesses," Williams said. Findings from basic science studies such as this one may guide the development of pharmacotherapies to effectively treat individuals suffering from depression, the researchers said.

"Our hope is that by doing studies such as these, which focus on elucidating mechanisms of specific symptoms of complex mental illnesses, we will bring science one step closer to developing new treatments for those in need," said Williams.

Government of Jammu and Kashmir

Office of the Executive Engineer Mechanical Division Anantnag

Telephone/ Fax 01932-222559 email id: xenmedang@gmail.com

TENDER DOCUMENT (Abstract)

101	Contract	Supply of spares for Departmental Snow Machine No. 69 (Tata 715-LPT) of Mechanical Work-
		shop Sub Division Khanabal.
02	Reference of NIT	MDA/TS/E-Tender/17 of 2022-23 dated: 22-07-2022.
03	Time of Completion of Contract	10days
04	Position of funds	Available
05	Estimated Cost (In Rs.)	13580.00
06	Cost of tender documents	200.00 In shape of E- Challan/GR to be uploaded in the online bid
		Bank: Jammu and Kashmir Bank
		Branch: T. P. Anantnag
ll .		IFSC: JAKA0EMPIRE
		Account No: 0014010100006015
07	Bid Security.	2% of estimated cost in the shape of CDR/FDR pledged to Executive Engineer Mechanical Divi-
		sion Anantnag.
08	Online tender download/ start date	22-07-2022 (Ŏ5:00 PM)
09	Online tender submission End Date	05-08-2022 (02:00 PM)
10	Date and time of opening of Technical Bid	06-08-2022 (02:00 PM) in Office of the Executive Engineer Mechanical Division, (MED),
	online (Cover 1st)	Anantnag.
11	Date and time of opening of Financial Bid	After evaluation of cover 1st in Office of the Executive Engineer Mechanical Division, (MED),
	online (Cover 2 nd)	Anantnag.
I		-

E-TENDER

No: MDA/TS/E-Tender/17 of 2022-23 Dated: 22-07-2022

For and on behalf of the Lieutenant Governor Union Territory of Jammu and Kashmir, Executive Engineer, Mechanical Division Anantnag, invites E-

Tender	Tenders in two cover system on item wise basis from reputed and registered firms/Workshop holdersor/ Mechanical contractors for the following work:								
S. No	Name of work	Estt. cost (In	Cost of T/Doc.	Bid Security.	Time of	Administrative	Technical		
		Rs)	(In Rs)		Completion	Approval	Sanction		
1	2	3	4	5	6	7	8		
1	Supply of spares for Departmental Snow	13580.00	200.00	2% of the estimated	07 days	Accorded	Yes		
	Machine No. 69 (Tata 715-LPT) of Mechanical			cost in the shape of					
	Workshop Sub Division Khanabal.			CDR/FDR.					

The tender documents consisting of qualifying information, eligibility criteria, Bill of quantities (BOQ), Set of terms and conditions of contract and other details can be seen/downloaded from Government website www.jktenders.gov.in as per the schedule given in the "Abstract" appended to this Instructions to Bidders:

The bids shall be deposited in electronic format with digital signature on the official website www.jktenders.gov.in in two covers; viz Tech-

Bid security/Earnest money:- Equivalent to 2% of the estimated cost in the shape of CDR/FDR from any nationalized bank having a work-1.1.1

ing branch in Anantnag. The CDR/FDR shall be pledged to the Executive Engineer Mechanical Division Anantnag, without which tender cannot be en-

Dated:22-07-2022.

Registration Certificate of Sales Tax Department quoting GST No. Scanned copies of PAN Card/ GST Registration/ latest GST Clearance certificate or acknowledgement of latest returns.

1.1.3 Scanned copies of the Annexure "A", & "B" duly signed and accepted.

1.1.5 Scanned copy of E- Challan/DD etc. for an amount of Rs.200/= duly signed with date. 1.1.6 Cover 2nd shall contain:

1.2.1_ Price bid, as per BOQ uploaded by this Department/Division. 02. The Department/ Division will not be responsible for delay in submission of bids due to any reason

The cost of tender documents is Non-Refundable and Non-Transferable.

DIPK-6631/22

Executive Engineer, Mechanical Division Anantnag

DISCLAIMER: KASHMIR OBSERVER MAKES EVERYEFFORT TO ENSURE THATTHE INFORMATION CARRIED IN DISPLAY/CLASSIFIED ADVERTISEMENTS, APPEARING IN THE NEWSPAPER IS CORRECT. HOWEVER THE NEWSPAPER TAKES NO RESPONSIBILITY NOR DOES IT

No: MDA/TS-38/749-52.

03.

CTY

FCS&CA Imposes Fine On 25 Erring Shopkeepers

Observer News Service

Srinagar: The Enforcement squad of Food Civil Supplies and Consumer Affairs (FCS&CA) Department on Monday recovered a penal sum of rupees Rs. 20600 from 26 erring shopkeepers besides sealing one mutton shop for violation of the Essential Commodities Act, 1955.

The fines were imposed during a market checking drive conducted in various areas of Srinagar City including Safa Kadal, Hawal, Lalbazar, Hazratbal, Sadrabal, Saida Kadal, Sanat Nagar, Rawalpora, Parraypora and

other surrounding areas.

During the market check-

ing, 81 business establishments were inspected.

It is worth mentioning here that during the month of July-2022 in the entire valley, an amount of Rs. 800550 has been collected as fine from 1892 erring traders for violating E.C.Act. Nine establishments have also been sealed.

The FCS&CA Department has warned the erring lot to remain careful in future.

"The drive will continue in the same passion in future as well and whosoever found violating the norms will be brought to justice".

Tiranga Rally At Lal Chowk Historical: Darakshan Andrabi

Observer News Service

Srinagar: Jammu and Kashmir Waqf Board chairperson, Darakshan Andrabi on Monday said that the first-ever Tiranga rally to Kargil organized by Bharatiya Janata Party (BJP) Lal Chowk in Srinagar is a historical moment for the BJP.

Talking to media persons here at Srinagar, Waqf Board chairperson said that it's a historical movement for the BJP party as it organised the first-ever Tiranga rally to Kargil from Srinagar city in which at least 300 bikers participated.

She further said that the rally was held at Srinagar where everyone was saying that these things are not possible here. "It is proof that people here want development and peace and order environment after the removal of 370," she said, adding that the rally will culminate on July 26 at Kargil War Memorial marking the Vijay Diwas.

Workshop On Food Safety In Livestock Sector Begins At SKUAST

Observer News Service

Srinagar: A seven-day workshop on 'Ensuring Food Security and Safety through Research and Development in the Livestock Sector' was inaugurated on Monday at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir Shuhama campus.

The workshop was organised by the SKUAST-K's Division of Veterinary & Animal Husbandry Extension, SKUAST-Kashmir and sponsored by Science & Engineering Research Board (SERB), Govt. of India under its Accelerate Vigyan Scheme.

More than 25 postgraduate students of SKUAST-K are participating in the workshop being conducted from July 25 to August 1. The participants will deliberate on the various issues of food safety and security with renowned national and international experts.

The inaugural function of the workshop was combined with the Valedictory function of an earlier held similar kind of SERB-sponsored workshop on Climate-Smart livestock farming organized by the Division of Vet. & AH Extension at Shuhama.

Vice Chancellor, SKUAST-K, Prof Nazir Ahmad Ganai, who was the chief

guest at the inaugural function, highlighted the need and importance of resource management for the overall development of the agri-allied sectors. He stressed the need to have better innovative research in the field of food safety and security and the capacity building of human resources in this regard. Prof Ganai informed the audience about the various measures taken up at the university level for its efficient working alongside improved credibility among the stakeholders.

Dr Mahesh Chander, from IVRI, congratulated the organizers for having sanctioned the two prestigious SERB High-End workshops & appreciated the efforts of the Div. of Vety. & AH Extension for its role in capacity building and other awareness programmes held frequently under the banner of Faculty Outreach Centre at the Shuhama campus.

Earlier Prof. Abdul Hai, Head Division Veterinary & Animal Husbandry Extension gave a brief account of the workshops. The inaugural function ended with the formal vote of thanks proposed by Dr Shabeer Ahmad Hamdani, event organiser, Assistant Professor Div. of Veterinary & Animal Husbandry Extension, FVSc & AH Shuhama.

CONGRATULATIONS



Congratulations to

Maheen Thakur for securing 93 percent
in Class 10th (CBSE).

WITH BEST WISHES FROM ENTIRE FAMILY



Supporters of Bharatiya Janata Party (BJP) raise slogans during the Tiranga Bikers rally near Clock Tower, Lal Chowk on Monday. KO Photo Abid Bhat.

SKIMS Celebrates Digital Week Showcasing Various Digital Services

Observer News Service

Srinagar: Department of Electronics & Communications/ Information & Technology and Hospital Administration SKIMS celebrated digital week showcasing various digital services at SKIMS.

Director SKIMS & Ex-Offi-

cio Secretary to Government, Prof. Parvaiz Ahmad Koul while speaking on the occasion emphasized for making all the services available in the hospital on-line to benefit patients as well as to enhance efficiency, transparency, accountability and accessibility, which are embedded with digital systems and services.

He appreciated the department of E&C/IT, Hospital Administration for taking initiatives in this direction and making some of the services digital end-to-end in the hospital.

On the first day of the programme, a review was taken in the SKIMS Auditorium on



Aura Aesthetics

the implementation of various digital services in the Administration of SKIMS like e-Office, e-Tendering, JKPaysys and other on-line services in these areas and also hands-on training on e-office implementation in uncovered areas of SKIMS was organized.

On the occasion Additional Director SKIMS & EOSSG Gulzar Ahmad Shabnum, HOD Endocrinology, Prof. Bashir Ahmad Laway, Medical Superintendent Prof. Farooq Ahmad Jan, Superintending Engineer E&C/IT, Er. Farooq Ahmad Wani and Superintending Engineer Mechanical, Er. Muzaffar also addressed the audience and highlighted the importance of eservices.

The programme was attended by the officers/officials of General Administration, Hospital Administration, Materials Management, Finance & Engineering departments.

DIAL-EMMA

• TRAFFIC POLICE: 9419993745, 01998-266686 • PCR: 0194-2452092,2455883 • PDD: 0194-2450213



PCR: 0194-2452092,2455883 PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155

SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +919484100200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311

CAPD: 18001807011

311 🔀

RAILWAYS

SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIJBHERA: 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: 59

ZUHR 12:37 ASR 5:33 Magrib 7:40 ISHA 9:15

This Day In History

- 657- Battle of Siffin during the first Muslim civil war between Ali ibn Abi Talib and Muawiyah I beside Euphrates River
- 920- Rout of an alliance of Christian troops from Navarre and Léon against the Muslims at Pamplona.
- 1469- Wars of the Roses: Battle of Edgecote Moor -Pitting the forces of Richard Neville, 16th Earl of Warwick against those of King Edward IV.
- 1678- England & Netherlands signs treaty: sending ultimatum to France
- 1803- The Surrey Iron Railway, arguably the world's first public railway, opens in south London.
- 1847- The Liberian Declaration of Independence is signed making Liberia a sovereign nation, independent from the American Colonization Society
 1891- France annexes Tahiti.
- 1936- The Axis Powers decide to intervene in the Spanish Civil War.
- 1941- US embargo on oil-export to Japan
- 1944- Japanese suicide attack on US lines in Guam
 1944- Russian troops arrive in Weichsel
- 1944- The first German V-2 rocket hits Great Britain (nicknamed "gasometer").
 1945- Declaration of Potsdam: US, Britain and China
- demand the Japanese surrender during WWII
- 1945- Japanese government disregards US ultimatum
- 1945- US cruiser Indianapolis reaches Tinian with
- 1945- Physicist Raemer Schreiber and Lieutenant Colonel Peer de Silva depart Kirtland Army Air Field to transport the plutonium core for the Fat Man bomb (bombing of Nagasaki) to the island of Tinian where the bomb is assembled
- 1947- President Truman signs National Security Act (1947), establishing Department of Defense, CIA, National Security Council and Joint Chiefs of Staff
- 1951- Netherlands ends state of war with Germany
 1952- King Farouk I of Egypt abdicates [Black Saturday]
- 1952- King Farouk For Egypt abdicates [Black Saturday
 1956- Egypt seizes the Suez Canal
- 1957- USSR launches 1st intercontinental multistage ballistic missile
- 1963-Skopje, Yugoslavia, destroyed by earthquake, kills 1,000+
- 1963 US Syncom 2, 1st geosynchronous communications satellite, launched

From KO Archives

Police 'Captures' Militant In 'Reel' Life Drama

Observer News Service

RINAGAR- The police was today accused of having staged action-packed drama, complete with heavy aerial firing in a busy market in Bandipora to convey an impression that it had arrested a dreaded militant. Reports from the area said that the two police Gypsies screeched to a halt near the Royal Sweets Hotel in Gulshan Chowk at around 2: 45 p.m., and their uniformed and armed occupants leapt out and began to shoot their weapons into the air. The gun fire created commotion in the market, with people rushing for cover.

Locals said that the policemen brought an armed youth out of one of the Gypsies, set him on the run, and began to pursue him. After a "respectable" distance had been covered, the cops pounced on the youth, and put him back in the vehicle.

A satisfactory day's work done, the policemen drove away

from the scene.

Locals said that the youth Bilal Ahmad Dar of Lankreshipora is a militant and the police took him away, adding that the

farce about his arrest was played for the benefit of the public.

The police, however, said that a squad was passing through the Bandipora market when it came across a Hizb commander, Bilal Ahmad Dar and opened fire on him.

According to the police, several personnel chased the militant and managed to collar him. They said that a weapon had been recovered from him.

. (Kashmir Observer, 26 July, 2007)



OBSERVER 1

Printed & Published by Sajjad Haider on behalf of the

Kashmir Observer LLP

Published from: # 5- Boulevard, Srinagar-190001

Printed at: KT Press Pvt. Ltd, Rangreth Budgam.

RNI Registration No: 69503/98

Postal Registration No-L/159/KO/SK/2014-16

Editor-in-Chief: Sajjad Haider

Legal Counsel: Tasaduq Khwaja

Switchboard: (0194) 2106304

Editorial: (0194) 2502327

Email editorial: editor@kashmirobserver.net

KO VIEW

Defence Minister's visit

Thion Defence Minister Rajnath Singh on Sunday said Jammu and Kashmir would always be an integral part of India and the parts of Kashmir and Gilgit-Baltistan have been illegally occupied by Pakistan. He expressed India's resolve to capture Pakistani-controlled parts of Kashmir as well. "If Amarnath is on this side, how can Maa Sharda remain on the other," the defence minister said on the occasion of Kargil Vijay Diwas in Jammu. He also described Article 370 as "an artificial barrier that stands removed" saying its abrogation had brought a new dawn of hope to the dreams and aspirations of the people, especially the youth. The Union Minister said India had become a strong and confident nation, which was well-equipped to protect its sovereignty.

Later interacting with the J&K BJP leaders at the party office, the minister asked them to get into election mode. The party's J&K president Ravinder Raina echoed a similar sentiment, saying the party was ready to face the polls whenever they were going to be announced.

Earlier, visiting J&K in June to attend a function to mark 200 years of the coronation of Maharaja Gulab Singh, the first Dogra ruler of the princely state of J&K, Singh had also raised the hopes of elections this year. He gave a timeframe saying the electoral exercise may also commence by the end of this year.

J&K has not had an elected government since June 2018 when Governor's rule was imposed after the PDP-led coalition government lost its majority following the withdrawal of support by the BJP. The last three years have witnessed a drastic political makeover of the state-turned-union territory, so much so that in many aspects, the current J&K bears little resemblance to what it was pre-August 2019.

There is hope that the elections would lead to the restoration of statehood. The centre has already made it clear that statehood would be granted only after an elected government is formed, staying short of giving a timeframe. So, this could take a longer time than expected. New Delhi has indicated it would see the performance and behaviour of the elected government before it decides to restore statehood. It is expected that a government led or influenced by the BJP could pave the way for a faster return to statehood than a non-BJP government. But, for now, this is all in the future. All we can hope for now is that the elections are announced earlier than later.

OTHER OPINON

Currency caution

omestic manufacturers and services providers are now having to cope with not just higher dollar prices for the raw materials, equipment or other supplies they may need to procure from overseas, in the wake of the supply disruptions caused by the pandemic and the war in Ukraine, but they also face mounting import bills — the slide means they have to fork out more rupees for the same dollar price from even just a few months ago. The Finance Minister and the RBI Governor have sought to explain the proximate causes for the pressure on the currency and allay apprehensions that the rupee may be in a 'free fall', a scenario that could ultimately prove rather damaging for macro-economic stability by spurring imported inflation at a time when both fiscal and monetary authorities are battling to tame runaway inflation.

While the Minister's statement in the Lok Sabha cited factors including the Russia-Ukraine conflict and soaring crude oil prices as major drivers of the rupee's depreciation, Governor Shaktikanta Das on Friday acknowledged concerns about the rupee and pointed to the fact that foreign portfolio investors were "selling off assets and fleeing to safe haven" in the wake of global monetary policy tightening. So far in 2022, FPIs have dumped \$29.6 billion in Indian equity and debt after three straight years of net investments, with the prospect of more, sharp interest rate increases by the Federal Reserve to tame four-decade-high U.S. inflation likely to do little to staunch the outflows. The dollar index, a measure of the greenback's value against a basket of six major currencies, too offers little reassurance to the rupee. The index is just shy of a 20-year high hit last month indicating that investors are betting strongly on dollar-backed assets. The rupee's real effective exchange rate (REER), which provides a weighted average value in relation to a basket of currencies of its major trading partners, is also signalling that the Indian currency is still overvalued and has room to depreciate further. Notwithstanding Mr. Das's assertion that India's underlying fundamentals 'are strong and resilient' with foreign exchange reserves 'adequate', the RBI will need to judiciously utilise every dollar in its war chest to ensure that a likely slowdown in exports and sticky imports do not add more undue pressure on the rupee

The Hindu

Food Waste: A Global Challenge

Kashmir has a solution to overcome food waste. The developed nations must follow suit

Dr Raja Muzaffar Bhat

challenge. Even though the earth has provided us with abundant natural resources, we do not utilise them responsibly. We consume far beyond what our planet can provide. Unfortunately, developed countries which should have been more concerned about food wastage are throwing away large quantities of food everyday. Food waste is a huge problem as it costs billions of dollars in lost revenue in the US and many other developed countries. The food waste affects human resources and harms the environment by contributing to global warming and climate change as the food waste goes to landfills where it is left untreated.

We must learn how to use and produce food in sustainable ways to reverse the harm that we have inflicted on planet earth. The sustainable development goal number 12 (SGD-12) which focuses on these concerns with its sustainable production and consumption patterns must be regarded religiously. All countries need to implement the 10-Year framework of Programmes on sustainable consumption and production patterns

All countries taking action, with developed countries claiming to be taking the lead, but when we see the amount of food waste countries like US, Japan, China, France, UK waste, the developing countries like India, Pakistan, Bangladesh find no role-models to adopt policies of not wasting the food unnecessarily.

At a time when we waste large amounts of food , the food security problem has become an important concern for the entire world. India wastes 68,760,163 tons of food every year which means 50 kgs of food is wasted per person every year in India (50kg/ capita). China also wastes a large quantity of food i.e 91,646,213 which is around 64 kgs / capita. However, as the population of China is much higher this is still less when we compare this with developed countries like Australia,France and Germany where per capita food waste is 102, 85 and 75 kgs respectively. The US and Japan waste 59 and 64 kgs/ capita food every year as well.

The problem of chronic hunger which has increased over the decades in the world clearly indicates that the world does not have sufficient amounts of food to feed people. The problem is further exacerbated by factors like effects of climate change, unstable global economy, low agriculture production, rising poverty and huge food wastage. Therefore, these factors have brought new challenges to the world for producing and supplying continuous staple food to the people and making sure we don't waste our food.

Global Hunger & Food waste

As per 2016 report of Food and Agriculture Organization a total of 795 million people or around one in nine people in the world, were estimated to be suffering from chronic hunger, regularly not getting enough food to conduct an active life. Further, the world is faced with problems of rising population, climate change, unstable global economy, low agriculture production, rising poverty, unstable food prices and food wastage. Such problems have brought new challenges for the world in terms of continuous availability, supply and access to food at affordable prices. Thus, food security has become an important problem for the world.

Food waste across the world is becoming a huge problem. According to the 2021 Food Waste Index of United Nations Environment Programme (UNEP) 931 million tons of food waste is produced every year in the world, out of which 569 tons comes from households (more than 60%). The rest of the food waste which amounts to 244 million tons comes from the food service industry and 118 million tons is attributed to the retail sectors. The average global household produces 74kg of food waste per capita every year and that figure is broadly similar across country income groups which suggests that widespread improvement is needed to tackle the problem.

The food waste index states that if food loss and waste were a nation, it would be the third biggest source of greenhouse gas emissions on the earth. So we can now imagine with this illustration how extravagant the developed and developing countries are by wasting huge amounts



Food waste is a global challenge and developed nations like France, Germany, Australia, China and other countries must take lessons from Kashmir when it comes to addressing the food waste crisis. These nations must replicate our model in their countries which will ensure food is not wasted during marriage functions and other parties

of food waste and on the other hand 11 people die of hunger each minute around the globe, reported Oxfam in its 2021 report. When it comes to India the situation is more alarming. As per the 2017 report of National Health Survey approximately 19 crore people in India were compelled to sleep empty stomach every night , and on the other hand tons of food waste is dumped in our landfills. Most alarming figure that was revealed through that report was that 4500 children below the age of 5 years die every day of hunger and malnutrition across India which amounts to 3 lakh deaths every year.

Success story from Kashmir

Kashmir is famous all around the world for its royal cuisine known as 'Wazwan'. The Wazwan is a multi-course meal wherein different mutton dishes are served. There are a few vegetarian dishes as well. The wazwan is served during Kashmiri weddings and other functions. In the past only 6 to 7 mutton dishes would be served in the wazwan but now there are around 3 dozen dishes that are served on a big plate with

rice on it. Four people eat from the same plate called Trami and at an average 3 to 4 kgs mutton is served to 4 people. During special wedding feasts like Barat, the groom and his companions are served even 6 to 7 kgs of mutton with 36 dishes. In the past only Kashmiri ladies would carry the leftover mutton dishes by putting the same in old newspapers or poly bags that they would car- $\ensuremath{\mathbf{r}}\xspace\ensuremath{\mathbf{y}}\xspace$ along . This trend gained momentum with the passage of time and men also started carrying the leftover mutton with them. As the number of dishes in wazwan increased from 7 to 15 and then 30 or more, it was difficult for the guests to eat everything. Some people would carry the leftover food with them, but many were reluctant as it looked very awkward. Around 30 years back the hosts started distributing poly bags to carry leftover food. It became a kind of movement and Kashmiri people adopted this within their cul-

Since almost three decades, every host in Kashmir keeps specially designed plastic packets with the wazwan feast once it is served. Then another bag is used to carry it which is also Kashmir, particularly, in Srinagar city were reluctant to serve the bags to carry leftover food but that led to a huge wastage of food and with the passage of time the elites too joined this movement and started serving the specially designed carry bags for leftover food. Now carrying leftover food with us during marriage parties and other functions has become part of Kashmiri culture and we don't feel this is an act of awkwardness. I believe more than 95% people in Kashmir serve plastic bags to the guests when they organise any function like a wedding function. This is infact a success story to overcome

Conclusion

Food waste is a global challenge and developed nations like France, Germany, Australia, China and other countries must take lessons from Kashmir when it comes to addressing the food waste crisis. These nations must replicate our model in their countries which will ensure food is not wasted during marriage functions and other parties.

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

Dr Raja Muzaffar Bhat is an Acumen Fellow. He is also an Anant Fellow for Climate Action



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

MAIL YOUR LETTERS

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

Rise in Road Accidents

hrough the column of this reputable newspaper, I want to express my concern over the rising number of road accidents in the valley. Road accidents have become very common here, we find the news of many road accidents in the dailies. Most of the mishaps take place for careless driving, many due to poor roads and traffic manage-

ment. Two fatal accidents have been reported in the past 24 hours, on the Srinagar-Jammu national highway. 3 people were killed in one accident, and 5 in the other. Not a single day passes when we don't read in the newspaper or watch on televisions about the countless number of accidents taking place every day, it has become a daily headline for us.

It all brings to light the glaring fact that either the vehicle owners are minors, or rash drivers or are in inebriated state, etc. With scant regard for law, they disobey traffic rules and are often found talking on cell phones which can cause distraction and lead to accidents.

Human lives are precious and hence the traffic police need to deal

with the offenders promptly and strictly. Stringent traffic rules should be enforced and penalties should be levied so as to act as deterrents, and obedience of traffic rules and regulations should be made sure.

Sahil Feroz

Busting Medical Myths

SciTechDaily

ven in our hyper-connected world where reliable medical knowledge is ridiculous-Iy accessible, many healthrelated myths still carry on through the years. When discovered, these long-held false beliefs often leave the former believer at a loss to explain where the questionable information came from in the first place.

The list below contains six medical myths that have been around for a long time. See if you find anything that surprises you.

1. YOU CAN'T GET PREGNANT IF YOU'RE ON YOUR PERIOD.

According to the American Pregnancy Association, this is not true.

The Association website explains that while this is a rare occurrence, if the woman has a shorter than typical cycle and ovulates early, a pregnancy can definitely happen.

The science behind this is all about the timing. Surprisingly, sperm can remain viable in a woman's reproduction system for up to five days. Therefore, if the woman has sex near the end of her period, and if ovulation happens within five days after the encounter, it's possible that those little swimmers are still there waiting to fertilize that egg.

2. 8 GLASSES OF WATER A DAY ARE **NECESSARY FOR GOOD HEALTH.**

According to the Mayo Clinic, this statement is unknowable, and you should drink whenever you're

The website goes on to explain that while water has an important role to play in the smooth functioning of our bodies, the exact amount needed on any given day can vary widely. Sometimes you'll need way more, like on a hot day when you're sweating up a storm or days when you're more physically active. On other days when you're inside relaxing on the couch, you don't need nearly so much.

How much water you need also depends a lot on what you choose to eat. Fruits and vegetables, for example, have high water content and will decrease the amount of water you need to drink.

The bottom line is that you should



pay attention when you're feeling thirsty, and what you choose to drink when you're thirsty should be water.

3. SPICY FOOD AND STRESS CAUSE

According to the American Academy of Family Physicians, the vast majority of ulcers are caused by a bacteria called Helicobacter pylori (H. pylori), not spicy food or stress.

However, some ulcers can be caused by the long-term use of aspirin and other non-steroidal antiinflammatory drugs (NSAIDs).

That said, spicy food and stress worsen the discomfort, as do caffeine and alcohol, no matter what the original cause.



While water has an important role to play in the smooth functioning of our bodies, the exact amount needed on any given day can vary widely. Sometimes you'll need way more, like on a hot day when you're sweating up a storm or days when you're more physically active

4. A PERSON WITH A CONCUSSION SHOULDN'T BE ALLOWED TO GO TO

A concussion is a mild traumatic brain injury caused by a sharp blow to the head or body that causes a sharp back and forth sloshing motion in the brain, disrupting its activity. However, because a concus-

sion can't be seen on any medical imaging, the severity of the concussion must be diagnosed by the symptoms the patient is presenting. As with any injury, treatment of the condition is based on the doctor's understanding of the severity of the

In the past, it was widely be-

lieved that it's dangerous to allow someone with a concussion to sleep for fear they'll slip into a coma or lose consciousness with no one knowing. Popular thought was that concussed individuals should be woken as often as every two hours or not be allowed to sleep at all.

However, because rest is the way that the body heals, waking someone or denying them sleep is counterproductive to healing. It stands to reason that allowing a concussed person to have a good night's sleep will do more good than being roused every couple of hours to answer questions about how they are

5. EGGS CAUSE HEART DISEASE.

According to Harvard Health, a publication of Harvard University, whole eggs don't cause heart disease, but excessive saturated and trans fats do.

Yes, eggs have lots of cholesterol, and high LDL blood cholesterol (the bad type) increases the risk of cardiovascular disease. But recent research has found that the cholesterol in our blood doesn't come directly from what we eat; it's manufactured by the liver, stimulated by the saturated and trans fats in our diet.

In fact, for an otherwise healthy individual, heart disease is more likely to be caused by a combination of factors such as eating lots of fatty foods, being overweight, not getting enough exercise, smoking, and drinking alcohol.

6. PEOPLE ONLY USE 10% OF THEIR BRAINS.

Neurologist Dr. Barry Gordon of Johns Hopkins School of Medicine says that the idea that we only use 10% of our brains is so wrong it's almost laughable.

The Johns Hopkins website goes on to explain that the brain is a complex organ controlling thought, memory, emotion, touch, motor skills, breathing, temperature, hunger, and every process that regulates

So, while it's true that all parts of our brains are not all being used at once, that doesn't mean that those areas are never used. Different parts of the brain oversee the diverse activities of the body. Brushing our teeth, for instance, might use some distinct areas of the brain that reading a book does not, leaving some parts temporarily inactive and waiting for their turn to shine.

The article was originally published by Sci Tech Daily

How Not To Solve The Climate Change Problem

Kevin Trenberth

hen politicians talk about "net zero" emissions, they're often counting on trees or technology that can pull carbon dioxide out of the air. What they don't mention is just how much these proposals or geoengineering would cost to allow the world to continue burning fossil fuels.

There are many proposals for removing carbon dioxide, but most make differences only at the edges, and carbon dioxide concentrations in the atmosphere have continued to increase relentlessly, even through the pandemic.

I've been working on climate change for over four decades. Let's take a minute to come to grips with some of the rhetoric around climate change and clear the air, so to speak.

WHAT'S CAUSING CLIMATE CHANGE?

As has been well established now for several decades, the global climate is changing, and that change is caused by human activities.

When fossil fuels are burned for energy or used in transportation, they release carbon dioxide - a greenhouse gas that is the main cause of global heating. Carbon dioxide stays in the atmosphere for centuries. As more carbon dioxide is added, its increasing concentration acts like a blanket, trapping energy near Earth's surface that would otherwise escape

When the amount of energy arriving from the Sun exceeds the amount of energy radiating back into space, the climate heats up. Some of that energy increases temperatures, and some increases evaporation and fuels storms and rains.

Because of these changes in atmospheric composition, the planet has warmed by an estimated 1.1 degrees Celsius (2 F) since about 1880 and is well on the way to 1.5 C (2.7 F), which was highlighted as a goal not to be crossed if possible by the Paris Agreement. With the global heating and gradual increases in temperature have come increases in all kinds of weather and climate extremes, from flooding to drought and heat waves,



that cause huge damage, disruption and loss of life.

Studies shows that global carbon dioxide emissions will need to reach net-zero carbon emissions by midcentury to have a chance of limiting warming to even 2 C (3.6 F).

Currently, the main source of carbon dioxide is China. But accumulated emissions matter most, and the United States leads, closely followed by Europe, China and others.

WHAT WORKS TO SLOW CLIMATE

Modern society needs energy, but it does not have to be from fossil fu-

Studies show that the most effective way to address the climate change problem is to decarbonize the economies of the world's nations. This means sharply increasing use of renewable energy – solar and wind cost less than new fossil fuel plants in much of the world today – and the

use of electric vehicles. Unfortunately, this changeover to renewables has been slow, due in large part to the the huge and expensive infrastructure related to fossil fuels, along with the vast amount of dollars that can buy influence with politicians.

WHAT DOESN'T WORK?

Instead of drastically cutting emissions, companies and politicians have grasped at alternatives. These include geoengineering; carbon capture and storage, including "direct air capture"; and planting trees.

HERE'S THE ISSUE:

Geoengineering often means "solar radiation management," which aims to emulate a volcano and add particulates to the stratosphere to reflect incoming solar radiation back to space and produce a cooling. It might partially work, but it could have concerning side effects.

The global warming problem is not sunshine, but rather that infrared radiation emitted from Earth is being trapped by greenhouse gases. Between the incoming solar and outgoing radiation is the whole weather and climate system and the hydrological cycle. Sudden changes in these particles or poor distribution could have dramatic effects.

The last major volcanic eruption, of Mt. Pinatubo in 1991, sent enough sulfur dioxide and particulates into the stratosphere that it produced modest cooling, but it also caused a loss of precipitation over land. It cooled the land more than the ocean so that monsoon rains moved offshore, and longer term it slowed the

water cycle. Carbon capture and storage has been researched and tried for well over a decade but has sizable costs. Only about a dozen industrial plants in the U.S. currently capture their carbon emissions, and most of it is used to enhance drilling for oil.

Direct air capture - technology that can pull carbon dioxide out of the air – is being developed in several places. It uses a lot of energy, though, and while that could potentially be dealt with by using renewable en-

ergy, it's still energy intensive. Planting trees is often embraced as a solution for offsetting corporate greenhouse gas emissions. Trees and vegetation take up carbon dioxide though photosynthesis and produce wood and other plant material. It's

relatively cheap. But trees aren't permanent. Leaves, twigs and dead trees decay. Forests burn. Recent studies show that the risks to trees from stress, wildfires, drought and insects as temperatures rise will also be larger than expected.

HOW MUCH DOES ALL THIS COST?

Scientists have been measuring carbon dioxide at Mauna Loa, Hawaii, since 1958 and elsewhere. The average annual increase in carbon dioxide concentration has accelerated, from about 1 part per million by volume per year in the 1960s to 1.5 in the 1990s, to 2.5 in recent years since

This relentless increase, through the pandemic and in spite of efforts in many countries to cut emissions, shows how enormous the proble:

Usually carbon removal is discussed in terms of mass, measured in megatons - millions of metric tons - of carbon dioxide per year, not in parts per million of volume. The mass of the atmosphere is about 5.5x10¹⁵ metric tons, but as carbon dioxide (molecular weight 42) is heavier than air (molecular weight about 29), 1 part per million by volume of carbon dioxide is about 7.8 billion metric tons.

According to the World Resources Institute, the range of costs for direct air capture vary between US\$250 and \$600 per metric ton of carbon dioxide removed today, depending on the technology, energy source and scale of deployment. Even if costs fell to \$100 per metric ton, the cost of reducing the atmospheric concentrations of carbon dioxide by 1 part per million is around \$780 billion.

Keep in mind that the carbon dioxide concentration in the atmosphere has risen from about 280 parts per million before the industrial era to around 420 today, and it is currently rising at more than 2 parts per million per year.

Tree restoration on one-third to two-thirds of suitable acres is estimated to be able to remove about 7.4 gigatons of carbon dioxide by 2050 without displacing agricultural land, by WRI's calculations. That would be more than any other pathway. This might sound like a lot, but 7 gigatons of carbon dioxide is 7 billion metric tons, and so this is less than 1 part per million by volume. The cost is estimated to be up to \$50 per metric ton. So even with trees, the cost to remove 1 part per million by volume could be as much as \$390 billion.

GEOENGINEERING IS ALSO EXPENSIVE.

So for hundreds of billions of dollars, the best prospect with these strategies is a tiny dent of 1 part per million by volume in the carbon dioxide concentration.

This arithmetic highlights the tremendous need to cut emissions. There is no viable workaround.

By arrangements with The Conversation

Whatsapp Privacy Policy Not Withdrawn; CCI Probe Must Go On, Delhi HC Told

Agenceis

New Delhi: The Competition Commission of India (CCI) Monday told the Delhi High Court that WhatsApp's updated privacy policy of 2021 has not been withdrawn and its probe concerning the policy should be allowed to proceed.

The CCI also said the scope of its inquiry has no overlap with the issue of an alleged infringement of user privacy pending before the Supreme Court.

The submissions were made by CCI before a bench headed by Chief Justice Satish Chandra Sharma on appeals by WhatsApp LLC and Facebook Inc against a single-judge order dismissing their challenge to the probe ordered by the CCI into the instant messaging plat-

form's updated privacy policy.

The bench, also comprising Justice Subramonium Prasad, reserved an order on the appeals after hearing the concerned parties.

In January last year, CCI on its own had decided to look into WhatsApp's updated privacy policy based on news reports regarding the same.

WhatsApp and Facebook had subsequently challenged before the single judge CCI's March 2021 order directing a probe against them, saying that the issue concerning its new policy was already pending consideration before the high court and the Supreme Court.

The single judge on April 22 last year had, however, refused to interdict the investigation directed by the CCI.

Additional Solicitor General (ASG) N Venkataraman, appearing for CCI, argued that the CCI probe into the privacy policy-which is "still in place and functional" -- should not be deferred any further to await the decision of the Supreme Court, especially in the absence of any stay on the single judge order, and asserted that the messaging platform was still issuing a "pop up" seeking the consent of users who are yet to accept the updated policy.

"Judicial process cannot be used to thwart investigation . (Pendency of privacy issue before Supreme Court) cannot automatically obviate competition law concerns. There is no overlap in facts. We should be allowed to investigate. There is no overlap in law," he argued

The ASG said that the infraction on the competition law front may still be happening as there are users who have opted for the policy update and for non-withdrawal period, the policy has to be examined."

ASG Balbir Singh, also appearing for CCI, defended the initiation of a probe against Facebook as well in connection with WhatsApp's privacy policy, saying that the former is the holding company of the messaging platform and it can potentially exploit the data being shared.

ASG Venkataraman contended that the outcome of the Supreme Court proceedings would have no bearing on the proceedings under competition law which concerns the abuse of dominant position by a market player.

He also said that unless there is a lack of jurisdiction or malafides or arbitrariness, the CCI probe cannot be stalled.

Counsel Tejas Karia, appearing for WhatsApp, said that the status quo was being maintained for users who have not opted for the policy update and the CCI probe should be deferred in view of the validity of the privacy policy being tested before the Supreme Court and the high court.

Last week, senior advocate Harish Salve, representing WhatsApp, submitted that it was challenging CCI's jurisdiction to probe a policy that has now been kept in abeyance and as the government was in the process to bring the Data Protection Bill.

Senior advocate Mukul Rohatgi, appearing for Facebook Inc --now Meta Platforms -- had argued that there was not even prima facie material in the case and CCI cannot investigate it in a creeping fashion.

While dismissing the petitions against the CCI probe, the single judge had opined that although it would have been "prudent" for the CCI to await the outcome of petitions in the Supreme Court and the Delhi High Court against WhatsApp's new privacy policy, not doing so would not make the regulator's order "perverse" or "wanting of jurisdiction".

CCI had argued before the single judge that the new privacy policy of WhatsApp would lead to excessive data collection and "stalking" of consumers for targeted advertising to bring in more users and is, therefore, alleged abuse of dominant position.

On January 3, while dealing with the appeals against the single judge order, a bench headed by then Chief Justice DN Patel extended the time for filing replies by Facebook and WhatsApp to two CCI notices of June 2021 asking them to furnish certain information for the purpose of inquiry conducted

Recruitment Process In Three Services Severely Affected Due To Covid: Rajnath Singh

Agenceis

New Delhi: The three services could recruit a total of 37,301 personnel in the last two years as against an average annual vacancy of 60,000 with the induction process hit by the COVID-19 pandemic, according to details provided by the government on Monday.

The number of total recruits in 2019 was 95,843 with the Army topping the list with 81,812 personnel followed by the IAF with 7,548 and the Navy accounting for 6,483 personnel.

The details were provided by Defence Minister Rajnath Singh in Lok Sabha while replying to a question.

According to the data furnished by him, the Army currently has a shortfall of 1,16,484 personnel while the number in the Navy is 13,597 and the IAF 5,789.

"The recruitment process for the years 2020 and 2021, was severely affected and disrupted because of COVID pandemic, and the recruitment rallies had to be curtailed for the Army," he said.

"Nevertheless, 1280 officers and 12091 soldiers were inducted in the Army for the year 2020, and 1065 officers for the ear 2021," he added.

The defence minister said in case of the Navy and the Air Force, which follow an online recruitment process, the impact of the pandemic was lesser.

"In the case of the Navy, 377 officers and 2772 sailors were inducted in the year 2020 and 409 officers and 5547 sailors in the year 2021. Similarly, in the case of the Indian Air Force, 261 officers and 8,423 airmen were inducted during the year 2020 and 467 officers and 4609 airmen in the year 2021," he said.

The three services have already started the recruitment process for the year 2022 under the newly launched 'Agnipath' scheme.

"In case of the Air Force, the online registration process was opened from 24th June to 5th July for 3000 posts. The registration process for the Navy is open from July 15 to 30 for 3,000 posts," Singh said.

The Army has commenced its registration process for 40,000 posts and will start holding rallies from August 10.

Singh said the Army proposes to organise 85 rallies in various parts of the country in the next three months.

"The first batch of candidates

will join basic training in the Indian Navy in the month of November and in the Air Force and Army in the month of December this year," he said.

The defence minister said 1,240 officers and 80,572 soldiers were inducted in the Army in 2019 while 415 officers and 6,068 sailors were recruited by the Navy that year. The IAF recruited 326 officers and 7,222 airmen in 2019.

"On an average, 60,000 vacancies arise in the three armed forces every year. Currently, there is a shortfall of 7,799 officers and 1,08,685 soldiers in the Army; 1446 officers and 12,151 sailors in the Navy and 572 officers and 5,217 airmen in the Indian Air Force," Singh said.

"With the improvement in the COVID-19 situation and the start of the process of recruitment, these vacancies are expected to come down in the coming years," he said.

The defence minister informed Lok Sabha that shortage of officers and mitigating measures are reviewed regularly by the armed forces and measures are initiated to fill the vacancies based on detailed analysis.

CONTD. FROM FRONT PAGE

Education Dept Stokes

Those who do not deposit these Rs 20 might face action for it So, to save the trouble, we appeal to you to deposit the amount," the shop-keepers were allegedly told.

"The manner in which J&K admin is forcing students, shopkeepers & employees to pay for national flag to hoist it is as if Kashmir is an enemy territory that needs to be captured. Patriotism comes naturally & can't be imposed," Mehbooba had tweeted with the video.

Hanjura also questioned the administration's decision to shut down two schools in Lal Chowk on Monday to facilitate Vijay Diwas Tiranga Yatra taken out by the BJP.

"Roads leading to Ghanta Ghar, Lal Chowk have been blocked, shops shut & a school (Tyndale Biscoe & Mallinson) in the vicinity too has been shut on a Monday just so that a political party can showcase their nationalism. The claims of 'change' & 'normalcy' post 2019 stand exposed," he tweeted.

Govt Directs Booster

as per the spokesperson said that the remaining population should be contacted and a time slot to be fixed to administer doses to them within the set deadlines.

Mehta, he said, also directed the concerned officers to commence an Information Education and Communication (IEC) campaign and inform people that the current variant of COVID has less mortality rate and precautions need to be taken without need to get scared unnecessarily.

"However he said that we must not lower our guard under any circumstances and follow Covid Appropriate Behaviour," the spokesperson said, adding "He appealed people to wear masks and follow all SOPs that are being issued by the government from time to time to stem the spread of virus,"

During the meeting, the spokesperson said that Director SKIMS gave a presentation and briefed the CS about the current status of COVID and the measures that are in place to stop the spread of virus.

"He informed that only four Covid positive patients are presently under observation at SKIMS and they are recovering well. He said that the current trend shows low COVID mortality but there is need to be prepared in all respects," he added.

The Chief Secretary, according to the spokesperson, also reviewed the measures for containment of Monkeypox and said that we need to build on learnings from the management of Covid and take proactive and pre-emptive response.

To avoid any unnecessary scare among people, Mehta, he said, directed for transparent, timely and accurate information dissemination and dispel misinformation and rumors.

"To raise community awareness among the vulnerable population, CS said that all schools and colleges should sensitize their students about the common symptoms of monkeypox, besides all infection control practices have to be followed in letter and spirit," Mehta said, while directing that any samples from suspected cases should be immediately sent to SKIMS

for testing.

The meeting was attended by Mission Director, NHM, J&K, Director Finance, Health & Medical Education Department, Director, Health Services, Kashmir, OSD, Health and Medical Education Department and other officers.

Principal Secretary Health and Medical Education, Director SKIMS, Director General, Family Welfare, MCH & Immunization, All Principals of Government Medical Colleges of J&K, CMOs and other officers attended the meeting through video conferencing.

J&K Clocks 383

to 460558, officials said.In the Valley, officials said, Srinagar reported the highest 105 new cases of virus, Baramulla 60, Anantnag 25, Pulwama 13, Budgam 10, Kupwara 9, Kulgam 7,

Bandipora 6, Shopian 2.

In the winter capital, they said, Jammu reported a maximum of 98 new cases, Rajouri 19, Udhampur 17, Kathua 6, Kishtwar 3, Samba 2 and Doda 1.

Also, the officials said that the death toll in the pandemic remained unchanged at 4763 in J&K—2337 in Jammu and 2426 in Kashmir, as no fresh fatality was reported during the last 24 hours.

"Moreover, 243 more COVID-19 patients have recovered and been discharged from various hospitals including 157 from Jammu division and 86 from Kashmir division," they

Murmu Takes Over

over as president as a watershed moment. "In her address after taking oath, President Droupadi Murmu Ji gave a message of hope and compassion. She emphasised on India's accomplishments and presented a futuristic vision of the path ahead at a time when India is marking Azadi Ka Amrit Mahotsav," Modi said.

"The entire nation watched with pride as Smt. Droupadi Murmu Ji took oath as the President of India. Her assuming the Presidency is a watershed moment for India especially for the poor, marginalised and downtrodden. I wish her the very best for a fruitful Presidential tenure," he added.

The day, which started with outgoing president Kovind and Murmu arriving in a procession from the Rashtrapati Bhavan to the Parliament Building, was edged with ceremony and celebration.

India's new president was given a 21-gun salute after which she signed the oath register amid thunderous applause and thumping of desks.

After the short ceremony, Murmu and Kovind were escorted out of the Central Hall amid the roll of drums and blowing of trumpets.

There was a national salute by the President's

Bodyguard at Gate No 5 of the Parliament, the new President and her predecessor left in a ceremonial procession back to the Rashtrapati Bhavan.

In keeping with the grand occasion, caparisoned horses, and men in white lined the route from Parliament up Raisina Hill to the British era presidential palace as the presidential convoy made its way slowly.

As monsoon clouds framed the dome of the Rashtrapati Bhavan, the new commander in chief of the armed forces inspected a tri-services guard of honour in the forecourt.

Former president Kovind and his family, who move to a bungalow in Lutyens Delhi, were given a formal send-off by the prime minister and other dignitaries as well as the Rashtrapati Bhavan staff.

Catapulted into the presidential spotlight, the unassuming Murmu is believed to be deeply spiritual and a keen practitioner of the meditation techniques of the Brahma Kumaris, a movement she embraced after she lost her husband, two sons, mother and brother in the just six years between 2009-2015.

Her daughter Itishree works in a bank in Odisha.

Her first steps in politics were taken in Rairangpur where she was elected as BJP councillor in the Rairangpur Notified Area Council in 1997. She rose to being a minister in Odisha's BJD-BJP coalition government from 2000 to 2004. In 2015, she was appointed governor of Jharkhand and stayed in the post till 2021.

Murmu had contested the 2014 assembly election from Rairangpur, but lost to the BJD candidate.

After completing her tenure as Jharkhand governor, Murmu devoted her time to meditation and social work in Rairangpur.

In tribute to her remarkable journey through personal tragedies and triumphs, there were celebrations in several places, including Ranchi and Bhubaneswar.

Details Of Every

J&K are in the public domain. As many as 209 government services have been integrated with

Rapid Assessment System for real time feedback of citizens. Our recent assessment of citizens' feedback shows 85% approval rating for the citizen centric services," the LG said.

According to the spokesperson, the LG cited a recent report of the central government and highlighted that J&K UT e-transactions clocked 22.48 crore since 1st January 2022.

"Digital Transactions crossed the 22 Jakh

"Digital Transactions crossed the 22 lakh mark last month from J&K Bank. J&K is among top three states/UTs with 52% score in Internet penetration. We are performing better than many states/UTs with 72% male & 43.3% women internet users." Sinha said.

The LG, as per the spokesperson said that Digital J&K week programme will showcase citizen centric IT initiatives that have helped in bringing about greater transparency in governance & ease of living for citizens.

Sinha, he said, emphasized the need to take effective measures providing last mile solution in digital services for the people of J&K, and directed the stakeholders to formulate short-term goals of 3-6 months & long-term vision statements to transform core ICT infrastructure, governance & services for ease of living, accessibility, innovation to transform J&K into digitally empowered society and knowledge

The LG, he said, also observed that 'digitally empowered' is a new yardstick to measure the present literacy rate.

"The programmes and initiatives launched today are part of the government's efforts to bring ease, transparency & convenience in public service delivery," he added.

According to the spokesperson, the LG also asked the District Administrations to implement the goals of Digital J&K week in collaboration with civil society and PRIs.

The LG be said also highlighted the digital properties of the collaboration with civil society and PRIs.

The LG, he said, also highlighted the digital reforms introduced to realize the vision of Digital J&K and said that in the last two years, under the guidance of Prime Minister Narendra Modi, dedicated efforts have been made to create an enabling environment for digital inclusion and promoting digital literacy to bridge the gap between government programs and citizens requirements.

"J&K, through Innovation, Implementation and Inclusion is setting unprecedented benchmarks in digital initiatives and leading by example in Hon'ble Prime Minister's Digital India campaign," Sinha said.

"We are number one in the ranking of UTs in e-governance. Host of initiatives like E-office, BEAMS, Awam ki Awaaz, MyGov, e-Unnat, Digilocker, Aapki Zameen Aapki Nigrani have brought transparency & accountability in governance and made transformational changes in the lives of people," he added.

According to the spokesperson, the LG congratulated the Information Technology Department and people of J&K on the launch of Digital Jammu & Kashmir week to be observed from 25th-31st July.

Panel To Examine

The Committee to examine all the aspects and submit a report in time-bound manner," office of LG J&K said in a tweet.

Kashmir Is Now

stone-pelting, Hurriyat-issued calendars, but today, the same Kashmir is known for its hydro-electric power projects, new expressway, IITs, AIIMS, IIMs, new central universities and new initiatives of development," he said, adding "This is happening because Prime Minister Narendra Modi abrogated 370,"

The BJP leader said Article 370 was a cultural and psychological barrier which did not allow us to complete the constitutional vision of Ek Bharat, Shresth Bharat'.

When Article 370 was there, the youths of Kashmir were bereft of any opportunities. For education opportunities they were compelled to go to Delhi, Pune, Bengaluru. But a world class education is now available in Kashmir only and there is no need to go outside," he said. This is the transformation that Modi has

brought.

The Bengaluru South MP also claimed that the revocation of Article 370 empowered women and reserved category people in the Union Territory.

We are at an opportune time in history where the next 25 years will determine the peaceful, prosperous future of J&K and the rest of Bharat, he said.

After the independence, Shyama Prasad Mukherjee called for Kashmir's complete constitutional integration with India, and it was Modi who fulfilled that job, he said.

Now, it is our responsibility to take forward this work of constitutional integration and do J&K's complete cultural, social and economic de-integration.

This is an important civilisational task that the young of India and young of Kashmir must take, he said. Surva said "tourism and terrorism" cannot

co-exist in Kashmir.

"Kashmir saw the highest tourist footfall in its history this year only. Lakhs of youth got employment opportunities because of tourism. This has proved one thing -- tourism and

terrorism cannot co-exist," he said.

"The youth of Kashmir today has proved that they are against "ism, want to end it, and avail new opportunities in tourism. This is the new path of development that young people of Kashmir have started" he said.

Kashmir have started," he said.
Surya also appealed to young industrialists, entrepreneurs, investors, and visionaries from

across the country to invest in Kashmir. New industries should be started in Kashmir, new colleges, medical schools, start-ups be set up in Kashmir.

The youth of Kashmir are hard working, intelligent and because of the lack of opportunities, they have not progressed. The unicorns of India's tomorrow must come from Kashmir. Leaders who can lead the country should come from Kashmir, he said.

Surya said the rule of two families has come to a full stop after the abrogation of Article 370 apparently referring to Abdullahs and Muftis, members of which families ruled the state at different times.

Mehbooba Mufti or Omar Abdullah's shops have shut. Democracy is flourishing at the panchayat level, grassroots level today in a spirited manner. I have met many young leaders. New parties are coming up here which are working on the nationalistic agenda rather than the separatist agenda, he said.

Pakistani-sponsored elements continue to attack young activists from BJP to destroy the democracy in Kashmir, he said, as he paid tributes to the BJP workers killed by militants in the valley.

Towards the end, the BJP leader read out a few verses from an anti-war poem by Pandit Deenanath Kaul Nadim' which talks about a new dawn and a better future.

LG Remembers

He said that on July, 26, 1999, the whole world witnessed the unparalleled courage of our brave soldiers who overcame the challenges of impossible peaks and displayed the might of the country.

"I pay homage to those self-sacrificing and devoted sons of Maa Bharti. I also salute the undeterred courage of the families of our bravehearts," the LG added.

Ex-Minister Escapes

Ex-MLA Shoaib Lone

were shifted to the hospital for treatment.
Their condition is said to be stable.

Pertinently Sharma the former Health

Pertinently, Sharma, the former Health Minister during NC-Congress joint rule is currently Vice President BJP for Jammu and Kashmir. (KNT)

registered on the complaint of one Harmeet

Singh Sasan, one of the directors of M/s Alpine

Fresh Private Limited in which accused Shoaib

Nabi Lone is also one of the founding Directors.

Sasan has alleged in his complaint that

Shares to Zero, thereby causing a loss worth Crores to the complainant as well as the company.

The former legislator was arrested by the Crime Branch, Jammu on July 19, 2022, and the bail application was moved in which Senior

said company.

The former legislator was arrested by the Crime Branch, Jammu on July 19, 2022, and the bail application was moved in which Senior Advocate Pranav Kohli with Advocate Aftab Malik made detailed submissions for enlarging the accused to bail whereas Advocate Sheikh Shakeel Ahmed with Sheikh Najeeb Ashraf represented the complainant Harmeet Singh Sasan and Public Prosecutor D. P. Singh appeared for Crime Branch, Jammu.

Shoaib Nabi Lone in league with one Company

Secretary illegally deleted the name of Sasan

and his wife as Directors of the Company who

were also the Directors/Shareholders of the

It is further alleged in the FIR that Harmeet

Singh Sasan was having 65000 Shares whereas

his wife was having 5000 Shares in the said

company and the accused Ex-MLA in league

with the Company Secretary reduced their

After hearing both sides at length, the Court of 2nd Additional Sessions Judge, Jammu granted interim bail to Lone. (KNT)

Boy Drowns

slipped in Mandi loran nallah and got washed away. The searches for the boy going on, they added.

Death Toll In Ramban

four injured when their vehicle skidded off the road and rolled down into a gorge in Jammu and Kashmir's Ramban district on Sunday.

The SUV fell into the 1,000-feet-deep gorge on a link road in Higni - Badarkoot belt in Ramsoo, killing two people - Haza Begum and Abdul Rasheed - on the spot.

Zahida Begum and Mustaq Ahmed, who sustained injuries, died in hospital.

Chairperson of Ramban District Development Council Ramban Shamshad Shan expressed grief over the loss of lives.

She appealed to Lieutenant Governor Manoj Sinha to provide ex-gratia relief of Rs 5 lakh each to the families of the deceased and direct the authorities to provide the best possible treatment to the injured.

She also said an immediate relief of Rs 25,000 has been released from Red Cross.

2 Govt Officials

case was filed by Police Station Baramulla against complainant and other under sec 109 CrPC with tehsil office Baramulla on 05-08-2021 which was pending disposal with tehsil office and for which Junior Assistant posted in the tehsil office Baramulla namely Mushtaq Ahmad Mir who was handling the case file demanded bribe of Rs 4000 from complainant through orderly Khalida Tugoo posted in the same office. Under these circumstances the complainant approached the ACB and requested for taking necessary legal action against the accused Public servant," the statement said.

Accordingly on receipt of the complaint which prima facie disclosed commission of offences under U/s 7 of the P.C Act 1988 (as amended in 2018), a case under FIR number 21/2022 was registered at PS ACB Baramulla and investigation started, the statement said, adding that immediately after registration of the case, a trap team headed by DySP rank officer and independent witnesses was constituted.

The team caught the accused Khalida Tugoo red handed while demanding and accepting bribe from the complainant on behalf of the main accused Mushtaq Ahmad Mir, the statement said

ment said.

"Later on both of them found involved in demanding and accepting bribe from complainant and were arrested in the case after completing all legal formalities for further questioning and ascertaining the role of each of them and of any other officer in the case. Searches were also conducted at the residence of the accused," the statement said, adding that further investigations are going on.

Kovind Fulfilled BJP's Agenda As President: Mehbooba

Press Trust Of India

SRINAGAR: PDP president Mehbooba Mufti on Monday said former President Ram Nath Kovind has left behind a legacy during which the country's Constitution was trampled upon as he "fulfilled BJP's political agenda".

Droupadi Murmu was on Monday sworn in as India's 15th President at an impressive ceremony in the packed and historic Central Hall of Parliament.

outgoing President leaves behind a legacy where the Indian Constitution was trampled upon umpteenth times. Be it scrapping of Article five-year tenure.



370, CAA or the unabashed targeting of minorities & Dalits, he fulfilled BJPs political agenda at the cost of the Indian Constitution," Mufti tweeted soon after Murmu took oath as president.

Kovind demitted office on Monday after completing his

Amarnath Yatra

25th Batch Leaves **Jammu For Cave Shrine**

Press Trust Of India

JAMMU: The 25th batch of over 3,800 Amarnath pilgrims left the base camp in Jammu for the twin base camps of the 3,880-metre-high Amarnath cave shrine in south Kashmir Himalayas on Monday, officials said.

A total of 3,862 pilgrims left Bhagwati Nagar Yatri Niwas here in a convoy of 125 vehicles amid heavy security of the Central Reserve Police Force this morning, the officials said.

They said 1,835 pilgrims heading for Baltal were the first to leave the Bhagwati Nagar camp in 46 vehicles, followed by the second convoy of 79 vehicles carrying 2,027 pilgrims for Pahalgam.

The annual 43-day yatra com-

-- traditional 48-km Nunwan-Pahalgam in south Kashmir's Anantnag and 14-km shorter Baltal in central Kashmir's Ganderbal -- on June 30. Over 2.25 lakh pilgrims have offered prayers at the cave shrine,

housing the naturally formed iceshivlingam, the officials said. With this, 135,585 pilgrims have left from the Bhagwati Nagar base camp for the Valley since June 29, the day the first batch of pilgrims was flagged off by Lieutenant Gover-

nor Manoj Sinha. The yatra is scheduled to end on August 11 on the occasion of Raksha

Thirty six pilgrims have died during the yatra so far and another 15 pilgrims died in the flashfloods near menced from the twin base camps the Amarnath cave shrine on July 1.

Nine Cops Among 21 Rescued From Flash Floods In J&K

Press Trust Of India

JAMMU: Twenty-one persons, including nine policemen, were res- of Police Ramesh Kotwal said. He cued from flash floods in Kathua and Poonch districts of Jammu and Kashmir on Monday, officials said.

Three trucks parked on the Mughal Road in Poonch got damaged due to shooting stones, they said.

Acting on information about a dozen of persons trapped in flash floods in Ujh river on Monday, a police team, along with State Disaster Response Force (SDRF) personnel, rushed to the spot and launched a rescue operation in the area, the of-

Due to rains in the higher reaches, the water level swollen in the due to shooting stones near Bufliyaz ver in which 12 persons, including four women, got trapped, they said. adding that there was no casualty in Police, along with an SDRF team, the incident.

rescued 12 persons, including women, from sudden flood in Ujh river, Kathua Senior Superintendent also appealed to locals not to visit Ujh river in view of rainy season.

In another such incident, nine policemen were trapped when flash floods entered a police post in Chakan-da-bagh area on the Line of Control in Poonch district, the officials said. The floods were caused due the cloudburst and policemen took shelter on rooftop of police post, they said.

Police teams rushed to the area and rescued the cops from flooded police post, they said.

At least three trucks got damaged area on the Mughal Road, they said

SED Orders Repatriation Of ReT Teachers To Original Places

Agencies

SRINAGAR: The School Education clearly mentioned that the service Department on Monday said that condition of the teachers-Grade-II there was a violation in in Rehbere-Taleem (ReT) recruitment policy the general line teachers with the and subsequently ordered to repatriate ReT teachers to their original place of postings.

According to a local news agency KNO, an official communication in this regard was issued to the Director School Education of Kashmir and Iammu.

"A scheme under the title Rehbar-e-Taleem (ReT) was launched from their original place of postin Jammu and Kashmir to operationalize the schooling system at the gross root level," it reads.

It also states that the ReTs engaged under the scheme were eligible for regularization as ReT after successful completion of five original place of postings. DDOs years of service.

and III and in that order at clause 3(a), it has been ordered and shall be the same as prescribed for exceptions that they shall not be transferable except on the mutual transfer basis to the post of other teacher Grade-II, RReTs, ReTs in exceptional circumstances," it reads.

It further said, "However, from time to time the department has transferred and deployed a number of such teachers temporarily ings to other places on one pretext or the other against the ReT recruitment policy."

The concerned official in this regard said, "I am directed to request to repatriate such teachers to their concerned shall not draw the salary

BJP Trains Guns At Abdullahs, Muftis At Lal Chowk Rally



Press Trust Of India

SRINAGAR: The BJP on Monday held the first-ever Tiranga bikers rally at the once separatist strong-hold of Lal Chowk in the city centre here to pay tributes to the fallen soldiers of the 1999 Kargil War.

The bikers rally to the Kargil War Memorial in Drass area of the Ladakh Union territory was flagged off by the party's National General Secretary Tarun Chug, and Bangalore South MP Surya.

The flag-off event near the historic Ghanta Ghar' (clock tower) in Lal Chowk was held amidst unprecedented security arrangements as the whole area was sealed and security forces, including senior officers, were present in large numbers.

The security forces used drones to keep an eye on the event for which traffic and public movement was diverted.

The city centre used to be a stronghold of the separatists in the erstwhile state of J-K. In the 2008 and 2010 unrest, the separatists used to call for peoples' march to Lal Chowk, demanding freedom.

On Monday, Azadi' slogans of a different kind reverberated at the city centre. The BJP leaders raised slogans of Azad Hindu-Zindabad', and Bharat Mata ki Jai' among others.

They waived the tricolour and sang patriotic songs.

hoisting of tricolour, at the Lal Modi gave a sense of develop-Chowk before as well, this is the first time such a rally was organised by any political party to pay tributes to soldiers who lost their lives in the Kargil War.

A police official said about 100 bikes were part of the rally in which members of the BJYM from different parts of the country participated. The rally will culminate at the Kargil War Memorial on Tuesday, on the occasion of Vijay Divas.

Speaking at the event, Chug and president, Bharatiya Janata trained guns at the National Yuva Morcha (BJYM), Tejasvi Conference (NC) and Peoples Democratic Party (PDP).

He said the twin families of Abdullah's and Mufti's ruled Jammu and Kashmir for the past 70 years but made it a "terrorism capital", while the Prime Minister has made it a tourism capital and took it on a path of progress.

Mehbooba lives some yards away from here. She used to say that if you revoke (Article) 370, then you will not find hands to hoist the tricolour. I want to tell her that come to Lal Chowk and see the residents of Kashmir holding the tiranga. Every person has a tiranga in his heart, Chug said, asking people to raise the slogan of Azad Hindustan' in a loud voice so that it

reaches Muftis and Abdullahs. Targeting Abdullahs and Muftis, Chug said they used to stan Zindabad', Akhand Bharat claim that Article 370 cannot be abrogated, but Modi made it possible.

This is a state where a new ties have held events, including by Modi are speaking loud. she said.

ment, security, and belief to the people of J-K.

The three families Abdullah and sons, Mufti and sons, and Nehru and sons -- had plundered J-K and they still want to plunder it more by forming Gupkar alliance. But, the people of J-K do not accept them now. In today's motorcycle rally, the country's youth are marching for making India of Modi's dreams, a powerful India, the BJP leader said.

He said Kashmir couldn't move forward in 70 years, but the properties of these three families increased by many folds

Sometime they demand talks with Pakistan and sometimes with China, but I want to tell them that the youth of India will only talk to the youth of India. The central government and the BJP will meet and listen to the youth of Kashmir, he said. Chug said the bikers rally was

organised to pay tributes to the fallen soldiers of the Kargil War. These youth including the

youth from different parts of the valley are going to Kargil where India's sons sacrificed their life but did not budge even an inch of the country's land, he said.

Neha Joshi, national vice president, BJYM, Delhi, said she is proud to be a part of the historic event. This yatra has been organ-

ised by the youth of Kashmir. We have come here to become a witness of this historic event story of development is being and take this message to the While many political par- written. The works undertaken different corners of the country,

Govt Jobs In J&K Not For Sale, Merit Criteria: Mehta

Press Trust Of India

SRINAGAR: Jammu and Kashmir Government will not tolerate any wrongdoings in selection process for jobs in public sector as merit is the only criterion for entering into government service, Chief Secretary A K Mehta said on Monday.

"You should have faith that merit will be the only basis for selection (in government exemplary punishment. So, jobs wrongdoing in the selection process, " Mehta said at the launch of the Digital J&K, an awareness programme on services that can be availed online in the union territory.

He said if there are wrongdoings in providing government jobs, the cases will go to the CBI for investigation.

"They (culprits) will be given



jobs). We won't accept even one will be given solely on the basis of merit, " he added.

The chief secretary said there was a wrong perception that there were no jobs in Jammu and Kashmir.

"Let me tell you that Jammu and Kashmir government has given highest number of civilian jobs in its history last year. Jobs are there but they are not on the market (for sale)," he said.

Govt Giving Significant Push To Hydroelectric Power Generation Across J&K

Projects Of More Than 6300 MW Capacity In Pipeline To Make J&K Power Surplus

Observer News Service

SRINAGAR: The J&K government is giving a significant push to generation of hydroelectric power with projects of more than 6300 MW capacity in pipeline for making UT of J&K power surplus.

To improve the current power capacity substantially, 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. 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 de-

The decade-long overdue upgradation 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.

Prime Minister, Narendra Modi the foundation stone of Ratle and ensure 24x7 power availability.

Kwar Hydroelectric projects. The 850 MW Ratle Hydroelectric Project will be constructed on Chenab river in Kishtwar District at a cost of around Rs 5300 crore. The 540 MW Kwar Hydroelectric Project will also be built on the Chenab river in Kishtwar District at a cost of over Rs 4500 crore. Both the projects will help meet the power requirements of the region.

According to official figures 3100 MW of power projects worth Rs 22315 cr were revised, accelerated and Memorandum of understanding of 3284 MW of projects worth Rs 29600 cr were signed.

Pakal Dul Hydroelectric Project in Jammu & Kashmir cleared by cabinet for Rs 8,112.12 crore investment will help in reducing power shortage in the northern region.

"Investment of Rs 8,112.12 crore for construction of the (4×250 MW) Pakal Dul Hydroelectric Project has been approved," an of-

The project would help in reducing the power shortage in the Northern region and partly to utilize storage provisions of the Indus Water Treaty. It would also help in the socio-economic upliftment of remote areas of J&K. Under a new scheme "Revamped

Distribution Sector Scheme (RDSS), projects worth Rs. 11767 crore are during his recent visit to J&K laid approved to reduce AT&C losses and

Er Pirzada Hidaytullah Is **JKEEGA**

SRINAGAR: Er Pirzada Hidaytullah has and Kashmir Electrical engineering Graduwere held at Bemina.

The Returning Officer Er Mohd Iqbal Wani Announced the Result. Total of 507 votes were polled out of which Pirzada Hidaytullah got 343 votes versus the opposing candidate who managed 158

The Engineers of all ranks from JE to CE participated in the Elections with full enthusiasm and have Pinned high hopes from the Elected General

General Secretary

been Elected as General secretary Jammu ates Association, the Elections of which

Pirzda Hidaytullah has served as President twice, General secy once, Joint Secy AIPEF. The engineering fraternity have pinned high hopes that their long pending issues will be resolved owing to vast experience of the new general secretary

"These ReT teachers were fur- of such teachers unless they back ther converted to teacher Grade-II the place of postings."—(KNO) **Govt Sets Up Separate Office For Seamless Implementation Of ABDM**

Observer News Service

SRINAGAR: The J&K Government on Monday established separate office of Mission Director, Ayushman Bharat Digital Mission, J&K for smooth and seamless implementation of Ayushman Bharat Digital Mission (ABDM) across the Union Territory of Jammu and Kashmir.

Health and Medical Education deoffice of Mission Director Ayushman support for seamless implementation time bound manner", it adds.

Bharat Digital Mission J&K as a part of Ayushman Bharat Digital Mission of Directorate of National Health Mission, J&K".

The order further reads that Mission Director, National Health Mission J&K is also nominated as Mission Director Ayushman Bharat Digital Mission J&K, while as Dr Shafqat Khan, Officer on Special Duty (OSD) in Health & Medical Education Department has been nomi-An order issued in this regard by nated as "Additional Mission Director, Ayushman Bharat Digital Mission partment reads, "in order to ensure [&K" in addition to his duties as Secimmediate rollout & seamless imple-mentation of Ayushman Bharat Digital strategizing and on boarding of Public by the Administrative Department Mission (ABDM) in the Union Terri- Services through online platforms. The to further streamline the logistics to tory of Jammu and Kashmir, sanction order also reads that Additional Mis- carry out operations of the ABDM to is hereby accorded for setting up of sion Director shall provide necessary meet the laid down objectives in a

in UT of J&K in a time bound manner and assist Mission Director, Avushman Bharat Digital Mission (ABDM) J&K in implementation of the Mission.

"The Mission Directorate, ABDM shall establish a State/UT team to enable effective implementation of the day-to-day operations of Ayushman Bharat Digital Mission as per the guidelines of the Mission", the order also reads.

"The efficacy of the instant set up

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER **SPECIAL SUB DIVISION GUREZ**

NOTICE INVITING E-TENDER

4th Call E-NIT NO 128/2022-23/EE/SSDG/E-tendering/4683-93 Dated 21-07-2022

For and on behalf of the President of India, e-tenders are being invited on percentage basis from approved and eligible Contractors registered with the J&K Government, CPWD, Railways, and other State/Central Governments for the following works:

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/ Doc. (In Rupees)	Earnest Money (In Rs)	Time of completion	M.H of Account	Class of Contractor
1	2	3	4	5	6	7	9
1	Upgradation of Sard-aab Tatroon Khatroon Road BWO P/L of 50mm thick Bituminous macadam 25mm Semidense 6mm seal coat at Tulail.	29.32	1100	58640	30 days	LAN- GUISHING	AAY with HMPO/ Hot Mix Plant Owner/AAY Class/BEE Class

Position of AAA: Accorded

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

Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 in the name of Executive Engineer Special Sub Division Gurez (tender inviting authority) as the cost of the tender document.

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

which will be released after successful completion of the DLP/Maintenance Period.								
S. No.	Particulars	Date						
1	Date of Issue of Tender Notice		21-07-2022					
2	Paried of Downloading of hidder decuments	From	22-07-2022	(10:00AM)				
2	Period of Downloading of bidder documents	To	03-08-2022	(04:00PM)				
3	Bid submission Start Date	From	22-07-2022	(10:00AM)				
4	Bid Submission End Date	То	03-08-2022	(04:00PM)				
_	Date and time of opening of bid (online)		03-08-2022	(05:00 PM)				
5		In the office of	f Executive Engineer Special Sul	Division Gurez				

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

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

Instruction to bidders regarding e-tendering process. 6.1 Bidders are advised to download the bid submission manual from the "Downloads" option as well as the "Bidders Manual Kit" option on the website www.jktenders.gov to familiarize themselves with the bid submission process.

6.2 In order to participate in the bidding process, bidders must obtain a 'Digital Signature Certificate (DSC)' under the Information Technology Act of 2000. Any approved Vendor can provide bidders with a digital certificate. 6.3 Bidders must submit their bids in electronic format with a digital signature online. No physical bids will be accepted.

Bids will be opened online in accordance with the time schedule specified in Para-1. 6.4 Bidders must upload online scanned copy of all required documents (within the document upload limits) with their 6.5 technical bid.

> **Executive Engineer** Special Sub Division Gurez

DIPK-6625-22

4.

A-Division League: Real Cosmos, Al-Hilal Win



Observer News Service

SRINAGAR: Two matches of DFA Srinagar A-Division League were played at the Synthetic Turf TRC on Monday.

Real Cosmos FC beat Lasjan FC by 3 goals to 2 in a closely contested affair. Umair Zahoor Khan of Real Cosmos opened the account for the winning team in 21st minute of the game. Lasjan's Zahid Ayoob levelled the score in 36th minute of the second half. In the 38th minute, Lasjan increased their lead through Mehfooz.

Real Cosmos players launched several attacks and Umair Za- by DFA Srinagar (JKFA) in colhoor managed to equalize in the laboration with JKSC.

39th minute. Umair Zahoor then scored his hat-trick in the 44th minute to give his side a 3-2 vic-

In the second match Al-Hilal FC defeated Makhdoomia FC by 5 goals to 0. Ubaid Shabir put Al-Hilal ahead in the 7th minute, while the team scored their second in the 46th minute through Faisal Mohiuddin.

Faisal Mohiuddin, Maroof and Uzair scored back to back three goals for Al-Hilal FC in 46th, 50th and 59th minute, respectively, helping Al-Hilal win the match 5-0.

The tournament is organised

CWG-Bound Indian Athlete Fails Dope Test



Press Trust of India

NEW DELHI: A member of the CWG-bound women's 4x100m relay team is set be withdrawn from the Indian squad after testing positive for a banned drug.

the name of the dope offender.

"A member of the relay team bound for CWG has tested positive and she will be withdrawn," a top source told PTI without elaborating.

women's 4x100m relay team has been left with just four members. If an injury happens to the remain-

other track events may have to be roped in, which, however, will affect the team's performance.

The Athletics Federation of India (AFI) had initially named Dutee Chand, Hima Das, Srabani Nanda, NS Simi, Sekar Dhanalakshmi and No official is willing to confirm MV Jilna in the 37-member Indian athletics squad

But later, Jilna was withdrawn from the team as the Indian Olympic Association was allocated a quota of just 36 athletes. Jilna was, however, added later With the latest dope flunk, the as replacement of Dhanalakshmi who also failed dope tests.

The dope offender is reportedly a late inclusion in the team ing four members, somebody from but it could not confirmed.

India's Axar Patel Brings West Indies Down To Earth



Agencies

PORT OF SPAIN: West Indies batters again took their team over the 300-run mark, with opener Shai Hope scoring a century in his 100th one-day international, but it still wasn't enough to beat India on Sunday.

Axar Patel smashed a 35ball 64 not out, including the winning six, to secure a seriesclinching two-wicket win for India with two balls to spare. India leads the three-match series 2-0.

Park Oval, reaching 311-6 Medium pacer Kyle Mayers (2-thanks to Hope's 135-ball 115 — 48) bowled the over and only with eight fours and three sixes and 74 from captain Nicholas Pooran, who clouted six sixes.

India chased down the imposing target, scoring 312-8 in 49.4 overs. As well as No. 7 Patel's match-winning innings, key knocks came from Shreyas Iyer (63 runs in 71 balls), Sanju Samson (54 in 51) and opener Shubman Gill (43 in 49).

India started the last over The West Indies won the toss needing eight runs for victory on Wednesday.

and chose to bat first at Queen's but with only two wickets left. 48) bowled the over and only two runs came off his first three deliveries, leaving India still requiring six runs off three balls. Patel only need the one,

smashing Mayers' fourth delivery for six. India won the series opener

by three runs on Friday after West Indies chose to field first - reaching 305-6 in reply to India's 308-7.

The series-concluding ODI is

Messi's Chapter At Barcelona Not **Over: Club President Laporta**

Agencies

FC Barcelona president Joan Laporta has claimed that Lionel Messi's historic chapter at the club is not over yet after he was asked about the possibility of bringing him back to the club. One of the greatest players to have played for Barcelona, Messi had joined the Spanish club's famed La Masia academy at the tender age of 13 and rose through the ranks to play for the senior team.

Messi, who left the Blaugrana last year to join PSG, has also been reported to be keen on a

"Messi was everything," Laporta said exclusively to ESPN.

"To Barca, he's been possibly its greatest player, the most players, coaches. efficient. To me he's only com-The institution is in charge of closed, so it turns out like it him," he added.



"I would hope that the Messi parable to Johan Cruyff. But it chapter isn't over. I think it's our had to happen one day. We had responsibility to try to ... find to make a decision as a conse- a moment to fix that chapter, president of Barca, and on a quence of what we inherited. which is still open and hasn't

should have, and that it has a

more beautiful ending." "As president of Barca, I did what I had to do. But also as personal level, I think I owe

Sri Lanka Leave Pakistan Tottering At 191-7 in 2nd Test



Agencies

GALLE: Ramesh Mendis led an inspired Sri Lanka spin attack to leave Pakistan in trouble at 191-7 in reply to the hosts' 378 on day two of the second Test on Monday.

The tourists, who lead the two-match series 1-0, ended the day still trailing Sri Lanka by 187 runs in their first innings at Galle. Agha Salman resisted the bowling attack with his maiden Test fifty but fell to Prabath Jayasuriva's left-arm spin for 62 in the final moments of play before stumps was called.

Jayasuriya got Salman caught

the right-handed batsman.

Salman, who made his debut in the previous match, put on 46 runs with Yasir Shah, batting on 13, to lift Pakistan from 145-6.

Ramesh rattled Pakistan's middle-order with his off-spin bowling on a pitch expected to turn more from day three onwards.

Pakistan suffered from a lack of partnerships after losing firstmatch hero Abdullah Shafique for a duck and skipper Babar Azam for 16 on either side of the lunch break.

Jayasuriya, who took 21 wickets in his first two Tests, bowled Azam on a turning delivery that got the edge of the dangerman's at slip with a drifter coming into bat to crash onto the stumps.

Report Finds Cricket Scotland 'Institutionally Racist'



Agencies

GLASGOW: An independent review into allegations of racism at Cricket Scotland has found the governance and leadership pracup call for Scottish sport", found ent selection process. 8 examples of institutional racby sportscotland, the national funding body, last year after Scotland's all-time leading wickettaker Majid Hag and former teammate Qasim Sheikh said they had suffered racist abuse.

with 62 percent of those who re-control of the organisation.

sponded saying they had experienced, witnessed or had received reports of incidents of racism, inequalities or discrimination.

Allegations include racial abuse, use of inappropriate tices of the organisation to be language, favouritism towards "institutionally racist". The report, white children from public which was described as a "wake" schools and a lack of a transpar-

The investigation ca ism. A review was commissioned by consultancy firm Plan4Sport, found Cricket Scotland failed in 29 out of 31 indicators of institutional racism.

As a result of the findings, the governing body has been placed into special measures As part of the review, an anon- until at least October 2023, with ymous survey was carried out, sportscotland effectively taking

Health Benefits of Playing Golf: Why You Should Get Out On The Course

Jordan Fuller

It's no secret that the health benefits of playing golf are many. If you're looking for a good excuse to spend more time on the course and less time behind your laptop, this is it!

While all sports get your heart pumping and your blood flowing, golf has some specific advantages that make it a really great option.

We know that it isn't exactly a quick sport to play and isn't necessarily easy to just add to your daily schedule. But even hitting a few golf balls on the driving range can give your mental and physical health a bit of a boost.

If you need convincing as to why getting out on the golf course is a great idea, here are some of the benefits you can expect to experience.

PHYSICAL HEALTH BENEFITS

Naturally, there are some physical health benefits of playing golf. It involves your muscles and your cardiovascular system, and playing regularly will help both of these to improve.

BOOSTS CARDIOVASCULAR HEALTH

While golf isn't the most intense workout, it does involve quite a bit of exercise. Swinging your clubs, lifting and carrying your bag, and walking from hole to hole all get the heart pumping and blood flowing.

In turn, this improves your circulation, allowing oxygen- and nutrientrich blood to flow throughout the body. Your organs make full use of

the nutrients, performing their functions more easily and faster.

Even better, when you do this kind of exercise regularly, the heart becomes stronger and improved cardiovascular health becomes the norm. If you want to boost your heart health, make sure to walk instead of taking a

MODERATE MUSCULAR WORKOUT

You may be surprised to learn just how many muscles are activated during the golf swing. The traps, the shoulders, the biceps, the pecs, the abdominal muscles, and the glutes all activate when you go through the full motion from start to finish.

While this isn't quite enough to build muscle as you would in the gym, it's a significant workout and contributes to strength and calories

ASSISTS WITH WEIGHT LOSS

Speaking of calories burned, according to a Harvard Health study, a 155-pound person can burn around 200 calories in just 30 minutes if they're carrying their own clubs. That means if you're playing a 4-hour round, you can realistically expect to burn 800 or more calories.

If you're actively trying to shed some pounds, that's a great way to burn a significant number of calories in a relatively short period of time. Just be careful not to eat it all back in the clubhouse after your round!

MENTAL HEALTH BENEFITS

Physical health benefits are not the only kind of advantage you get from playing golf. There are also



multiple mental health benefits of playing golf, which are often

overlooked. There are a number of reasons behind golf being excellent for mental health. For those who need company, it's a great way to socialize. On the other hand, those who need alone time will find that it's a lovely way to clear the mind.

REDUCES DEPRESSION It may not be golf itself that helps

to alleviate the symptoms of depression. But it is a happy side effect. Research shows many different reasons for the reduction of depression, but many of them can be found in a round of golf.

For example, this study indicates that regular walking can lower depression. Considering how much walking you have to do on the golf course, it's easy to see the overlap!

There's also great research to show that exercising in nature can boost your mood and reduce stress, which in turn can lower depression symptoms.

Then there are the positive effects of socializing, as well as the welldocumented positive effects of endorphins, which are released during exercise. Add them all together, and golf is a great recipe for reducing depression.

IMPROVES CRITICAL THINKING

One of the unique things about golf is that it requires strategic thinking skills. Sure, you can just hit the ball down the fairway with little thought behind it, but you'll never improve your game or truly enjoy the intricacies of the game.

Regularly taking part in something that requires you to think out of the box helps to develop new neural pathways. Even playing on the driving range or using training aids can help you to foster creative thinking

EXPOSURE TO NATURE

Spending time in nature has been linked to multiple positive health benefits, including reduced levels of anxiety and depression, as well as improved moods.

While other sports are played in open fields, when you play a round of golf, you're directly in contact with nature. Green grass, towering trees, sand bunkers, and water are all natural parts of a golf course, and it can often feel like you're far away from the city when you're playing a round. Then there's the dose of fresh air

and vitamin D, which can have physical effects on the body as well as positive mental effects.

BETTER SLEEP

Exercise and exposure to nature have a knock-on effect on your sleep. You're more likely to sleep deeply and wake up refreshed when you're active and spend time outdoors.

This is significant as sleep is when the body heals and the brain consolidates memories and makes sense of the experiences of the day.

CONCLUSION

The health benefits of playing golf are well-documented. Next time you need to get away from the office or spend a day in the fresh air, getting out on the golf course could be the best thing for you.

Whether you're looking for a way to lose some pounds, a new sport to learn, or an activity to do with your friends that will boost both your physical and mental health, golf comes highly recommended.

It doesn't matter if you're a complete beginner or experienced. Get out on the beautiful course, swing those clubs, walk the course, and take advantage of everything that comes with a round of golf!

Jordan Fuller is a retired golfer turned writer. Golf is his first love, and when he's not on the course improving his own game or mentoring young golfers, he's writing helpful articles for his website, Golf Influence.