

KASHMIR OBSERVERTM

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Ukraine Returned Kashmiri Students Stare At Uncertain Future

Zaid Bin Shabir

Srinagar: Five months since Russia launched the air and ground assault on Ukraine to cleanse it of "Neo-Nazis", uncertainty hangs over the future of over 150 Kashmiri students, who were forced to flee Ukraine's dead cities in March, jettisoning their studies since.

Shahid Habib is one of the students who left the war-torn country with a hope that the conflict won't last long. However, back home Habib and other students are increasingly disenchanted with the authorities' delay in accommodating them in Indian medical Universities and securing their future.



A second year student currently admitted at Kharkiv National Medical University, Habib said that he has no hopes left for his career.

His voice is terrible and chaotic. He describes the intensity

of losing a career in simple auditory terms. Sometimes the uncertainty is quiet but mostly it's loud, he says. As the volume of an uncertain future increases for Habib, so does the chaos, misery, and fear.

MOST OF OUR UNIVERSITY HAS BEEN DESTROYED. THE UNIVERSITY ADMINISTRATION HAS PROVIDED US TWO OPTIONS FOR TRANSFERRING our degree to outside Ukraine. One is in Kazakhstan and the other is Georgia. However, the transfer window has already closed in May. Since then, I've been attending online classes. And despite repeated requests, the central Government hasn't done anything to accommodate us in Indian universities."

Since being safely evacuated to their homes, most Kashmiri students admitted in Ukrainian universities are attending online classes.

"Most of our university has been destroyed. The University administration has provided us two options for transferring our degree to outside Ukraine. One is in Kazakhstan and the

other is Georgia. However, the transfer window has already closed in May. Since then, I've been attending online classes. And despite repeated requests, the central Government hasn't done anything to accommodate us in Indian universities," Habib told Kashmir Observer.

Every year, a limited number of seats in medical Universities

of Kazakhstan, Romania, Turkey and Moldova are reserved for students who are on a transfer, Habib said, however it's impossible to accommodate more than 20,000 Indian students at once. "So, transfer from Ukrainian universities to other foreign universities is not an option for us," he added.

He further said that despite promises from the National Medical Commission (NMC) of accommodating Ukraine returned students in Country's medical universities, nothing has been done so far. "The Indian government evacuated the students and promised them a secure future in India but the central **More on P6**

J&K Sees Big Jump In Covid Cases, 697 Test +Ve

Observer News Service

Srinagar: For the first time in over last five months, the daily Coronavirus cases took a big jump in Jammu and Kashmir on Tuesday as 697 more people tested positive for the deadly infection, even as no fresh fatality was reported from the Union Territory during the last 24 hours.

Kashmir Valley reported the highest single-day spike in Covid-19 cases after a gap of over five months, with 416 people confirmed infected by the virus, officials said Tuesday. In Jammu, 281 new cases of Coronavirus were detected, taking the total number of people infected since the onset of pandemic in J&K to 461255.

Giving district-wise details, the officials said, that Srinagar reported the highest 268 cases, Baramulla 71, Budgam 22, Kupwara 20, Bandipora 14, Ganderbal 10, Kulgam 6, Anantnag 3 and Pulwama 2. Shopian was the only district in the Valley where no new cases were detected.

In the winter capital, officials said, Jammu reported a maximum of 147 new cases of virus, Doda 40, Udhampur 20, Rajouri and Kishtwar 16 each, Kathua 13, Samba 11, Poonch 10, Ramban 7 and Reasi one new case of Covid-19.

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, 260 more COVID-19 patients have recovered and been discharged from **More on P6**

J&K Saw 9-Fold Rise In Encounters In 2021-22: GOI



Press Trust Of India

New Delhi: Jammu and Kashmir has seen nine-fold increase in police encounters in 2021-22 highest in the country followed by Assam where such cases rose by over four times against the previous year, Lok Sabha was informed on Tuesday.

Union Minister of State for Home Nityanand Rai said on

Tuesday that there were 82 cases of police encounters in 2020-21 in the country and the number has gone up to 151 in 2021-22.

According to the data tabled in Lok Sabha, there were just five police encounters in Jammu and Kashmir in 2020-21 and such cases have been increased to 45 in 2021-22.

Uttar Pradesh and Madhya Pradesh had 16 **More on P6**

CRPF Shifts Training Centre From Srinagar To Pulwama

Auqib Javed

Srinagar: The Central Reserve Police Force (CRPF) has relocated two of its centres, including a training centre in Srinagar

PRO CRPF, Junaid Khan told Kashmir Observer that due to space constraints at the Recruit Training Centre (RTC), Humhama, the centre has been shifted to Lethpora, while as a Group centre, Srinagar from its present location Rambagh has been shifted to Humhama.

"The formal recruit training used to happen in Humhama centre earlier but now the training will happen in Lethpora **More on P6**

JKCA Scam: ED Files Charges Against Dr Farooq, Others

Press Trust Of India

Srinagar: The Enforcement Directorate on Tuesday said it has filed a chargesheet against former Jammu and Kashmir chief minister Farooq Abdullah and some others in connection with its money laundering probe linked to alleged irregularities in the Jammu and Kashmir Cricket Association (JKCA).

The prosecution complaint was filed on June 4 before a special Prevention of Money Laundering Act (PMLA) court in Srinagar, it said in a statement.

The ED has also arraigned Ahsan Ahmad Mirza and Mir



Manzoor Gazanffer, both former treasurers of JKCA, and some others as accused in the chargesheet.

The court has summoned the accused to appear before it on August 27, it said. Mirza was

Dr Farooq Shall Stick To Truth: NC

The National Conference on Tuesday said its president Farooq Abdullah will always stick to the truth and vindicate himself in the Jammu and Kashmir Cricket Association money laundering case. The Srinagar MP will cooperate with the investigation agencies, it said. This comes days after the principal district and sessions judge, Srinagar summoned Abdullah on August 27 on a complaint filed by the Enforcement **More on P6**

No KP Quit Govt Job After Militant Attacks: Govt

Press Trust Of India

New Delhi: No Kashmiri Pandit working under the Prime Minister's Development Package (PMDP) has resigned in protest against the killings of fellow community members in the Valley by militants, Union Minister Nityanand Rai said in Lok Sabha on Tuesday.

Rai also said that a total of 5,502 Kashmiri Pandits have been provided government jobs in different departments of Jammu and Kashmir administration in the Kashmir Valley under the PMDP.

As per the information provided by the government of Jammu and Kashmir, no Kashmiri Pandit working under the Prime Minister's

Development Package has resigned in protest against the killing of a Kashmiri Pandit in Kashmir Valley, Rai said replying to a written question.

The minister of state for home said the government has approved construction of 6,000 transit accommodations for the Kashmiri migrant employees engaged or to be engaged in different departments of the Jammu and Kashmir government in the Valley. Rai last week had said that as many as 118 civilians, including five Kashmiri Pandits and 16 other Hindus and Sikhs, were killed in Jammu and Kashmir since the abrogation of Article 370 in August 2019.

He had also said no Kashmiri Pandit migrated from the Valley since August 2019.

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S H O R T T A K E S

Sinha, DG CISF Discusses Security Issues

Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Tuesday discussed various issues related to security arrangements at the important installations, government institutions and industrial establishment with the Director General, Central Industrial Security Force (CISF) Sheel Vardhan Singh at Raj Bhavan here. The LG, according to an official spokesperson lauded the commendable efforts of the CISF personnel in keeping the vital institutions secure while serving the people. "The Lt Governor and the DG CISF held discussion on various matters pertaining to security **More on P6**

India Remembers Fallen Soldiers

President Droupadi Murmu and Prime Minister Narendra Modi on Tuesday led the nation in paying tributes to the soldiers who fought valiantly in extreme weather conditions to defend the country's territory during the Kargil conflict. Defence Minister Rajnath Singh, along with the chiefs of the three services, laid a wreath at the National War Memorial in Delhi in memory of the soldiers who laid down their lives while defending the country. Various events were organised across the country, including at the Kargil War Memorial in Ladakh's Dras, to mark the occasion. The Army's Northern **More on P6**

10 Police Officers Transferred

The Jammu and Kashmir government on Tuesday ordered transfer of ten police officers in the interest of administration with immediate effect. According to an order by J&K's Home Department, Umesh Kumar, IPS, awaiting posting in the Police Headquarters has been posted as SO to ADGP, Railways, J&K, against an available vacancy. Sanjeev Kumar Yadav, IPS, awaiting posting in the Police Headquarters has been posted as Divisional Commandant, Home Guards, Jammu, vice Vikas Gupta. Vikas Gupta, IPS, Divisional Commandant, Home Guards, Jammu, has been transferred and posted as OSD in Prisons Department. One post from the overall cadre strength of IPS is transferred to the Prisons Department for the **More on P6**

Stone Idol Of Hindu God Recovered

The Jammu and Kashmir Police have recovered a stone idol of a Hindu god from a brick kiln in Central Kashmir's Budgam district, reports said Tuesday. On the basis of specific inputs, cops from Police Station Budgam carried out a search of the brick kiln B-11 in Gadusathu area of the district and recovered the sculpture. If sources are to be believed the sculpture is of 'Shambu'. A local news agency KNT quoted an unnamed police officer as saying that Archeological Survey of India officials will be called to ascertain the details of the stone sculpture. (Agencies)



Digital Twin: In The Future, Virtual Versions Of Ourselves Could Predict Our Behaviour

Press Trust Of India

A digital twin is a copy of a person, product or process that is created using data. This might sound like science fiction, but some have claimed that you will likely have a digital double within the next decade. As a copy of a person, a digital twin would — ideally — make the same decisions that you would make if you were presented with the same materials. This might seem like yet another speculative claim by futurists. But it is much more possible than people might like to believe. While we might tend to assume that we are special and unique, with a sufficient amount of information, artificial intelligence (AI) can make many inferences about our personalities, social behaviour and purchasing decisions. The era of big data means that vast quantities of information (called “data lakes”) are collected about your overt attitudes and preferences as well as behavioural traces that you leave behind. Equally jarring is the extent to which organizations collect our data. In 2019, the Walt Disney Company acquired Hulu, a company that journalists and advocates pointed out had a questionable record when it came to data collection. Seemingly benign phone applications — like ones used for ordering coffee — can collect vast quantities of from users every few minutes. The Cambridge Analytica scandal illustrates these concerns, with users and regulators concerned about the prospects of someone being able to identify, predict and shift their behaviour.

But how concerned should we be?

High vs. low fidelity

In simulation studies, fidelity refers to how closely a copy, or model, corresponds to its target. Simulator fidelity refers to the degree of realism a simulation has to real-world references. For example, a racing video game provides an image that increases and decreases in speed when we depress keys on a keyboard or controller. Whereas a driving simulator might have a windscreen, chassis, gear stick and gas and brake pedals, a video game has a lower degree of fidelity than the driving simulator. A digital twin requires a high degree of fidelity that would be able to incorporate real-time, real-world information: if it is raining outside now, it would be raining in the simulator. In industry, digital twins can have radical implications. If we are able to model a system of humans and machine interaction, we have the ability to allocate resources, anticipate short-ages and breakdowns, and make projections. A human digital twin would incorporate a vast quantity of data about a person's preferences, biases and behaviours, and be able to have information about a user's immediate physical and social environment to make predictions. These requirements mean that achieving a true digital twin are a remote possibility for the near future. The amount of sensors required to accumulate the data and process capacity necessary to maintain a virtual model of the user would be vast. In the present, developers settle for a low-fidelity model.

Ethical issues



Producing a digital twin raises social and ethical issues concerning data integrity, a model's prediction accuracy, the surveillance capacities required to create and update a digital twin, and ownership and access to a digital twin. British Prime Minister Benjamin Disraeli is frequently quoted as saying, “There are three kinds of lies: lies, damned lies and statistics,” implying that numbers cannot be trusted. The data collected about us relies on gathering and analyzing statistics about our behaviours

and habits to make predictions about how we would behave in given situations. This sentiment reflects a misunderstanding about how statisticians gather and interpret data, but it does raise an important concern. One of the most important ethical issues with a digital twin relates to the quantitative fallacy, which assumes that numbers have an objective meaning divorced from their context. When we look at numbers, we often forget that they have specific meanings that come from the measure-

ment instruments used to collect them. And a measurement instrument might work in one context but not another. When collecting and using data, we must acknowledge that the selection includes certain features and not others. Often, this selection is done out of convenience or due to the practical limitations of technology. We must be critical of any claims based on data and artificial intelligence because the design decisions are not available to us. We must understand how the data were collected, processed, used and presented.

Power imbalances

The imbalance of power is a growing discussion in the public concerning, data, privacy and surveillance. At smaller scales, this can produce or increase digital divides — the gap between those who do and those who do not have access to digital technologies. At larger scales, this threatens a new colonialism premised on access to and control of information and technology. Even the creation of low-fidelity digital twins provides opportunities to monitor users, make inferences about their behaviour, attempt to influence them, and represent them to others. While this can help in health-care or education settings, a failure to give users the ability to access and assess their data can threaten individual autonomy and the collective good of society. Data subjects do not have access to the same resources as large corporations and governments. The lack the time, training, and perhaps the motivation. There is a need for consistent and independent oversight to ensure that our digital rights are preserved.

US To Plant More Trees As Climate Change Kills Off Forests

Associated Press

The Biden administration on Monday announced plans to re-plant trees on millions of acres of burned and dead woodlands as officials struggle to counter the increasing toll on the nation's forests from wildfires, insects and other manifestations of climate change. Destructive fires in recent years that burned too hot for forests to quickly regrow have far out-paced the government's capacity to replant trees. That's created a backlog of 4.1 million acres (1.7 million hectares) in need of replanting, officials said. The U.S. Agriculture Department said it will have to quadruple the number of tree seedlings produced by nurseries to get through the backlog and meet future needs. That comes after Congress last year passed bipartisan legislation directing the Forest Service to plant 1.2 billion trees over the next decade and after President Joe Biden in April ordered the agency to make the nation's forests more resilient as the globe gets hotter. Much of the administration's broader agenda to tackle climate change remains stalled amid disagreement in Congress, where Democrats hold a razor-thin majority. That's left officials to pursue a more piecemeal approach with incremental measures such as Monday's announcement, while the administration considers whether to declare a climate emergency that could open the door to more aggressive executive branch actions. Our forests, rural communities, agriculture and economy are connected across a shared landscape and their existence is at stake, Agriculture Secretary Tom Vilsack said in a statement announcing the reforestation plan. Only through bold, climate-smart actions ... can we ensure their future."

Almost 5.6 million acres have burned so far in the U.S. this year,

putting 2022 on pace to match or exceed the record-setting 2015 fire season, when 10.1 million acres (4.1 million hectares) burned. Many forests regenerate naturally after fires, but if the blazes get too intense they can leave behind barren landscapes that linger for decades before the trees come back. The Forest Service this year is spending more than \$100 million on reforestation work. Spending is expected to further increase in coming years, to as much as \$260 million annually, under the



sweeping federal infrastructure bill approved last year, agency officials said. Some timber industry supporters were critical of last year's reforestation legislation as insufficient to turn the tide on the scale of the wildfire problem. They want more aggressive logging to thin stands that have become overgrown from years of suppressing fires. To prevent replanted areas from becoming similarly overgrown, practices are changing so reforested stands are less dense with trees and therefore less fire prone, said Joe Fargione, science director for North America at the Nature Conservancy. But challenges to the Forest Ser-

vice's goal remain, from finding enough seeds to hiring enough workers to plant them, Fargione said. Many seedlings will die before reaching maturity due to drought and insects, both of which can be exacerbated by climate change. You've got to be smart about where you plant, Fargione said. There are some places that the climate has already changed enough that it makes the probability of successfully reestablishing trees pretty low. Living trees are a major sink for

carbon dioxide that's driving climate change when it enters the atmosphere, Fargione said. That means replacing those that die is important to keep climate change from getting even worse. Congress in 1980 created a reforestation trust that had previously capped funding which came from tariffs on timber products at \$30 million annually. That's proven far too little as high intensity fires increase. Insects, disease and timber harvests also contribute to the amount of land that needs reforestation work, but the vast majority comes from fires. In the past five years alone more than 5 million acres were severely burned.

AFFIDAVIT

I, Mohammad Shafi Pakhtoon s/o Abdul Razak Pakhtoon RJo K. P Bagh, Srinagar do hereby solemnly affirm and declare on oath as under:

- That I am hereditaiy state Subject of U T of J&K.
- That I am consumer of PDD under Consumer I ID |No. 0202040008427.
- That I have not any kind of objection if the said electric connection will transfer in favour of my brother namely Ghulam Nabi Pakhtoon S/o Abdu Razaq Pakhtoon r/o Mehjoor Nagar Srinagar near dewatering station
- That he shall abide by all the rules and regulation of your department from time to time. .

Hence this affirmation.
Deponent

Verification:
Verified that the above contents are true and correct to the best of my knowledge and belief and nothing concealed Therein
Deponent

inf

سانحه ارتحال

یہ خبر نہایت افسوس کے ساتھ دیجاتی ہے کہ اہلیہ مرحوم سید احمد جلالی بروز منگلوار اس دار فانی سے دار البقا کی جانب کوچ کر گئیں۔

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سید طارق احمد جلالی

ss

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION PULWAMA

NOTICE INVITING TENDERS

Quotation

E-TENDERING/NIT No: Fresh 174/EEP/RNB/2022-23/6303-6313

DATED: 22-07-2022

For and on behalf of the Lieutenant Governor, Union Territory of J&K Expression of Interest (EOI) are invited from approved and eligible Bidders as per Instruction to Bidder (ITB) and Terms of conditions. The Bidder (Firm/AMCAgency/Company) should have the eligibility as per below mentioned Eligibility Criteria for each of the following works:-

S. No	Name of Work	Cost of TD.	EMD in Rs	Time for Completion	Class
1	Maintaining/ Servicing/ repairing of Xerox Machines, Computer equipments and refilling of printer cartridges to RnB Circle/Divisional office Pulwama w.e.f 10.07.2022 to 31.03.2023	600/-	2000/-	1 day	Registered/ Experienced Authorized Firms/ Agency

The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.Q.Q), Set of terms- and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

S. No.	Critical Dates			
1	Date of Issue of Tender Notice		22-07-2022	
2	Period of Downloading of bidder documents	From	23-07-2022	(10:00AM)
3	Bid submission Start Date	From	23-07-2022	(10:00AM)
4	Bid Submission End Date	To	30-07-2022	(04:00PM)
5	Date and time of opening of bid (online)		30-07-2022	(4:30 PM)
In the office of Executive Engineer PWD(R&B) Division Pulwama				

- Bids must be accompanied with cost of Tender document in shape of Treasury Challan/Receipt (Debited to M.H.0059 PWD) Emd in favour of Executive Engineer R&B Division Pulwama showing clearly the name of work along with NIT No. & S.No. failing which the tender will be rejected out rightly
 - The date and time of opening of Bids shall be notified on Web site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site in the office of Executive Engineer R&B Division Pulwama.
 - The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.
- All other terms and conditions shall be available in website www.jktenders.gov.in
Head Draftsman
DIPK-6686/22
Technical Officer

Executive Engineer,
R&B Division Pulwama

LCMA Starts Cleanliness Drive In View Of Forthcoming Muharram

Observer News Service

Srinagar: The Lakes conservation and Management Authority (LCMA) on Tuesday started a special cleanliness drive for 10 days in connection with Muharram ul Haram in Moti Mohalla of Dal Lake.

Collector LCMA, Project Officer LCMA, other engineers and staff were present in the drive. The main focus of this drive is to go for the cleanliness in the hamlets inside the Dal Lake.

Meanwhile, LCMA continued demolition

drives against illegal constructions on Tuesday through its Enforcement Wing in the areas of Baba Demb and Shah-dad bagh.

During the drive, one under construction second storey being illegally constructed was demolished besides one tin shed wooden structure was razed to ground.

Moreover, illegally dumped earth filling in the area of Laam was removed.

"Legal action was also initiated against the violators" LCMA in a statement said.

Campus Recruitment Drive Held At KU's DMS

Observer News Service

Srinagar: The Department of Management Studies (DMS), University of Kashmir organized a campus recruitment drive which was conducted by Shuraa Management and Consulting, Dubai.

Shuraa, a management and consulting firm operating from Dubai for the last 20 years and has a global presence in major locations including Dubai, London, Mumbai, Dhaka and Delhi.

Umaisra Syed, Head Talent Acquisition/Human Resource, Shuraa Management and Consulting visited the department for campus recruitment.

Welcoming senior executives from the company, Prof Iqbal Ahmad Hakim, Head, Department of Management Studies thanked

the recruiters for hiring talented and competent youth from Kashmir.

He said the placement office of the department is striving hard to create a strong connection with the Industry and as a result of these efforts more than 21 companies including Amul, Asian Paints, Berger Paints, Reliance Jio have recruited from the campus during the previous year.

This year we are seeing a good response from the Industry and now overseas companies have also started recruiting from the Department, Prof Hakeem said.

Speaking on the occasion, Umaisra Syed said that Kashmir has a rich talent pool and that's why they are recruiting from KU. She thanked the department for facilitating the recruitment drive.

Workshop On Child Sexual Abuse Held At GHSS Kothi Bagh

Observer News Service

Srinagar: One day training programme cum workshop for teachers on awareness and prevention of Child Sexual Abuse (CSA) was organized by Directorate of School Education, Kashmir, in collaboration with Ru baroo Breaking Silences Foundation

Mumbai, Kashmir Women's Collective, and Sahuliyat Kashmir at GHSS Kothibagh.

On the occasion, experts deliberated on vari-

ous related issues and special sessions were deliberated by Priya Vaidya Project Head Mental health, Pallavi Belkhede Project Head Counseling, and the exercise was overseen by Director Rubaru, Ishita Manek.

Director School Education, Tasaduq Hussain Mir also attended the session.

In his address Tasaduq said that it is high time to address these issues and if the society does not address these issues of sensitive nature, the society is bound to

deteriorate and suffer.

Personnel Officer to Director, Ata ul Munim Tak highlighted said that Child Sexual Abuse is rampant and more common than we know and it is not some stranger far-away but our family and friends who sadly commit this heinous act.

He requested teachers to be aware and provide a safe environment to children to report such crimes.

Mantasha Binti Rashid from Kashmir Women's Collective said that denial of such issues

only exacerbates them and the need of the hour is to dispel various myths around it and address it head on.

Ishita Manek thanked the Directorate of School Education Kashmir for organizing the event.

Teachers appreciated the daylong training and said that it was intense and thought provoking. Pre and post training feedback was taken from each teacher to assess the change in their attitude and understanding about the CSA.

Valedictory Function Of Inter-College Volleyball Tournament Held At GCoE

Observer News Service

Srinagar: The valedictory function of the Inter-College Volleyball and Table Tennis Tournament organised by the Department of Physical Education, Govt. College of Education, IASE, M.A. Road was held on Tuesday.

Prof. Quyyum Hussain, Vice Chancellor, Cluster University Srinagar was the Chief Guest of the event.

Special Guest of the event was Prof. Tariq Ashai, Secretary Sports, Cluster University, Srinagar.

The Vice Chancellor in his Presidential Address emphasized the significance of sports as an integral part of curriculum. He also highlighted the role of sports in building various life skills from teamwork to leadership to discipline. His words served as a source of inspiration to all the students.

Prof. Tariq Ashai, in



his special address also encouraged the students to be a part of all sports activities and acquainted the students how sports can prevent drug abuse and can help reach fitness goals.

Earlier, the guests were welcomed by Prof. Seema Naz, Principal of the host college. She encouraged the participants to ensure their participation in future activities by emphasizing that winning the game is not important however playing the game is.

Mohd. Ayoub, Physical Director of the college summated the whole

score of the tournament wherein it was informed that GDC, Bemina won both the Trophies in Volleyball and Table Tennis (Doubles)

The College Cultural Committee along with the students had organized a prayer under the dynamic mentorship of Prof. Gurmeet Kour.

Later, Trophies and Medals were distributed among the winning and runner up teams. Officials working in various capacities from the department of Youth Service and Police were thanked for executing their duties efficiently.

DDC Member Aijaz Hussain Visits Balhama PHC Site

Observer News Service

Srinagar: District Development Council (DDC) member and the Haj Corporation of India (HCoI) member Er Aijaz Hussain led a team of Medical experts and engineering wing to Balhama, Srinagar, where land for the Primary Health Centre (PHC) was identified and directions passed for preparing immediate Detailed Project Report (DPR) so that work could be started forthwith.

Er Aijaz along with the team of health experts and Engineering wing inspected the land identified for the construction of PHC at Balhama, Srinagar.

He said that the land was already identified and today, the teams of Health and Engineering wing including AEE were directed to prepare the DPR for immediate construction of PHC for the relief of people.

DIAL-EMMA

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- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153



HIGHWAY STATUS



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



**HIJRI
CALENDAR**
27- Zil- Hajj
1443

PRAYERS

FAJR	4:00
ZUHR	12:37
ASR	5:33
Magrib	7:40
ISHA	9:14

This Day In History

- 1214 - 1st battle of Bouvines - King Philips II of France vs Holy Roman Emperor Otto IV and King John of England; as a result John lost Normandy and his other possessions in France (hence his nickname Jhn "Lack-land")
- 1914 Felix Manalo registers the Iglesia ni Cristo with the Filipino government.
- 1917 - World War I: Allied troops reach the Yser Canal in the prelude to the Battle of Passchendaele
- 1922 - International Geographical Union forms in Brussels
- 1941 - Japanese forces land in Indo-China
- 1943 - 772 British bombers attack Hamburg
- 1965 - President Lyndon B. Johnson signs a bill requiring cigarette makers to print health warnings on all cigarette packages about the effects of smoking.
- 1967 - Arabs Federation premier Hoessein Al Bayoomi resigns
- 1970 - France performs nuclear Test at Mururoa atoll
- 1975 - The British government closes its consulate in Angola following increasing fighting between the Popular Movement for the Liberation of Angola and South African troops
- 1976 - Japanese ex-premier Tanaka arrested (Lockheed Affair)
- 1982 - Indian Prime Minister Indira Gandhi's first visit to the US in almost 11 years
- 1986 - Iraqi jets attack central Iranian city of Arak; Iran threatens missile attack of gulf states supporting Iraq
- 1987 - First expedited salvaging of Titanic wreck begins by RMS Titanic, Inc.
- 1990 - Tom Moody scores 100 in 26 mins in county cricket, world record
- 1990 - White-Russia declares independence
- 1991 - TV Guide publishes its 2000th edition

From KO Archives

Car With 100 KG RDX seized

Stolen car intercepted near Magam, was headed for Srinagar?

Observer News Service

Srinagar - Death and devastation on a large scale was averted today when the police recovered 100 kilograms of RDX from a stolen Maruti car near Magam in the Baramulla district. The driver of the car was apprehended while two other occupants managed to escape.

"The RDX was concealed in a trunk and was fitted with two live grenades fixed to detonators" Inspector General of Police, Kashmir, Javed Mukhdomi, said at a hurriedly-called press conference this evening. A wireless Set was also found along with the explosives.

Police immediately called the bomb disposal squad who neutralised the explosive material.

"There is a possibility that the car was being driven to Srinagar for a bombing," he said, adding that a major tragedy had been averted.

The recovery was made during routine checking near Magam when a blue Maruti 800 was stopped by line police at around 6 PM Tuesday evening. The three occupants of the car made a break for it, but one of them, the driver, identified as Zahoor Ahmad of Hanjiwara, Pattan, was caught at Mazhama on the Srinagar-Magam road after the police gave chase, the IGP said.

The car (original registration number JKE 6394) was fitted with a false number plate (DL3C 8177). It had been stolen a few days ago from Aripathan, and an FIR stands lodged in the Beeru police station, the IGP said. The interrogation of the driver was going on.

'Seizure a major breakthrough'

The Centre today described the seizure of an explosive-laden car and the arrest of its driver on Srinagar1 Gulmarg Highway a major breakthrough in the investigations into a spate of bomb blasts in the recent past. "This is a major breakthrough and we are hopeful that the security forces will be able to bust the militant network carrying out these attacks," a senior Home Ministry official said.

(Kashmir Observer, 27 July, 2005)

ریاض احمد نجار کو ان کی پہلی برسی پر خراج عقیدت

ریاض احمد نجار آج ہی کے دن یعنی 27 جولائی 2021ء کو وفات پائے اور ہمارے گھر میں اندھیرا چھا گیا۔ ہم اور ہمارے بچے آپ کو خراج عقیدت پیش کرتے ہیں۔ ہم ہر مل آپ کا بڑا خلوص چہرہ، آپ کا ہنس کھلچہ، آپ کی میٹھی میٹھی باتیں اور آپ کا شیش کی طرح صاف و شفاف دل جو سب کے لئے محبت سے بھرا ہوا تھا یاد کرتے رہتے ہیں۔ آپ نہایت ملنسار، خود اور ہم سب کے لئے نہایت رفیق شفیق تھے۔ آپ کی تصویر ہماری آنکھوں کے سامنے ہر وقت گھومتی رہتی ہے۔ ہم آپ کو انٹک بار آنکھوں سے عقیدت کے پھول نچھاور کرتے ہیں اور دعا کرتے ہیں کہ خداوند کریم آپ کو دیدار نبی عطا کرے۔ آپ کو جنت الفردوس میں اعلیٰ مقام عطا کرے۔ آمین

سوگواراں: بردران، اہلبید و فرزند ان

بڈشاہ گرنی پورہ سری نگر، چھانڈ پورہ سری نگر

بذریعہ: شبیر احمد

انجمنیات و ترگام

مضمون کا خدمات درخواست منجانب فردوس احمد ڈار ولد غلام قادر ڈار ساکنہ موضع چنٹورہ تحصیل و ترگام بمبراد عطا یگی اجرائی و ارخان جائز سرٹیفکیٹ بحق غلام قادر ڈار

اشتیجار بمبراد گامی ہر خاص و عام

محاملہ مندرجہ عنوان الصدر میں درخواست سائل دفتر ہذا میں زیر کاروتی ہے اس سلسلے میں پٹواری صاحب سے رپورٹ بشمول ریکارڈ طلب کیا گیا ہے جس سے عیاں ہے کہ سائل موضع چنٹورہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے اور سائل کا والد مورخہ 12-04-2022 کو فوت ہو چکا ہے متوفی مذکورہ کے وارخان ہذا میں ہے۔

رہائے بیگم زوجہ متوفی عمر رسیدہ 76 سال

ریاض احمد ڈار پسر متوفی زمینداری 55 سال

فردوس احمد دار پسر زمینداری 52 سال

منظور احمد ڈار پسر مزدوری 47 سال

ارشاد احمد ڈار پسر 40 سال

نسیم بیگم دختر شادی شدہ 60 سال

قمبیدہ بیگم دختر شادی شدہ 43 سال

عفت طاریق زلیعیم 10 سال

اس کے علاوہ کوئی افراد کہہ نہیں ہے سرٹیفکیٹ زیر بحث اجرا کرنے میں اگر کسی شخص کوئی عذری اعتراض ہو تو وہ اپنا مندر یا اعتراض ساتھ یوم اندر دفتر ہذا میں پیش کرے معیاد اگر نئے بعد کوئی بھی عذریا اعتراض قابل قبول نہیں ہوگا

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K O V I E W

Rise in Covid cases

Jammu and Kashmir has recorded a 250 percent increase in Covid-19 cases over the past 10 days triggering fresh alarm about the resurgence of the infection in the union territory. From 1130 cases on July 16, the toll has reached around 4000 now. Eight deaths have been reported this month, seven of them in the Jammu division. This has prompted the authorities to direct health officials to start booster vaccine doses against the virus on a war footing. On Monday, J&K Chief Secretary directed the officials “to organise systematic vaccination drives for prompt booster vaccination of the remaining segment.” He called for the administering of the booster doses to the remaining population within the set deadlines. On a positive note, the director SKIMS Dr Parvaiz Ahmad Koul told the Chief Secretary that the current trends showed low Covid mortality,

However, this is no reason to take things easy. The pandemic is returning with new virus strains - albeit not as deadly as their earlier versions which killed millions around the world, with India being one of the hardest-hit countries. India was swamped by an avalanche of cases, more so during the second wave that broke out in January and February 2021. The country itself witnessed over three lakh daily infections from January 19 to 24. But thankfully, the wave soon subsided. Ever since, there have been sporadic outbreaks but none of them as fatal or virulent as the first three waves. The number of mortalities has also progressively gone down. But that is no reason to let our guard down. We have to gear up to face and defeat the new variants.

With the abating of the Omicron wave which broke out early this year, there was a temporary sense of relief across the world. The economies started re-opening in most parts of the world. But fresh surges in some countries should be a warning that the virus is here to stay for some more time. In fact, it has already become endemic now.

So far, Covid-19 has turned out to be a very stubborn virus. Despite full vaccination by a large mass of people across the globe, the outbreaks have not stopped. Here’s hoping that the new Covid variants become milder so that people can live with them. But meanwhile, the governments and the people can’t afford to take the frsh strains lightly. There is a need to continue to follow Covid precautions in public.

O T H E R O P I N O N

Crippling MSMEs

Data from the RBI’s most recent financial stability report showed that while gross non-performing assets of the MSME sector have dipped recently, they remained uncomfortably high. At the end of March 2022, bad loans in the MSME sector stood at 9.3 per cent. Further, as the report also pointed out, restructured MSME loans, constituting around 2.5 per cent of total advances, remain a source of concern. During these periods of disruption, the larger firms have benefitted at the expense of MSMEs — as per CRISIL, more than a quarter of the country’s MSMEs have lost market share due to the pandemic.

MSMEs also face another peculiar problem, that of delayed payments. As reported in this paper, delayed payments are a critical issue for the sector, especially for the micro and small enterprises. The sheer magnitude of the delayed payments, from both private and public sector customers, complicates their cash flow management, increasing their working capital requirements, and impacting their financial position and business prospects. Among the MSMEs, for the smaller enterprises, delayed payments as a percentage of sales, have seen a sharp rise over the past few years. This problem is more acute in labour intensive segments such as construction, retail trade and transport. The government has been cognisant of this issue and has urged both central and state departments as well as public sector enterprises to clear their dues to MSMEs within 45 days of receipt of goods. Yet, as reported in this paper, the issue remains.

In recent times, there are signs of a turnaround. Bank credit to MSMEs has picked up pace sharply in the quarter ending March 2022. But, considering that the government’s relief measures were largely through the formal banking channels — under the widely used emergency credit line guarantee scheme loans worth Rs 3.32 lakh crore were sanctioned till April 2022 — the formal MSMEs are likely to have recovered faster. Among the informal MSMEs, those who have linkages to the formal parts of the economy would have also recovered quicker — after all, an upsurge in demand would have led to a pick up in ancillary industries and service units. The informal MSMEs who operate mostly among themselves are likely to have suffered the most. Considering that MSMEs employ a sizable part of India’s labour force, and are also suppliers to the larger economy, their financial distress has far reaching consequences. Appropriate steps should be taken to ease their woes.

Indian Express

Asad Mirza

The extreme temperatures witnessed in Europe during the last fortnight, are the results of our own making, and maybe this is a wake-up call for the humans to stop playing with nature

When we think of Europe, we mostly think of cold and enjoyable weather, as compared to our scorching heat and humid weather. But in 2022, the European continent is facing one of the worst summers.

Usually, by Indian standards, even the European summers were considered to be much better than our winters but record-breaking heat affecting parts of Western Europe during the fortnight, with UK temperatures exceeding 40C (104F) for the first time since record-keeping began in 1772, has proven us wrong.

Temperatures dived in many other countries in Europe, with 64 different areas in France experiencing record highs and temperatures in Portugal reaching 47C.

The dangerously high temperatures have had other additional consequences, too, with Portugal reporting more than 1,000 heat-wave-related deaths in the last fortnight. At least 13 people have died in open water-related incidents in the UK.

Extreme heat-wave warnings were issued in France and record July temperatures were reported in the Netherlands. In Paris, the thermometer crossed 40 degree Celsius for the third time this summer.

In addition, Wildfires continue to sweep across parts of Southwest Europe. As well as increased ozone pollution, the European heat wave is also exacerbating the scale and intensity of wildfires currently raging across southern Europe, especially in south-western France, Spain and Portugal. The worst affected regions to date include the Gironde region south of Bordeaux, Extremadura and Galicia in Spain, and parts of Portugal.

This is also accompanied with the fact that Europe is witnessing more and more floods in the regions where they were unheard of like in Germany and the UK. Experts blame Climate Change for the soaring temperatures across the world, especially Europe, and have warned that worse is yet to come.

Scientific View

The Guardian reported Prof. Richard Allan, of the University of Reading as saying that Climate Change is intensifying these heat waves as greenhouse gas increases raise temperatures and a warmer, more thirsty atmosphere dries out the soil, so that more of the sun’s energy is available to heat the ground rather than evaporating water.

The Politico quoted Mariam Zachariah, climate scientist at Imperial College London, as saying that build-up of CO2 from burning fossil fuels has made heat waves more intense and more frequent across the globe, including in Europe.

The World Meteorological Organisation (WMO) warned last week that Europe’s heat wave could persist into the middle of next week, whereas the negative impacts of climate change are bound to continue at least until 2060s.

Robert Stefanski, chief of Applied Climate Services at the

Europe Scorched



NASA recently released a map depicting the warm regions of the world in red and cool regions in blue. In the map, one can see the surface air temperatures across most of the Eastern Hemisphere on July 13, 2022. (Image Source : NASA)

WMO, at a joint press briefing with the World Health Organisation (WHO), also said that record heat waves are becoming more frequent because of climate change.

The Copernicus Atmosphere Monitoring Service (CAMS) scientists are predicting very high levels of surface ozone pollution across a large region of Europe as temperatures soar. They also warn about very high levels of ozone pollution in southern Europe caused by the heat wave could now affect north-western regions in the coming week. The prediction comes after extremely high surface ozone pollution was experienced across western and

responsible for environmental degradation had planned and executed a bold campaign 30 years ago, to spread doubt and persuade the public that Climate Change was not a problem. The tie-up between some of America’s biggest industrial players and a PR genius - forged a devastatingly successful strategy that endured for years, and the consequences of which are all around us.

Climate Change and Big Business

The Global Climate Coalition (GCC) - which represented the oil, coal, auto, utilities, steel, and rail industries - hired a communications partner to change the narrative on Climate Change.

international bodies.

The basic requirement is that we ‘ll have to change our lifestyles too, to cope with the climate challenges. We’ll have to change the way we are constructing our commercial and residential buildings, all clad in either glass or aluminium cladding requiring more heat intensive mechanisms to maintain cooler temperature. In hotels worldwide it is a normal practice to maintain the building temperature at 17C, why can’t we make it a more reasonable 21C? In addition we also need to change our style of construction using a judicious mix of stone, cement and wood, not just relying on one par-

We hear constant talk of environment planning and tackling Climate Change effects but find most governments wanting in fulfilling their pledges committed at different environment foras, such as COP26 and other international bodies

southern Europe, particularly along the west Coast of Portugal and parts of northern Italy.

Mark Parrington, Senior Scientist from the CAMS, says the potential impacts of very high ozone pollution on human health can be considerable both in terms of respiratory and cardiovascular illness. Higher values can lead to symptoms such as sore throat, coughing, headache and an increased risk of asthma attacks. The Climate and Clean Air Coalition estimates that ozone pollution causes approximately one million additional deaths per year. This is why it is crucial that we monitor surface ozone levels.

Recently, the BBC published a revealing report, which highlights how the major culprits

The strategy was implemented through an extensive media campaign, including placing quotes and pitching opinion pieces. The groundwork was laid meticulously for the industry’s biggest campaign to date - opposing international efforts to negotiate emissions reductions at Kyoto, in Japan, in December 1997.

This makes us wonder where we have gone wrong. It is indeed true to say that during the last 100 years humans have wrecked the earth so much that nature is turning back on them.

We hear constant talk of environment planning and tackling Climate Change effects but find most governments wanting in fulfilling their pledges committed at different environment foras, such as COP26 and other

ticular product, besides ensuring less usage of wood.

If we humans don’t act now instead of just preaching and making hollow promises then we could just look forward to our own extinction much earlier than envisaged by nature.

Asad Mirza is a political commentator based in New Delhi. He was also associated with BBC Urdu Service and Khaleej Times of Dubai.

He writes on Indian Muslims, educational, international affairs, interfaith and current affairs. www.asad-mirza.blogspot.com



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Globally Rising Temperatures

Through your esteemed newspaper, I would like to spread awareness regarding global warming. Every part of the world is going through the phenomenon of global warming. The World Health Organization (WHO), Meteorological Departments and Scientific Research centers are conducting new surveys on global warming. According to them, global warming is more deadly than any world war.

The most crucial effects of global warming are seen on people’s health therefore creating health hazards throughout the globe. The depletion of the Ozone layer is raising the temperature in all parts of the world. What we are experiencing right now is the wrath of global warming upon us. We are significantly witnessing harsher summers in our valley, which used to remain pleasant throughout the summer months. We

are witnessing the rapid and crucial increase in temperature in front of our eyes, everyday but we tend to ignore this phenomenon, but what we do not understand is how much more devastatingly this can impact us in the future.

To control global warming, people first have to recognise the magnitude of the problem, people should be more aware of the consequences of climate change. Consumption of fuel

should be reduced to minimum. Road traffic in big cities should be reduced through car pools, and metro trains and electricity operated vehicles. We should emphasise on planting trees instead of carrying out deforestation recklessly. Eco clubs should be set up in every city and necessary precautions should be made mandatory upon the general public.

Gousia Mir

Denouncing Submission to Desires

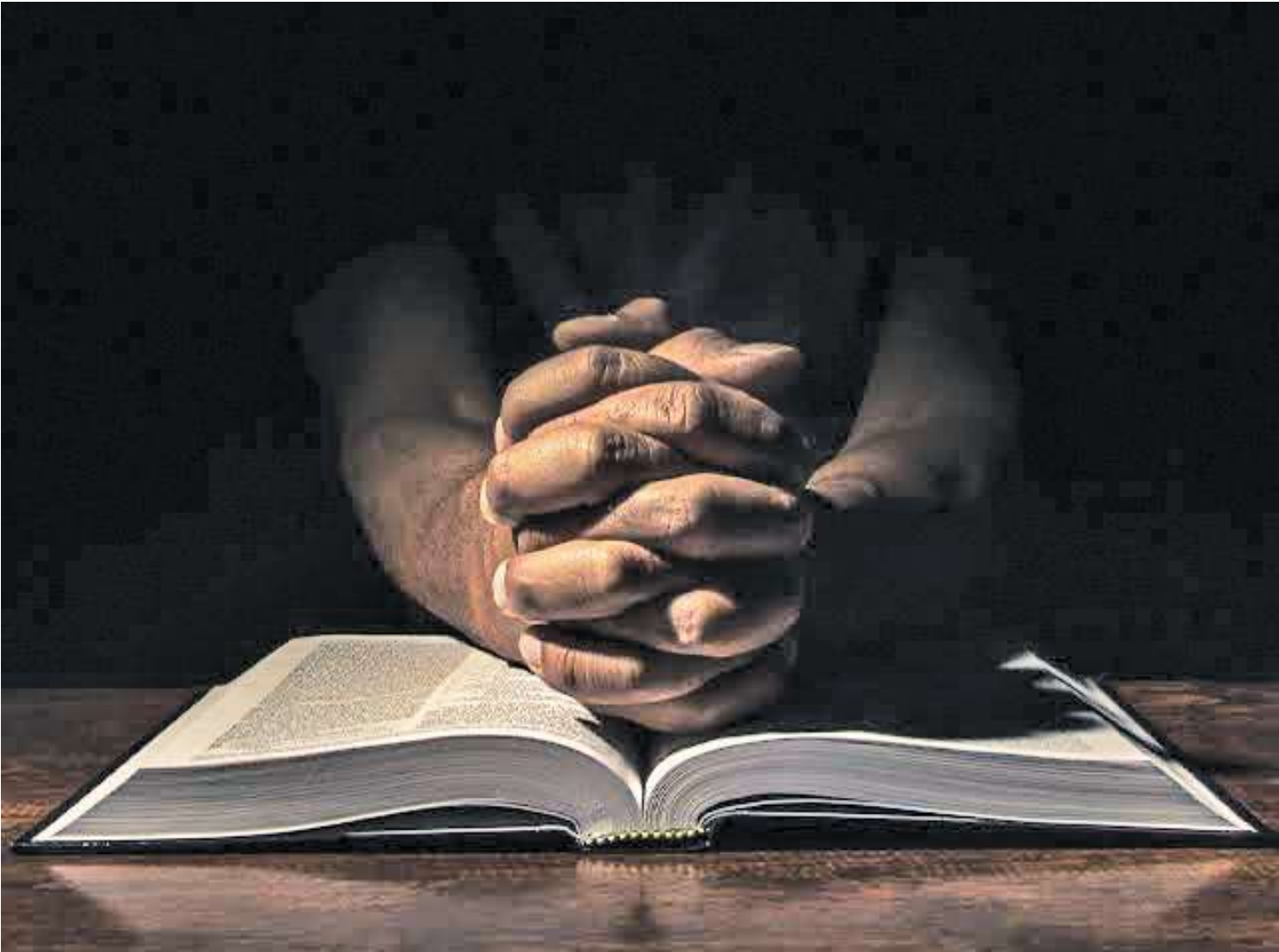
Abid Hussain Rather

Every living creature on the globe has some basic prerequisites for its existence. There are some basic entities like air, water, food etc. which a living being can't do away with in order to survive on the surface of earth. Such requirements are sine qua nons for survival and viability of living beings. As long as such requirements are available, a living being exists; once these basic requirements are no longer attainable, a living being ceases to exist. For its existence, every living creature has to struggle hard for his basic requirements as the surrounding conditions are not always favourable to him. Human beings, though the noblest creation, aren't exceptions to these principles. They too have some basic prerequisites for their existence. They can't survive without their basic needs. Like other living creatures they too have to struggle hard for their survival. No human being can go against the laws of nature and remain static. Instead every single soul has to be assiduous to earn his livelihood and live comfortably. He has to create new ways and new techniques to adopt himself with the changing environment. Unlike other creatures, human beings don't restrict themselves to attainment of basic needs for their survival, rather their materialistic greed provokes their unending inner desires with no satisfying results.They always remain busy in fulfilling their inner desires which has been an unending process since the dawn of human civilization.

Naturally, every human being has countless desires- desires of wealth, happiness, success, richness, power, fame and many more to count. When channeled appropriately these desires help the human beings to achieve a higher status in life, but uncontrolled desires for more and more materialistic gains lead us astray. When our power of desires surpasses our power of intellect and imagination we fall from the state of 'noblest creation' to the lowest level of creaturehood. As Almighty has mentioned in Quran,

"And who is more astray than one who follows his desires without guidance from Allah? Indeed Allah doesn't guide the wrongdoing people." (Al Quran 28:50)

It can't be denied that these desires start right from childhood and continue till the last breath of a person. But these desires change at every stage of life on account of the alluring illusion of worldly affairs and changing states of the human mind. The materialistic greed of the world has no terminating point and resultantly it acceler-



The basic reason for our limitless desires is that we have forgotten the spiritual essence of our lives and our hearts are filled with materialistic greed. Instead of being content and satisfied with what we have been bestowed with, we chase after more and more materialistic gains which results in unhappiness, disturbance and dissatisfaction as it is impossible to fulfill our all desires

ates the human desires with every passing day. As narrated by Anas bin Malik that the Messenger of Allah (PBUH) said:'If the son of Adam had a valley of gold, then he would still like to have a second. And nothing fills his mouth but dust, Allah turns to whoever repents' (Jami at - Tirmidhi, Book 36, Hadith 34). It is the natural tendency of almost all human beings that after fulfilling one desire

they aspire for the next and the process goes on till their last breath.

Uncontrolled and unrestricted avarice to fulfill their all desires ultimately turns human beings slave of their own desires. They remain suppressed under the burden of their own desires throughout their life but distressingly the more they fulfill their desires, the more are there to accomplish. These un-

controlled and unfulfilled desires create chaos, confusion, perturbation and uneasiness and may compel a person to adopt wrong ways and means for their accomplishment thereby leading him to disobey Almighty.But to his utter dismay he never succeeds in fulfilling all his desires till he expires. We chase behind our desires in search of happiness and pleasure but eventually we realise we

are chasing an illusory mirage. Mirza Ghalib has beautifully verbalised this unending course in his famous couplet:

Hazaaron khwahishen aisi ke har khwahish pe dam nikle,

Bohat nikle mere armaan, lekin phir bhi kam nikle.

(Thousands of desires, each worth dying for...

Many of them I have realized... yet I yearn for more...)

The basic reason for our limitless desires is that we have forgotten the spiritual essence of our lives and our hearts are filled with materialistic greed. Instead of being content and satisfied with what we have been bestowed with, we chase after more and more materialistic gains which results in unhappiness, disturbance and dissatisfaction as it is impossible to fulfill our all desires. We continuously run after our desires throughout our lives and in this struggle we forget the main objective of our creation. We forget the very fact that this worldly life is temporary and we have to leave this world one day. We forget our hereafter life in the opalescent illusion of worldly beauties. We forget the Quranic verse in which Almighty says that every soul will taste death and worldly life is nothing but enjoyment of delusion (Al Quran 3:185). Therefore, for a peaceful and happy life, we should limit our desires and enjoy and appreciate what we have.To chase everything we want would be a never ending and futile process which disturbs the peace of our mind. We should seek a way of living that is ethically sound. We need to prioritize our basic needs and limit our endless wants and desires. We should have a positive attitude towards our life and express our gratitude for what we have. Sometimes we should forgo something and observe patience for something better over time as the Almighty is the best planner. We should be generous in our life as generosity de-escalates our selfishness and creates a sense of sharing in us which ultimately leads to peace and happiness. We should value social relationships and give more emphasis to serve society rather than getting more inclined towards our personal interests. We can explore our creative potentials to generate happiness in non-material, aesthetic and spiritual ways instead of searching for joy and happiness in materialistic benefits . By adopting these approaches we can delimit our desires and live a happy, prosperous and peaceful life.

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Stop Catastrophising

Patricia Riddell

Imagine you have an interview for a new job tomorrow. Some people might think about what kind of questions they will be asked so that they can prepare, or imagine the interview going well. For others, the thought of an interview will cause them to toss and turn all night thinking of every worst case scenario possible – no matter how outlandish these may be. If you're someone who has a tendency to do the latter, you are prone to catastrophising.

Catastrophising is a tendency to assume the worst will happen when imagining a future situation – even if you have evidence that this is not the most likely outcome. People who like to feel in control (and are therefore intolerant of uncertainty) are more likely to catastrophise. This has been linked to anxiety – suggesting that frequent catastrophising may be a factor in developing certain mental health problems.

Catastrophising comes from the belief that by imagining what might go wrong, we're better able to protect ourselves from harm – both physical and mental. However, this tendency is only helpful if you're able to correctly predict what will happen in a certain situation and how it will make you feel.

As we imagine future events, we experience an emotional reaction to the story we are creating – and we use this response to determine how we will feel in the future. But this way of predicting the future is often wrong since we're not able to imagine everything that might happen. This can lead to us creating the wrong emotional response for future situations in our heads.

But our belief in what will happen in the future can have a big influence on our behaviour. For example, people who are optimistic (or even realistic) about the future are more likely to be willing to try new things. They are also likely to notice what has gone well in new situations. On the flip side, people who catastrophise about what might go wrong



are less likely to try new things. And, when they do try something new, they are more likely to notice what has gone wrong. This will be stored in their memory and will add to the reasons+ why they we shouldn't try new things in the future. As a result, catastrophising can lead to undue stress and anxiety and may stop you from doing the things you might enjoy or learn from.

If you're someone who tends to catastrophise when stressed or anxious, there are a few things that you

can do to help:

1. MAKE DECISIONS IN THE MORNING

We often worry about the future at night. When we are asleep, activity in the rational part of our brain is reduced and activity in the more emotional part of our brain is increased. As a result, we tend to use our emotional brain to picture the future when we're awake at night. Lack of sleep can also make us more sensitive to things we see as threat-

ening. This can lead us to focus more on what might go wrong, and makes us more prone to catastrophising.

It can be helpful to remind yourself that you are not thinking rationally when you're lying awake worrying about something. It can also be useful to wait until the morning to make decisions when your brain is rested.

2. TEACH YOUR INNER CRITIC TO BE MORE COMPASSIONATE

Catastrophising can be driven

by our inner critic, which may use harsh language that makes us emotional.

When this happens, try imagining your inner critic as if you were looking through someone else's eyes. What language do you use and would you use this language when talking about someone else in a similar situation? Is the language your inner critic uses helpful or justified? Often the answers to these questions will be no. Be conscious of the language your inner critic is using

when you're worried or stressed. If it's overly harsh, try to switch to a kinder way of speaking to yourself.

3. MAKE UP A BETTER STORY

Even if things have gone wrong in the past, this is unlikely to be the case in the future – despite what we might tell ourselves. If you have a tendency to catastrophise about future events, try to think instead about ways in which this event might go well, which may help you to feel less anxious.

Another strategy is to make up, not just one, but a number of plausible stories about what might happen. This may help to remind you that the stories you're telling yourself are just that – stories. Choosing to focus on the stories with a positive outcome might also help you to feel less worried or stressed.

4. BE KIND TO YOURSELF

Try to be more compassionate with yourself when considering your future. This is more difficult than you might imagine – even for people who are very compassionate and empathetic to others.

Compassion and empathy evolved to help us to interact well with others. As such, compassion and empathy aren't really designed to be used for yourself. But small things – such as asking what advice you might give a friend in your situation – can help you to get in touch with your compassionate voice. Practising this often may even help you to see solutions where you might otherwise have only focused on the problem.

Planning for ways in which things might go wrong in the future does serve a purpose – and that is to keep us safe. But if you often find that you catastrophise by thinking of all the worst case scenarios – especially to the detriment of your own mental health – it can be important to remind yourself that the things you're worrying about may never happen, and, if they do, they will probably turn out much better than you think.

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CBI Books ITBP Commandant For Corruption In Purchase Of Heating Oil

Press Trust of India

New Delhi: The CBI has booked an ITBP commandant and his two subordinates for alleged corruption in purchase of heating oil and other items for an outpost at Indo-China LAC in Uttarakhand, officials said Tuesday.

The CBI has registered the FIR on a complaint by the Indo-Tibetan Border Police (ITBP) where a court of inquiry was ordered against Commandant 23rd Battalion Ashok Kumar Gupta and other officers.

It was alleged that a tanker containing 9784 litres of heating oil meant for border outpost near Mana village on Indo-China Line of Actual Control was misappropriated by fudging records, the officials said.

The inquiry showed that as per records of the battalion, two tankers of subsidized kerosene (SK) oil were received at Mana Post on August 6, 2018.

"It is also shown in the records of QM branch that line committee was conducted at 1630 hrs on 06.08.18 and accordingly 9784 +9784=19568 litres SK oil has been taken in the stock of QM branch of the unit," the findings of the inquiry said.

The inquiry showed that only one tanker had reached the post on that causing a loss of over Rs 9 lakh to the exchequer resulting from a ghost tanker.

Hands of Gupta, Sub-Inspector Sudhir Kumar and Assistant Sub-Inspector Anusuya Prasad and one Sajid were also found in alleged corruption in the purchases for a wet canteen of 23rd Battalion in Dehradun, officials said.

The alleged graft took place in wet canteen Jayka operating in headquarters of the



battalion in Dehradun where prepared snacks are served to unit personnel.

The ITBP inquiry showed that purchases of the canteen were not done through the Central Police Canteen, instead material was purchased from local market without a tender process or through local purchase committee.

Consumable items of Rs 9.06 lakh were purchased through local market with bills prepared on letter pad of private firms and payments were made in cash, the FIR alleged.

"All these three firms are owned by same person, thus transparency and competitiveness were compromised," it said.

The inquiry report cited statement of an ITBP jawan claiming that half of the amount of sugar and oil was illegally sourced from free ration stores of the Companies under the battalion.

"The bills for these items were prepared in the name of private firms of local market on their letterheads. The cost of these items at market rate were calculated and the total amount was regularly handed over to Commandant 23rd Battalion Ashok Kumar Gupta in person by HC Ramesh Singh," the FIR alleged.

Advisor Bhatnagar Reviews Performance, Functioning Of SDD



Observer News Service

Srinagar: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Tuesday chaired a meeting to review the performance and functioning of Skill Development Department (SDD) at Civil Secretariat here.

During the meeting the Advisor held detailed deliberations on progress of different Centrally Sponsored Schemes (CSS), physical and financial progress on establishment of new Polytechnic Colleges, among others.

The meeting was attended by Principal Secretary, SDD, Dr. Asgar Hassan Samoon; Director SDD, Sudershan Samoo; Chief Engineer R&B, Jammu/ Srinagar, Chief Engineer, JKPC, Principals and Superintendents of Polytechnics and ITIs of all districts of J&K, senior officers of SDD and other allied departments.

Speaking during the meeting,

Advisor Bhatnagar impressed upon the officers that all the CSS should be implemented with proactive approach of all the concerned stakeholders as these schemes are aimed at improving creating infrastructure and meeting operational requirements in technical institutions besides promoting excellence in technical and vocational training in these institutions.

While reviewing the physical and financial progress of 18 newly established Polytechnic Colleges, Advisor Bhatnagar directed the officers of concerned executing agencies to complete the ongoing projects within the given deadlines. He stressed on them to work in mission mode and complete the academic and workshop blocks on priority so that the classwork can be started well on time.

Enquiring about the feasibility of starting new trades in technical institutes across J&K,

Advisor Bhatnagar delved upon the officers and management of these institutes to explore the possibilities of starting new, advanced and emerging trades and also revise the syllabus for the existing trades in view of the rapidly growing technology driven world. He asked them to involve representatives of industrial associations in revising the training courses/trades of technical institutes so that the pass out students can have viable employability avenues.

While reviewing the Human Resource position of these institutes, Advisor Bhatnagar emphasized upon the officers to refer all the vacant posts to concerned recruiting agencies and conduct DPCs expeditiously so that there is no shortfall of faculty in these institutes.

During the meeting, Director SDD gave a detailed presentation on progress and performance of the department.

Oppn Parties Write To Prez; Allege 'Intensifying Misuse' Of Probe Agencies By Govt

Press Trust of India

New Delhi: Leaders of several opposition parties on Tuesday wrote to President Droupadi Murmu, alleging the "intensifying misuse" of probe agencies by the Modi government against its political opponents and sought her immediate intervention in the matter.

The letter to Murmu comes on a day Congress chief Sonia Gandhi is being questioned for the second time by the Enforcement Directorate in a money laundering case related to the National Herald newspaper, leading to massive protest by the Congress.

In a letter to the President, the leaders also raised the issue of the "stubborn attitude" of the government, which is not allowing an urgent discussion on the issue of price rise and GST hike that has impacted the proceedings in the Monsoon session so far.

"We are writing to bring to your attention the continued and intensifying misuse of investigative agencies by the Modi Government as part of a systematic vendetta campaign against its political opponents," said the letter, signed by the leaders of the Congress, DMK, SP, AAP, RJD and CPI-M among others.

"We request for your immediate intervention in the matter," the leaders added.

Noting that the "law is the law and must be enforced without fear or favour", they said, "It cannot be used, as it is presently being done, arbitrarily, selectively and without any justification whatsoever against prominent leaders of numerous opposition parties."

"The sole aim of this campaign is to destroy reputations and weaken the forces fighting the BJP ideologically and politically," the opposition leaders

said. It is also being carried out to divert the attention of the people of our country from their most urgent day-to-day concerns of price rise of essential commodities, increasing unemployment and loss of livelihoods and mounting insecurity of life, liberty and property, they alleged.

The leaders, who signed the letter, included Congress' Mallikarjun Kharge, AAP's Sanjay Singh, RJD's Manoj Jha, RJD, CPI-M's Elamaram Kareem (CPI-M) and Ram Gopal Yadav from the SP.

On the government not allowing a discussion on price in Parliament, they cited instances in the past when such a discussion was allowed.

"Most, unfortunately, the monsoon session of Parliament has been stalled so far entirely because of the stubborn refusal of the Government to have an urgent debate on the pressing issue of price rise and increase in GST rates on essential food items. There are many precedents for such an urgent debate but this time Government is adamant and is not allowing it," the opposition leaders said.

The Opposition has been protesting in both houses of Parliament while demanding an urgent discussion on price rise and GST hike, leading to frequent disruptions ever since the Monsoon session started on July 18.

Former Congress president Rahul Gandhi and several party MPs were detained by police at Vijay Chowk on Tuesday after they staged a protest against the ED questioning Sonia Gandhi.

Rahul Gandhi and other Congress MPs gathered at Vijay Chowk to march towards the Rashtrapati Bhawan to draw the President's attention to the alleged misuse of agencies by the government.

CONTD. FROM FRONT PAGE

Ukraine Returned

government's and NMC's delay in making a decision displays a lack of empathy and ignorance for our plight," says Habib, while expressing anguish.

For over three decades, Ukraine has been a popular destination for Kashmiri students pursuing medical courses. About 30 Ukrainian medical colleges offer courses at a fraction of the fees charged by private colleges in India. The six-year course costs about US\$30,000 compared to three times the cost in India.

Owais, a 1st year medical student of Kharkiv National Medical University, said that his university has been conducting online classes since March, and also conducted online exams.

"We've vacation till September. I've been waiting for the Government's decision on our future, however despite a lapse of more than four months, the Government and NMC hasn't said anything. The uncertainty over the government's decision is causing a lot of worry. We are waiting for the government's decision. If NMC doesn't confirm anything by September, then I'll have to leave my studies and find a new option," Owais told Kashmir Observer.

Owais further said that both state and central Government are yet to issue any specific instructions regarding their studies but a couple of states have provided practical and other education-related assistance in government colleges. "We want to be accommodated in a government college. The J&K government is not helping as compared to the other states," he said.

All eyes are now on the Supreme Court of India, which directed the NMC in May to take appropriate action for the future education of the returnees within two months. However, NMC has yet to announce anything.

Echoing similar views, Zaffar Malik, a 4th year student in Odessa National Medical University says that the government is not listening to us, it has been over five months. What will happen next?

"I am unable to understand anything. Medical education cannot be done online. I'm a 4th year student and at this point I cannot leave my education. I've reached a point where if the government fails to accommodate me in any Indian university, then I'll have to go back to the war torn Ukraine," Malik said.

He also claimed that some Kashmiri students have even left their courses in Ukraine.

Notably, the students have also said that it is only because they don't get admission in India that they go abroad to study.

"We are not begging, we are victims of a vicious war. If the government is not able to help, then they should've never shown us a false dream," Habib said.

As per the existing law in India, medical graduates are supposed to complete a course at their university, else their academic qualifications won't be recognised in India.

J&K Sees Big Jump

various hospitals including 110 from Jammu division and 150 from Kashmir division," they added.

J&K Saw 9-Fold

and six encounters in 2020-21 respectively, and numbers have come down in 2021-22 with

the former registering 11 cases and the latter recording just two such cases, according to data.

There were just four police encounters in Assam in 2020-21 and the number has gone up to 18 in 2021-22, the data says.

Among other states, there were 24 police encounters in Chhattisgarh in 2020-21 and the number has risen to 30 in 2021-22.

Similarly, in Jharkhand, there were five encounters in 2020-21 and number has increased to nine in 2021-22, the data showed.

According to the data, there were 1,940 cases of custodial deaths in the country in 2020-21 and the number has gone up to 2,544 in 2021-22.

Uttar Pradesh has registered 451 custodial death cases in 2020-21 and the number has gone up to 501 in 2021-22, it said.

West Bengal has seen a substantial increase in custodial death cases 185 cases in 2020-21 to 257 in 2021-22.

Bihar had registered 159 custodial death cases in 2020-21 and the number has gone to 237 in 2021-22.

Madhya Pradesh had recorded 163 such cases and the number has risen to 201.

Similarly Maharashtra registered 143 custodial death cases in 2020-21 and the number has gone up to 197 in 2021-22.

28 Migrant Workers

few targeted attacks on people belonging to minority communities and migrant workers by militants sponsored from across the border.

"As per the information provided by the government of Jammu and Kashmir, 28 migrant workers have been killed since 2017, out of which two belonging to Maharashtra, one from Jharkhand and seven from Bihar," he said.

Rai said the government has taken several steps for the safety of minorities, including putting in place a robust security and intelligence grid, day and night area domination, patrolling and proactive operations against militants.

JKCA Scam: ED Files

arrested by the ED in September, 2019, and a chargesheet was filed against him in November that year. The trial is underway.

Abdullah has been questioned multiple times by the agency in this case. The federal probe agency has attached assets belonging to Abdullah and others worth Rs 21.55 crore under three separate orders issued by it in the past.

"The case relates to the siphoning off the funds of Jammu and Kashmir Cricket Association by way of transfer to various personal bank accounts of unrelated parties, including those of office-bearers of JKCA and by way of unexplained cash withdrawals from JKCA bank accounts," the ED said.

The agency's case is based on a 2018 chargesheet filed by the CBI against the same accused.

The CBI chargesheet, that also names former accountants Bashir Ahmad Misgar and Gulzar Ahmad Beigh, alleged the "misappropriation of JKCA funds amounting to Rs 43.69 crore" from grants given by the Board of Control for Cricket in India (BCCI) to promote the sport in the erstwhile state between 2002 and 2011.

The ED had earlier said its probe found that JKCA received Rs 94.06 crore from BCCI in three

bank accounts during the financial years 2005-2006 to 2011-2012 (up to December 2011).

It had alleged that several other bank accounts were opened under JKCA into which the funds were transferred.

The new bank accounts as well as the previously existing ones were later used for laundering JKCA funds, it said.

Dr Farooq Shall

Directorate (ED) against him and others in the JKCA money laundering case.

Abdullah was questioned by the ED for over three hours here on May 31.

"Dr Farooq Abdullah shall always stick to the truth, no matter how stories are fabricated, truth manipulated and dissent suppressed however he will cooperate with the agencies and vindicate himself," the National Conference said in a tweet.

Abdullah was JKCA president from 2001 to 2012. The scam being probed by the Central Bureau of Investigation (CBI) and the ED is about alleged financial misappropriation between 2004 and 2009.

The ED has already attached properties worth over Rs 21 crore in the case. These include Rs 11.86 crore of immovable assets of Abdullah.

The ED claimed its probe so far has "revealed that Ahsan Ahmad Mirza, in connivance with other office-bearers of the JKCA, had misappropriated JKCA funds to the tune of Rs 51.90 crore and utilised proceeds of crime for settling his personal and business liabilities".

It initiated the money laundering probe against JKCA office-bearers on the basis of a case registered at the Rammunshi Bagh police station here.

The case was later transferred to the CBI on the high court's directions.

The CBI has filed a charge sheet in the case against former JKCA office-bearers for misappropriation of funds to the tune of Rs 43.69 crore.

CRPF Shifts Training

permanently," Khan said.

He further added that the group centre is the headquarters of the battalion where the procurements and logistics for the soldiers are done. Khan added that the plan to relocate the centre to Lethpora— much bigger than the existing one, was done a few years ago but got delayed due to some issues.

An official from the CRPF told Kashmir Observer that the centre was relocated in view of the "prevailing situation".

He said CRPF is concerned about the safe travel and transportation of troops, thus the new centre. In 2019, a vehicle-borne suicide bomber attacked a convoy of vehicles carrying CRPF personnel in Lethapora in South Kashmir's Pulwama district killing over 40 and injuring dozens.

Sinha, DG CISF

arrangements at the important installations, government institutions and industrial establishments," he said.

The spokesperson further said that the LG extended his best wishes to the DG and the CISF personnel for maintaining the high standards of training and professionalism, and discharging their duties of serving the nation.

(ONS)

India Remembers

Command in Udhampur, Tiger Division in Jammu, Sapta Shakti Command in Jaipur and other formations in Jammu and Kashmir's Rajouri, Poonch, and Doda also organised events including cycle rallies, motorcycle and mountain expeditions to mark the success of 'Operation Vijay'.

On July 26, 1999, the Indian Army announced the successful culmination of 'Operation Vijay', declaring victory after a nearly three-month-long battle on the icy heights of Kargil in Ladakh.

The day is observed as 'Kargil Vijay Diwas' to commemorate India's victory over Pakistan in the war.

"Kargil Vijay Diwas is a symbol of extraordinary bravery, valour and determination of our armed forces. I bow to all the brave soldiers who laid down their lives to protect Mother India. The country will always be indebted to them and their family members. Jai Hind," President Murmu, who is also the supreme commander of the armed forces, tweeted in Hindi.

Prime Minister Modi described Kargil Vijay Diwas as a symbol of pride and glory of 'Ma Bharti'.

"On this occasion, I salute all the brave sons of the country who achieved the height of valour while defending the motherland. Jai Hind," he said in a tweet in Hindi.

Vice President M Venkaiah Naidu said the nation will forever remain "indebted to the martyrs of Kargil for their supreme sacrifice".

"On Kargil Vijay Diwas, I pay my humble tributes to our valiant soldiers who displayed unwavering patriotism and unmatched gallantry in protecting our nation in 1999," Naidu's office quoted him as saying in a tweet.

Naidu, who is also the chairman of Rajya Sabha, led the Upper House of Parliament in paying homage to the slain soldiers.

He said Indian soldiers drove out enemy forces occupying the peaks of Kargil, resulting "in a momentous victory for our country".

"The exemplary courage, selfless dedication, and unflinching determination displayed by our soldiers in adverse conditions will always be remembered. Their unparalleled valour and gallantry will continue to inspire generations after generations to dedicate themselves to the cause of the nation," he added.

Paying tributes to the fallen heroes, Defence Minister Singh said their acts of valour and indomitable spirit will forever remain etched as a defining moment in India's history.

"On Kargil Vijay Diwas, India salutes the bravery, courage and sacrifice of our armed forces. They fought valiantly in extremely harsh conditions to defend our motherland," he tweeted.

Singh, Chief of the Army Staff General Manoj Pande, Chief of the Naval Staff Admiral R Hari Kumar and Chief of the Air Staff Air Chief Marshal V R Chaudhari laid a wreath at the National War Memorial in memory of the soldiers who laid down their lives in the line of duty.

Pakistan tried to redraw the boundary with India in 1999 through the Kargil misadventure but the Indian security forces foiled the evil design.

The Army organised a number of events in

remembrance of its soldiers.

"Kargil War is testimony to the unparalleled saga of raw grit, stoic courage and unmatched resolve of the Indian soldier, fighting in adverse weather conditions in one of the most treacherous terrains," the Army said in a statement.

"To commemorate the 23rd 'Kargil Vijay Diwas', a host of events were organised under the aegis of Northern Command, culminating into the final event on 26th July 2022," it said.

The events included two cycle rallies -- one from Siachen to Kargil War Memorial, and the other from Delhi to Dras -- that were a joint initiative by the Air Force and the Army, the statement said.

Two motorcycle expeditions -- one from Delhi to Drass and the other from Turtuk to Dras -- were also organised. An ultra-marathon from Siachen to Dras, and a mountain expedition by Bachendri Pal and team, which traversed 37 passes from Arunachal Pradesh to reach Dras, were also part of this year's events.

"Kargil Victory Flame was moved through the entire area of Northern Command (before) finally reaching Dras. These events culminated at the Kargil War Memorial, paving the way for a grand ceremony with multiple cultural and ceremonial programmes," the statement said.

Punjab Chief Minister Bhagwant Mann laid a wreath at the War Memorial in Chandigarh and said the valour and sacrifices of the Indian Army during the Kargil conflict will inspire the youth to serve the country selflessly.

"Kargil Vijay Diwas is a symbol of extraordinary valour of the Indian Armed forces as the soldiers had scripted an unprecedented tale of sacrifice, heroism and valour during this war," an official release quoted Mann as saying.

Recalling the war, the chief minister said patriotic fervour had united the entire country.

Rajasthan Soldier Welfare Minister Rajendra Gudha paid tributes to the soldiers at the Amar Jawan Jyoti in Jaipur.

Acting Chief of Sapta Shakti Command Major General Vikram Verma expressed his gratitude to the parents of the soldiers who sacrificed their lives in the Kargil conflict.

Over 500 soldiers laid down their lives in the conflict.

10 Police Officers

purpose of drawl of salary of the officer.

Maqsood-ul-Zaman, SSP, awaiting posting in the Police Headquarters, has been posted as SO to IGP Traffic, J&K, relieving Javid Ahmed Koul, I/C DIG Traffic, Kashmir of the additional charge, according to the order.

Dr S. D. Choudhary, SP, PTWS Srinagar, has been transferred and posted as SP Enforcement, against an available vacancy.

Sumir Kotwal, SP, awaiting posting in the Police Headquarters, has been posted as Dy.CO IR-14th Bn., against an available vacancy. Zulfakar Ahmad, Addl. SP Kulgam, has been transferred and posted as Addl. SP CID CI, Rajouri, vice Balwant Raj.

Surinder Kumar, Dy.CO IR-9th Bn., has been transferred and posted as Addl. SP Samba, against an available vacancy.

Balwant Raj, Addl. SP CID CI Rajouri, has been transferred and posted as Dy.CO JKAP-8th Bn., against an available vacancy.

Feroz Ahmad, Dy.CO IR-1 11th Bn., is transferred and posted as SP, PTWS Srinagar, vice Dr. S.D. Choudhary. (ONS)

2100 Pilgrims Leave For Amarnath Cave Shrine From Jammu

Press Trust Of India

JAMMU: A fresh batch of over 2,100 pilgrims on Tuesday left the Bhagwati Nagar base camp here to offer prayers at the 3,880-metre-high cave shrine of Amarnath in south Kashmir Himalayas, officials said.

A total of 2,189 pilgrims, the lowest till date this year, formed the 26th batch that left in a convoy of 73 vehicles amid heavy security of the Central Reserve Police Force this morning, they said.

The officials said 815 pilgrims heading for Baltal were the first to leave the Jammu camp in 23 vehicles, followed by the second convoy of 49 vehicles carrying 1,374 pilgrims for Pahalgam.

The number of pilgrims visiting the cave shrine has drastically fallen in past two days. The reason, however, is yet to be as-

certained, officials said.

The annual 43-day yatra commenced from the twin base camps — traditional 48-km Nunwan-Pahalgam in south Kashmir's Anantnag and 14-km shorter Baltal in central Kashmir's Ganderbal — on June 30.

Over 2.30 lakh pilgrims had offered their prayers at the cave shrine, housing the naturally formed ice-shivlingam, officials said.

With this, 1,37,774 pilgrims have left from the Bhagwati Nagar base camp for the Valley since June 29.

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

Thirty six pilgrims have died during the ongoing yatra while another 15 pilgrims died in the flashfloods near the Amarnath cave shrine on July 1.

AICC Likely To Announce JKPCC Chief Soon

Leaders Blame Ongoing Questioning Of Sonia Gandhi For Delay In Announcement

Agencies

SRINAGAR: The Congress party is likely to announce the new Jammu and Kashmir Pradesh Congress Committee (JKPCC) president soon while some of the leaders blame the ongoing questioning of All India Congress Committee (AICC) president, Sonia Gandhi for the delay.

The JKPCC leaders said that the whole leadership is presently busy questioning Sonia Gandhi and it is solely the domain of the central leadership to take a decision in this regard.

Former legislator, G M Saroori when contacted, said that the questioning of Sonia Gandhi by the Enforcement Department is the grave issue rather than announcing the next president for Jammu and Kashmir.

"The Congress leadership across the country is presently abuzz with the protests against the ongoing questioning of Sonia Gandhi," he said, adding that it is expected that the decision would be taken by the end of this month.

Former G N Monga also

blamed the ongoing questioning of Sonia Gandhi and said that the decision would have been announced in case the grave issue would not have taken place.

"We are expecting that the decision in this regard would be announced after three-four days," he said.

Former Minister, Vikar Rasool, however, said that the questioning has not affected the party activities in any way. "It is the jurisdiction of the party high command to take a decision in this regard. The delay in announcing the decision has not affected the party activities as all the works are going on. The protests are being organized across J&K. The decision should be taken at earliest," he said.

Congress in-charge for J&K Affairs, Rajni Patil, however, could not be contacted for the comments as she didn't receive the repeated phone calls.

Pertinently, JKPCC is presently headless after the erstwhile chief Ghulam Ahmad Mir resigned on July 06, 2022, paving the way for the appointment of a new UT chief of the party—(KNO)

Diagnostic Centres Associations Urges Govt To Issue Rate List

Observer News Service

SRINAGAR: Kashmir Private Diagnostic Centres Associations JK on Tuesday urged the Union Territory administration to notify a rate list for all medical investigations to keep a check on over-charging and profiteering.

In a statement issued here, the Association said that there was a desperate need of such a rate list for all medical investigations.

"What consumers pay for various diagnostic tests in Kashmir is not governed by any rate list, leaving ample scope for over-charging and profiteering. The last rate list was framed in 2012, and was never implemented," the statement said.

It added that the huge disparity in rates of biochemical, radiological, microbiological, pathological and other tests is rampant in Kashmir. Stakeholders have for a long time demanded a regulatory mechanism in the market to help patients.

"A patient does not know about tests. Once they go to a lab, they are charged as the lab finds fit

There is no one to check whether the prices of the tests," a senior doctor told the association.

The doctor further said that any test, from the most basic to the advanced, must have a cap price, above which no lab should be permitted to charge.

"However, nothing of that sort exists. So much is being talked about the rate list of consumables, but no one talks about the rate list of diagnostic tests, an area that can incur catastrophic costs for a patient," he added.

Kashmir Pvt Diagnostic Centres Associations JK have also been demanding a rate list for various tests.

President of Association Mr Rouf Rangraze said a rate list had been framed in 2012 by Health and Medical Education Department Kashmir.

"However, there was litigation and the rate list was not implemented," he said, adding that since 2012, neither was a new rate list framed, nor was the one that was framed implemented.

"The Governments over the years have slept on it," he said.

Light Rain Spell In Kashmir For Five Days: MeT Dept



Observer News Service

SRINAGAR: Weatherman on Tuesday predicted moderate rain with "isolated heavy falls" at many places of Jammu and moderate to light spell at scattered places of Kashmir valley during next five days.

"Moderate rain with isolated heavy falls likely over many places of Jammu region during 27-28th, mainly during morning hours and light to moderate rain at scattered places of Kashmir," an official of the meteorological department said.

He said rains lashed most parts of Jammu and Kashmir in the 24 hours till 0830 hours with Katra recording highest rainfall of 52.0mm followed by Kathua with 15.8mm, Jammu 13.6mm, Gulmarg 6.6mm,

Bhaderwah 3.0mm, Qazigund 2.4mm, Kokernag 1.8mm, Banihal 1.4mm, Kupwara 1.3mm and Srinagar 1.0mm.

Meanwhile, the minimum temperatures recorded a slight drop at most places in Kashmir Valley and Jammu division.

The MeT official said that Srinagar recorded a low of 20.3°C against 21.0°C on the previous night. The temperature was 1.6°C above normal during this time of the year for the summer capital, the official said.

Qazigund recorded a low of 18.7°C against 19.0°C on the previous night. The temperature was 1.7°C above normal there, he said.

In Pahalgam, the mercury settled at 14.8°C against 16.8°C on the previous night and it was 1.5°C above normal for the

south Kashmir resort.

Kokernag recorded a low of 17.3°C against 18.0°C last night and it was 0.9°C above normal for the place, he said.

Popular Gulmarg resort recorded a low of 11.6°C against 13.0°C and it was 0.8°C 'below' normal for the north Kashmir place.

Kupwara town saw a low of 17.6°C against 17.2°C on previous night and it was 0.4°C above normal for the place during this time of the season, the official said.

Jammu recorded a low of 24.4°C against 25.1°C on the previous night. It was 0.8°C below normal for J&K's winter capital, he said.

Banihal recorded a low of 18.6°C, Batote 18.2°C, Katra 21.6°C and Bhadarwah 20.2°C, the official said.

Amarnath Flash Floods

Kin Of Deceased To Get Rs 2L Ex-Gratia, LG Thanks PM

Observer News Service

SRINAGAR: Lieutenant Governor Manoj Sinha on Tuesday expressed his heartfelt gratitude to Prime Minister Narendra Modi for sanctioning ex-gratia of Rs 2 lakh in favour of next of kin of all those who lost their lives in flash floods near Amarnath cave shrine early this month.

The Prime Minister Office has also sanctioned Rs. 50,000 each in favour of persons who received serious injuries in the incident, an official spokesperson said.

"I am grateful to the Hon'ble Prime Minister Shri Narendra Modi Ji for sanctioning the ex-



gratia of Rs 2 lakh each for the families of those who lost their loved ones in the tragic incident of flash-flood near Shri Amarnath ji cave", said the LG.

Sinha, according to the spokesperson also thanked the

central government for extending the financial assistance of Rs 50,000 to the seriously injured.

Shri Amarnath Ji Shrine Board has already disbursed Rs 4 Lakh each to the next of kin of deceased.

Govt Constitutes Committee On Dam Safety

Agencies

SRINAGAR: Jammu and Kashmir Government on Tuesday constituted UT Committee on Dam Safety and UT Dam Safety Organization in terms of Dam Safety Act 2021.

As per order issued by Principal Secretary to the government, Manoj Kumar Dwivedi, Executive Engineer Jammu and Kashmir Power Development Corporation (JKPDC) will be chairman of UT committee on Dam safety while as Superintending Engineer Jammu and Kashmir Power Development Corporation will be chairman of UT Dam Safety organization.

As per order the members of UT committee on Dam Safety include Chief Engineer, Irrigation and Flood Control, Jammu, Chief Engineer, Irrigation and Flood Control, Kashmir, Chief Engineer, Design Inspection Quality Control, Chief Engineer, Bhagihar, Chief Engineer, National



Hydro-electric Power Member Corporation, Chief Engineer, Chenab Valley Power Projects Limited, Representative from Himachal Pradesh Government (not below the rank of Chief Engineer to be nominated by the Government of Member Himachal Pradesh), Representative from Central Water Commission, Representative from Central Engineering Board, Representative from NIT Srinagar and Representative from IIT Jammu.

The order said that the mem-

bers of UT Dam Safety Organization include Superintending Engineer, National Hydro-Member electric Power Corporation, Superintending Engineer, Chenab Valley Power Projects Limited, Superintending Engineer Hydraulic, Doda, Superintending Engineer Hydraulic, Baramulla and Director Monitoring and Appraisal Central Water Commission Jammu.

As per order these bodies shall function in terms of mandate provided in the Dam Safety Act, 2021—(KNO)

AB-PMJAY SEHAT

SHA Begins Door To Door Campaign To Achieve 100% Saturation

Observer News Service

SRINAGAR: State Health Agency (SHA) has rolled out an ambitious door-to-door exercise to achieve 100 percent saturation under the Ayushman Bharat PMJAY SEHAT scheme by the end of August month.

Principal Secretary Health and Medical Education, M K Diwedi in a high-level meeting directed for launching result-oriented door- to -door campaigns in all areas of J&K for 100 percent saturation by end of August this year.

He impressed upon the Chief Medical Officer and Block Medical Officers to employ all the resources including Asha workers for reaching out to left out population from ambitious welfare programme launched by Prime Minister Narendra Modi.

The State Health Agency (SHA) in league with district administration has already established facilities at various places to issue golden cards where people are facilitated, guided and educated about the benefits of the scheme and are issued Golden cards. "Our mission is to ensure a 100 percent target by the end of the month. We will cover each and every individual under this scheme," Chief Executive Officer Ayushman Bharat PM-JAY SEHAT Scheme Ayushi Sudan said.

To intensify the registration process, SHA utilized various mediums to raise awareness among people to register themselves for golden cards.

A constant awareness campaign by the administration through various mediums including TV, radio and print, and social media is already ongoing. The accessibility for the golden cards too have been simplified so that everyone gets it in his or her locality.

Notably, Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) SEHAT has crossed a major milestone of providing 5 lakh free treatments to the citizens of J&K UT recently.

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB



PM-JAY) SEHAT Scheme has become a ray of hope for poor families who couldn't afford health treatment at prestigious and well-known medical institutes of the country.

Recently a special initiative was launched for women and their families associated with JKRLM to provide them free treatment.

To provide much needed relief to the people of J&K, the SEHAT Scheme was launched in convergence with AB-PMJAY by the Prime Minister, Narendra Modi.

Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SEHAT Scheme in Jammu and Kashmir provides health insurance cover of Rs 5 lakh per family per year to all the residents at empaneled hospitals. The scheme covers up to three days of pre-hospitalization and fifteen days of post-hospitalization expenses including diagnostics and medicines.

Under the initiative of 'Gaon Gaon Ayushman, State Health Agency (SHA) has also started' to reach out to even last mile villages which remain cut from the rest of the world due to adverse weather conditions so as to percolate the benefits of the scheme down to every beneficiary.

Notably, to ensure hassle-free registration of all eligible beneficiaries under the scheme, the State Health Agency (SHA) has set up a network of more than 8000 Common Service Centres (CSCs) in Jammu and Kashmir. The VLE Centres are also being stationed in villages for ensuring 100% registration and awareness activities at the grassroots level in association with PRI representatives and ASHA workers.

BJP Spreading Lies About Jammu And Kashmir: Soz

SRINAGAR: Congress party senior leader and former Union Minister Prof. Saifuddin Soz lashed out at the ruling BJP for "spreading lies and propagating fake narratives" about Jammu and Kashmir.

In a statement issued here, Soz said that with their eyes shut on the reality of Jammu and Kashmir, the BJP continues to harp that Article 370 hindered the vision of one India. He said this narrative is absolutely wrong.

"The one-sided propaganda that Article 370 hindered the vision of "One Bharat", continues unabated. All this narrative has deepened the anger of the people of J&K, who feel badly let down as the BJP has gone back on the very basis of forging of J&K State's Constitutional relationship with the Union of India. BJP's leadership does not care to assess how the State's Constitutional Relationship was established on the specific guarantee to the people of the state that its Internal Autonomy would be preserved through Article 370 of the Constitution of India," Soz said.

He added that the scrapping



of Article 370 unilaterally by the Central Government is absolutely wrong as the First Party to the State's Accession with India; the people of Jammu and Kashmir were not consulted at all.

"This is a one-sided action by the Central Govt. and, therefore, the people of J&K will continue their democratic struggle for the restoration of the state's Autonomy," Soz said.

"Unfortunately, a section of Kashmir Mainstream Political Class is diluting the peoples' democratic struggle by harping their tune and seeking restoration of statehood for the state. The people of the State understand that their basic demand is that their Internal Autonomy as enshrined in Article 370, be restored."

"As for the Statehood, it cannot be taken away and it will get restored automatically. How can J&K State remain a Union Territory? The fact is that the BJP Govt. reduced the State's status as a Temporary Measure, unnecessarily, wrongly, and unwittingly. It will be obliged to restore the status early," Soz said.

Digital Initiatives Started In J&K Easing Life Of Common Masses: Govt

Observer News Service

SRINAGAR: Jammu & Kashmir has embarked on an unprecedented developmental trajectory since August 2019, wherein transformational initiatives in all sectors have been launched with the aid of information technology to ease the life of people, an official spokesperson said Tuesday.

He said that one such reformative measure is 'Budget Estimation and Allocation Monitoring System (BEAMS)'. It empowered the J&K citizens to oversee works being executed in their areas on a real time basis.

The administration, he said, has successfully implemented innovative initiatives in this regard which inter alia included BEAMS, online submission of bills through J&K PaySys, mandatory administrative approvals, technical sanctions and e-tendering, digital payments, GFR, GeM and related measures which have greatly helped the financial systems in J&K to be at par with any other developing financial system in the country.

"Publication of pictorial e-compendiums related to projects completed under Back to Village, District Capex, UT Capex and JKIDFC broadly reflects government's commitment to engage with the citizens," he added.

Similarly, the spokesperson said that Mobile Application 'Satark Nagrik' and Departmental Vigilance Officers Portal of J&K Anti-Corruption Bureau is one of the comprehensive measures of LG administration for ensuring transparent, accountable, and responsive governance.

An official said that the mobile application is facilitating seamless flow of information about corruption and enables citizens to submit their grievances with ease and mobility. Any citizen having an android based device can download the application from play store. A unique ID number is allotted at the time of registration of grievance which later can be used to track the status of grievance.

Likewise, the Departmental Vigilance Officers (DVO) Portal has been designed to enable an online communication channel with the DVOs of various departments. In certain cases, the complaints are related to ongoing works, current recruitments, and payments yet to be made against contracts etc. By referring these matters to DVOs, violations/ shortcomings can immediately be rectified and loss to the state exchequer is prevented.

Regarding the services under PSGA, Government has passed directions to DCs to ensure all services are made available to the citizens within the stipulated time frame. PSGA timelines of these services are being synchronized with the online portal and any default on providing services within notified timelines is monitored by departments for taking action against the commission of wilful derelictions.

Transparency in maintenance and upkeep of Land records was an area which required an urgent intervention. "Aapki Zameen Aapki Nigrani" (AZAN) is a landmark intervention in this direction. Earlier, there was no mechanism available for citizens to view or monitor the status of their revenue records online. They had to move from pillar-to-post for obtaining even a copy of land records (Jamabandi or Khasra Girdwari).

The opacity in the system encouraged and bred favouritism, redtapism and corruption putting citizens at the mercy of the system and the scenario warranted an immediate intervention which could usher in transparency and accountability and this yearning gave birth to "Aapki Zameen Aapki Nigrani" (AZAN).

"Aapki Zameen Aapki Nigrani" (AZAN): Land Records Information System was launched on October 22, 2021 by Lt Governor Manoj Sinha. Under this system, the Public users can now search and view copies of the Scanned data online on CIS Portal- <http://landrecords.jk.gov.in/>.

As Lt Governor Manoj Sinha has said the initiative will facilitate easy online access to the Land Records System, thereby reducing manipulation of the Land Records and improving the efficiency of Revenue offices substantially.



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