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Foreign Remittance Inflow In J&K Increased In 2020-21

RBI Data Reveals J&K Received Over Rs 1450 Cr From Diaspora

Zaid Bin Shabir

SRINAGAR: J&K's economy may have finally received a welcome respite from volatility, thanks to a rise in foreign remittance inflow that has increased up to 0.3 percent in 2020-21 compared to 0.2 percent in 2016-17.

As per a report released by Reserve Bank of India (RBI) in

July, while the share of the traditional remittance recipient states of Kerala, Tamil Nadu and Karnataka—which have had a strong dominance in the Gulf countries—had almost halved in 2020-21, J&K's share in total remittances of India rose up 0.3 percent in the same period with majority of the remittances continuing to be routed through private sector banks and public sector banks.

Pertinently, the latest edition is RBI's fifth in a series based on foreign remittances. It was conducted for the year 2020-21

based on a census of all authorized banks and major money transfer entities engaged in transfer of foreign funds.

As per World Bank, India's total foreign money inflow for the year 2021 was \$87 Billion. And a quick breakdown of data underlines that J&K's total Foreign Money (inward remittance) is \$261 million in the same period. In 2016-17, India had received a total remittance of \$69 Billion dollars, which means, J&K had received about \$138 Million, that too, when rupee was

FOREIGN REMITTANCES ARE AN ESSENTIAL PILLAR IN STABILIZING ANY ECONOMY. As we know how unstable J&K's economy is, the available figures of remittances will help in stabilizing the economy. The share would've been higher but due to the massive inflation caused by covid, there's a cut in the overall percentage."

plunging to a vicious low.

However, defying adverse predictions of an unprecedented global recession triggered by COVID-19, remittances in the

latest report have proved to be resilient, both in India and the Union Territory of J&K, even during the pandemic.

As per a substantial data

provided by the Indian Institute of Management Bangalore, J&K's International Household Remittances in 2007-08 was recorded to be 0.4 percent based on the passport data. Interestingly, an analysis of the 2007-08 International remittance—when India received \$43.5 billion as 'private transfers'—data by Kashmir Observer reveals that J&K's total share of 0.4 percent had only accounted for \$174 million, when rupee was juggling strongly between 40 & 50 against a **More on P6**

Migrant Worker Killed In Grenade Attack

Press Trust Of India

Srinagar: A labourer from Bihar was killed and two others injured in a grenade attack by militants in Jammu and Kashmir's Pulwama district on Thursday, police said.

Militants lobbed a grenade at a tent housing labourers at Gadoora village in Pulwama, a police spokesman said.

He said one labourer died in the blast while two others sustained injuries.

"The deceased outside labourer has been identified as Mohammad Muntaz, a resident of Sakwa Parsa, Bihar. The injured have been identified as Mohammad Arif and his son Mohammad Majbool, residents of Rampor, Bihar," the spokesman said.

He said the condition of the injured persons is stable.

The labourers **More on P6**

There Was No Need For Youth To Pick Up Arms: LG Says J&K Has Been Bestowed With Enormous Resources, Potential

Agencies

Anantnag: Jammu and Kashmir's Lieutenant Governor Manoj Sinha Thursday said that given the enormous resources in the region, there was no need for the youth to pick up arms in 1990.

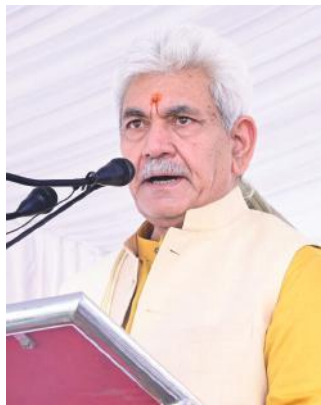
Addressing a gathering at Ranipora, Mattan here, the LG said that J&K has been bestowed with enormous resources and potential.

"There was no need for the youth to pick up arms (in 1990). Even today, some people not happy with the region's peace continue to misguide young boys," the LG said.

He said that post 2019, the pace of development has touched new heights.

"Before 2019, only 6 km roads were constructed and today 20 km are being constructed. Before 2019, only 2500 km were macadamised and today 7500 km of road are being macadamised per day," the LG said.

He said today J&K farmers are most happy people given their income. "We are best UT after Punjab and Haryana as far as farmer's income is concerned,"



the LG said.

He said that the government led by him is committed to the welfare of Artisans. The LG inaugurated Rs 4.50 Cr Martand Chainstitch cluster. The cluster has been established by the J&K Khadi & Village Industries Board (KVIB) under Scheme of Fund for Regeneration of Traditional Industries being administered by the Ministry of MSME (GOI), meant for development of clusters to make the traditional industries more productive **More on P6**



KO Photo

Srinagar Placed Under Thick Security Blanket

Zaid Bin Shabir

Srinagar: Extraordinary security arrangements were put in place in Srinagar on

Thursday ahead of the third anniversary of the nullification of Jammu and Kashmir's special status and in the aftermath of a militant attack in Srinagar on Wednesday.

Wednesday's attack took place in Srinagar's high security area, Alooichibagh which is barely two kilometres from SSP office, CARGO | **Full Story on Page 7**

Scrapping Of Art-370 Led To J&K Tourism Boom: Reddy

Press Trust Of India

New Delhi: Union minister G Kishan Reddy on Thursday said Jammu and Kashmir registered a "record footfall" of tourists at airports and sightseeing places in the last several months due to "transformative initiatives" of the Modi government such as the abrogation of Article 370. His remarks came a day ahead of the third anniversary of the revocation of the special status of Jammu and Kashmir under Article 370 of the Constitution and the bifurcation of the erstwhile state



into UTs -- J and K, and Ladakh.

"Thanks to @narendramodi gov't's transformational initiatives like Abrogation of Article 370 TOURISM in J&K Gets Big Boost Record footfall of tourists

at airports & tourist places Over 79 lakh TOURISTS Visited J&K between Oct 2021 and March 2022," the Union culture and tourism minister tweeted.

It was on August 5, 2019, when the Centre ended the special status of Jammu and Kashmir and restrictions imposed in the region had severely impacted tourism there.

In a major intervention for the upliftment of the tourism sector in J-K, the Union government had made a record allocation of Rs 786 crore in the budget for the tourism sector there, **More on P6**

Srinagar Reports More Corruption Cases In J&K In 2022

Press Trust Of India

Srinagar: Srinagar has reported more corruption cases compared to other districts of Jammu and Kashmir in the past seven months, officials said.

Every fourth case of graft or misuse of official position was reported from the city during this period, they said.

According to the Anti Corruption Bureau (ACB), a total of 94 graft cases were registered from January 1, 2022, till date.

Of these, 24 cases were registered in Srinagar district alone. The ACB police station in Srinagar, which also covers graft cases in Ganderbal and Budgam

districts, had a total of 32 cases in the corresponding period.

Baramulla police station of the ACB, which also covers Bandipora and Kupwara districts, reported 23 cases while the Anantnag police station covering four south Kashmir districts had 13 cases, as per the ACB data.

In the Jammu province, the data showed that corruption is much less with only 19 cases registered in 10 districts.

Jammu police station of the ACB reported 11 cases in the first seven months while Doda police station reported five cases.

The ACB central police station registered five graft **More on P6**

'Admin Steadfast In Promoting Industrial Eco-System'

Lieutenant Governor, Manoj Sinha said on Thursday that his administration is steadfast in promoting an industrial eco-system in The Jammu and Kashmir for which investment proposals of Rs 56000 crores have already been received by the Department of Industries and Commerce, besides the development of private industrial estates. Sinha made these remarks during his interaction with a delegation of Confederation of Indian Industry (CII), Gujarat **More on P6**

KASHMIR IS KNOWN FOR ITS EXQUISITE CRAFTS AND CRAFTSMANSHIP. I am indebted to the artisan community of the UT for professing art forms and possessing skill sets that are renowned not only in Country but world over."

S H O R T T A K E S

Three Militants Held In Handwara: Police

Police on Thursday claimed to have arrested three militants and foiled their attempt to disrupt peace in Handwara area of North Kashmir's Kupwara district. Manzoor Ahmed Kumar of Singapore, Showkat Ahmed Bhat of Khanu Babagund along with another person whose identity and age is unknown, were arrested by a joint of police, army's 21 RR and CRPF 92 battalion during naka checking at Fruit Mandi Crossing, Handwara, a police spokesperson said. The trio, he said, were arrested when they attempted to flee the spot on seeing the checking

Teenager's Body Retrieved From River

The body of a 14-year-old boy, who had drowned in Neeru river here, was recovered on Thursday, officials said. Shamooin Hussain of Chilli Bhalessa drowned while taking a bath in the river in the Senai area of Bhaderwah town in Jammu and Kashmir's Doda district on Wednesday night, they said. After hectic efforts, the body was fished out from the river near Bhalla, Station House Officer of Bhaderwah police station Jatinder Singh Rakwal said. After Hussain slipped into the deep waters, boys accompanying him raised an alarm and

SIA Charge Vendors In Fake Sim Card Case

State Investigation Agency of Jammu and Kashmir Police on Thursday filed chargesheet before Kupwara court against SIM card sellers for using forged documents. In a statement, the SIA said that today State Investigating Agency (SIA) J&K Police filed the charge sheet before the Court Kupwara in case FIR No. 08/2022 u/s 420, 468, 471, 120-B, 201 IPC of P/S CIK/SIA against two accused persons namely Idress Ahmad Baba @ Idress Pir son of Abdul Ahad resident of Wuder Payeen Handwara and Asif Ahmad Dar son of **More on P6**

J&K Clocks 779 New Covid Cases

Jammu and Kashmir reported on Thursday 779 fresh cases of novel Coronavirus while one more person succumbed to the deadly infection in the Union Territory during the last 24 hours. According to officials, Kashmir Valley registered 637 new cases of Covid-19 while 142 others were detected from various districts of Jammu division, taking the total number of people infected since the onset of pandemic in J&K to 467422. Giving district wise details, the officials said, Jammu reported 59 cases, Udhampur 10, Rajouri 5, Doda 18, **More on P6**

5 Killed After Tempo Falls Into A Gorge

Five people were killed and 12 others injured on Thursday when a tempo vehicle carrying them skidded off the road and plunged into a gorge in Ramban district of Jammu and Kashmir. Official sources said that the tempo (JK02AP-5338) skidded off the road after hitting an alto car and rolled down into a deep gorge near Kela Morh in Ramban district. Five persons were killed and 12 others were injured in the accident. All the injured were shifted to hospital by rescuers comprising locals and police, they said. SHO Ramban Sandeep Charak told a local **More on P6**

Non-Local Found Dead In Budgam

A non-local was found dead under mysterious circumstances under a bridge in Chadoora area of Central Kashmir's Budgam district on Thursday. Official sources told a local news agency KNOthat locals spotted the body of an unidentified non-local under Chadoora bridge and informed the police. They said that the body was shifted to sub-district hospital Chadoora for medico-legal formalities. Meanwhile, a police official said that further investigation into the matter has been initiated. **More on P6**



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Earlier Wheat Planting Can Boost Yields In Eastern India: Study

Press Trust Of India

Farmers in eastern India could increase yield by planting wheat earlier, helping them to ensure food security and farm profitability as the planet warms, according to a study. The researchers at the Cornell University, US, noted that adjusting the sowing dates for wheat will increase untapped potential production of eastern India by 69 per cent. The team built dense data sets in collaboration with colleagues from the Indian Agricultural Research Council, allowing them to unravel complex farm realities through big data analytics, and to determine what agricultural management practices really matter in small-

holder systems.

"This process has confirmed that planting dates are the foundation for climate resilience and productivity outcomes in the dominant rice-wheat cropping systems in the eastern sector in India," said Andrew McDonald, an associate professor at Cornell University. The study, published recently in the journal Nature Food, found that farmers in eastern India could increase yield by planting wheat earlier -- avoiding heat stress as the crop matures -- and quantified the potential gains in yields and farm revenues for the region. The researchers also found that the intervention would not negatively impact rice productivity, a key consideration for farmers. Rice alternates with wheat on the cropping calendar, with many farmers growing rice in

the wet season and wheat in the dry season. The study also provides new recommendations for rice sowing dates and types of cultivars, to accommodate the earlier sowing of wheat. "Taking a cropping systems approach and understanding how things cascade and interlink informs our research approach and is reflected in the recommendations that emerged from this analysis. Climate resilient wheat starts with rice," said McDonald. The research is the result of years of collaboration with international groups and government agencies in India, which have identified the Eastern Ganges Plain as the area with the most potential growth in production. The region will become essential, McDonald said, as the demand for wheat grows, and climate change makes production more difficult

and unpredictable.

This year, record heat waves in March and April and food shortages caused by the war in Ukraine -- both of which prompted India's government to instate a ban on wheat exports -- have highlighted the need for increased yields and more sustainable farming practices. "In the bigger sense, this research is timely because the hazards of climate change aren't just a hypothetical," McDonald said. "Many of these areas are stress-prone environments, and extreme weather already constrains productivity. Identifying pragmatic strategies that help farmers navigate current extremes will establish a sound foundation for adapting to progressive climate change," he said. The researchers noted that poverty is endemic

in the Eastern Ganges Plain, and the region is dominated by small landholders, with varying practices and access to resources. The breadth and specificity of the data collected and analysed in the study -- including field and household survey data, satellite data, and dynamic crop simulations -- allowed researchers to understand regional small farms' challenges and the barriers to change. "At the end of the day, none of this matters unless farmers opt in," McDonald said. "There's a spatial dimension and a household dimension to opportunity. If we can target approaches accordingly, then we hope to position farmers to make management changes that will benefit the entire food system," he added

Waking Up To AI's Sleep Loss Potential

360info

Everyone sleeps, but we have few tools for measuring the sleep the world is getting at scale. AI and sleep could help us study global shocks in near-real time. It's not unusual to hear people complaining about tiredness multiple times a day, but why? Sleep is fundamental to human health, but because it's so private, there are few tools for measuring how much sleep everyone is getting at scale. Existing methods use time diaries, sleep surveys, sleep laboratories or, more recently, wearable technology to measure sleep. But none of these approaches is ready to tackle a global sleep-loss pandemic. A Monash University study asked a different question: could the massive data we all generate when connecting to and disconnecting from the internet help researchers understand sleep? As internet addresses go online and offline through the day, they track the daily human behavioural cycle: a trough in the early hours, followed by rising activity through the day to a peak in the evening, and then a sharp drop-off overnight. And yet, no two cycles are the same: day of the week matters (heading downtown Friday night depresses internet activity), stay-at-home orders certainly matter (we go online earlier and longer), and even dips in activity during prayer times during Ramadan are visible in traditionally Muslim regions. The American Time Use Survey (ATUS) asks Americans about their previous day's activities, including when they woke up and when they went to sleep. The Monash study used survey data for 81 US cities over a six-year period to calculate when residents slept and woke up each year, then used internet activity-data to make the same calculation. The researchers then trained a machine-learning algorithm to track how changes in internet use over a day relate to the average waking and sleeping times in each city. When asked to predict the expected average sleep duration for a city the algorithm had never seen before, it was accurate to within 20 minutes. When estimating the average morning wake-

up time, it was accurate to within nine minutes. The researchers repeated this result when using daily electricity-demand data instead of internet data to predict sleep. But there's something fundamentally different about internet-activity measurements compared to electricity-demand data: global availability. The US has a highly functioning electricity bureaucracy, but not all

fall down outside its borders. Another potential pitfall is internet patterns are likely affected by the technology mix at play: the internet signature of a mobile-first' continent such as Africa could be vastly different to that of North America, which relies heavily on fixed broadband internet. Like so many challenges in the application of AI to health sciences, the answer to both hurdles lies with wid-



countries do. Internet-activity measurement, on the other hand, can be remotely and consistently measured for any internet-connected device on the planet. This suggests the amount of sleep we are collectively getting can be estimated for any (internet-connected) city on the planet in near real time. This kind of research has a huge range of applications, including impact mapping during natural disasters, documenting internet shutdowns associated with human-rights violations, and even providing internet-availability assessments during the Russo-Ukrainian war. Whether this approach can be applied globally remains to be seen. The technology and sleep habits of Americans may be unique. If so, an Artificial Intelligence (AI) model that learns the internet sleep association in the US will

ening the training pool for the model. The more measurements researchers have from traditional sleep studies, in more countries, cultures and technology contexts, the more confidence they can have in any model prediction. Should a global sleep observatory (from internet measurements) arise, population health and sleep scientists will perhaps gain the most. If major shifts in internet use reveal similar changes in sleep patterns, researchers may flock to the field and use more precise tools to investigate further. Likewise, significant global shocks such as pandemics and recessions can be studied in near real time for their impact on our sleep, prompting the right public health messaging around mental health and sleep, better technology and app design, and timely education around the importance of sleep in times of stress.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION Ganderbal

NOTICE INVITING TENDER

CIVILWORKS

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EE/R&B/Divn/Gbl/e-Tender Fresh NIT No.124 of 2022-23 issued under endorsement No.8226-35

Dated:03.08.2022

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/Central Governments for the following works:-

S.No	Name of the Work	Adv. Cost (Rs.In Lacs)	Cost of T/Doc. (In Rupees}	Earnest Money (In Rupees}	Time of completion	M.H of Account	Class Of Contactor
1.	Construction of under construction of Sub-Centre at Kullian-B under DDC Grants.	Rs.5.75 Lacs	Rs.300/=	Rs.11500/=	15-Days	DDC Grants	DEE/CEE
2.	Restoration of Washrooms at Govt. Polytechnic College Hatbura Ganderbal.	Rs.4.80 Lacs	Rs.200/=	Rs.9600/=	10-Days	4202-Education	DEE

Position of AAA:-Accorded, Position of funds:-Available.

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.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--

1.	Date of Issue of Tender Notice	03-08-2022
2.	Period of downloading of bidding documents	03/08/2022 from 4:30 PM.
3.	Bid submission Start Date	03/08/2022 from 4.30 PM.
4.	Bid Submission End Date	08/08/2022 upto 4.30 PM.
5.	Date & time of opening of Technical Bids(Online)	08/08/2022 at 04:35 P.M in the office of Executive Engineer R&B Division Ganderbal

2. Bids must be accompanied with cost of Tender document (as mentioned above) in shape of Treasury Receipt/e-Challan in favour of Executive Engineer (R&B) Division Ganderbal.

Note:- The Date of Treasury Challan and CDR must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive.

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

3.1 Note:-All bidders shall submit the uploaded Treasury Challan in Original before issuance allotment.

4. The date and time of opening of Bids shall be notified on WebSite 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(tender receiving authority).

5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical

6. The earnest money shall be forfeited If:-

a) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b) Failure of Successful bidder to furnish the required performance security within the specified timelimit.

c) Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

6(A). Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from"Bidders Manual Kit" on website www.jktenders.gov.in acquaint bid submission process.

6.2To participate in bidding process, bidders have to get "Digital Signature Certificate [DSC]"as per information Technology Act-2000.Bidders can get digital certificate from any approved Vendor.

6.3The bidders have to submit their bids online in electronic format with digital Signature.No bid will be accepted in physical form.

6.4 Bids will be opened online as per time schedule mentioned in Para-1.

6.5 Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, original photocopies of documents related to the bid be submitted physically l by registered post /through courier before the datespecifiedinPara-1.

6.6. Bidders must ensure to upload scanned copies of all necessary documents including Bid Security Declaration, tender documents fee in terms of soft copies and all other documents required as per NIT with technical bid. No document (s) which has/have not been uploaded shall be entertained for technical evaluation in the form of hard copy. However in case of any clarification the bidders all have to produce original documents in support of soft copies if need arises.

No.8226-35

Dated-03-08-22

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Sd/-

Executive Engineer

R&B Division Ganderbal

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Ministry of Communications
Department of
Telecommunications

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Dated: 29th July , 2022

NOTICE

Inviting comments on the Consultation Paper on 'Need for a new legal framework governing Telecommunication in India'

Government of India, Ministry of Communications, Department of Telecommunications have prepared a consultation paper on need for a new legal framework in telecom sector. The consultation paper may be accessed at <https://dot.gov.in>. On the Consultation Paper, comments of the stake-holders are invited.

Comments may be sent on the email ID: naveen.kumar71@gov.in Last date of receipt of the comments will be 25th August 2022.

(Naveen Kumar)
Director

CBC 06201/1/0005/2223

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KU Organizes Orientation Prog On NEP-2020

Observer News Service

Srinagar: A day-long awareness-cum-orientation programme on National Education Policy-2020 was held at the University of Kashmir.

The programme was organised by the varsity's Choice Based Credit System (CBCS)-National Education Policy (NEP) Cell, which functions under the aegis of Dean of Academic Affairs.

Academic Counselors of all departments, institutes and PG colleges of the University attended the event, which was presided over by Dean Academic Affairs Prof Farooq Masoodi, while Registrar Dr Nisar A Mir was a guest of honor.

In his presidential address, Prof Masood stressed on the need for proactive participation of academic counselors in the process of NEP-2020 implementation.

Appreciating the important role played by academic counselors in implementation of CBCS, Prof Masoodi hoped that same enthusiasm and determination shall be exhibited by them during the NEP-2020 implementation.

Speaking on the occasion, Registrar Dr Nisar Ahmad Mir highlighted the promptness of the University, among other higher educational institutions, in taking some robust measures to realize the key objectives of National Education Policy-2020, especially formulation of UG syllabi to bring the same in sync with the UGC recommendations.

Dr Mir expressed hope that the University of Kashmir will emerge as the frontrunner in the implementation process of NEP-2020.

The technical sessions included a talk delivered by Controller of Examinations, Dr Majid Zaman, on "Introduction and Explanation of Multiple Entry and Exit System in Academic Programmes under NEP-2020 and National Academic Depository (NAD)", while Prof M Ashraf, Consultant CBCS (UG) delved in detail on the topic, "NEP-2020 Framework".

Water Scarcity Hits Iqbal Sector In Zafran Colony

Agencies

Srinagar: Water scarcity has hit the residents of Iqbal Sector, Zafran Colony in Pantha Chowk area of Srinagar, as a motor at the watershed has developed a technical snag, residents said here on Thursday.

Residents of Iqbal Sector, Lane 2, Zafran Colony said that acute water shortage has hit their area for the past few days as there is no drinking water supply and they have to travel to other areas to fetch drinking water.

"We don't get 24 hour water supply and used to get water from 11 am to 2 pm every day," said Muad Ashraf, a local resident, adding that despite the fact the area is part of Srinagar city, still there is no drinking water supply available.

Many women of the area also complained about non-availability of drinking water. "Officials of the Jal Shakhti department make tall claims about laying new pipes and making water available 24 hours but on ground all seems fake," they alleged.



CAMPAIGN COSTS

FAA Candidates Paying Heavy Price For Their Careers

Syed Mohammad Burhan

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

The protesting candidates braving summer heat and heavy rains during the past three weeks say they are undeterred by the weather conditions.

For candidates belonging to the city and its peripheries, the protesting venue remains central and reachable, for those coming from far off places, the journey is far and expensive.

Adil Hussain Khan, 26 a FAA candidate from Salar, Pahalgam in South Kashmir has a post-graduation degree in Mathematics from University of Kashmir.

He says after the Jammu & Kashmir Service Selection Board (JKSSB) advertised posts for Finance Account Assistant (FAA) he applied for the job keeping in view the stability a government job offers.

Adil's family was jubilant after the selection list was declared and

their son had made it to the selection list. The joy of Abid getting 'employed' was short-lived as rumors started doing rounds that the exam may be scrapped.

Adil, left with nothing, started attending protests at the Press Enclave from day one.

"Protesting at the Press enclave has come at a huge cost for me as travel expenses are huge. Every day I have to spend around 500 bucks to reach the protest venue" he says.

"In order to travel to the city from my native village, I have to change at least four public transport vehicles to reach here. I leave home as early as 07:00 a.m. and get back at 08:00 p.m." he added.

Mohsin Rafiq, another FAA candidate from the South Kashmir district of Anantnag, says he has a Master's Degree in Physics.

"I left my actual field of study for the sake of this job but now I feel disappointed" he says.

"I spend so much money to reach this place, I can't afford to have lunch so I rely on tea and soft drinks" he added.

Tahira Rashid, 24, a civil engineer, is one of the few female candidates joining their male counterparts at the protest site.

She, like other protesting candidates, started travelling daily to the city center after the protests started from her native village in Kupwara District.

Unable to bear the expenses, she had to rent an accommodation in the Barzulla area of the city.

"Travelling to and fro daily became a nightmare as I had to spend Rs 1000 per day as my travel expenses, so I was forced to rent a place for Rs 4,000 per month"

"Although the travel and food expenses are more than what I can afford, I am willing to pay a heavy price for the sake of my career" an undeterred Tahira says.

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

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

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

DIAL-EMMA

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- PDD: 0194-2450213
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HIGHWAY STATUS



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



**HIJRI
CALENDAR**
06 Muharram
1444

PRAYERS

FAJR	4:10
ZUHR	12:37
ASR	5:30
Magrib	7:32
ISHA	9:03

This Day In History

- 1943 - World War II: at around 11 A.M during the Battle of Troina, Mount
- Etna erupts sending ash and lava miles into the sky.
- 1944 - US troops occupy Vannes, Brittany
- 1947 - Netherlands ceases political action in Indonesia, due to UN pressure
- 1963 - Britain, USA & USSR sign nuclear test ban treaty
- 1973 - USSR launches Mars 6
- 1974 - US President Richard Nixon admits he withheld information about Watergate break-in
- 1989 - NASA Venus probe Magellan launched from Space shuttle, 1st
- to do so
- 1991 - Sergei Bubka of USSR sets pole vault world record (6.10m) in Malmö Sweden
- 1994 - Antonov-12 crashes at Boda, Eastern Siberia, 47 killed
- 1997 - Korean Air 747 with 331 aboard crashes in Guam, 29 survive
- 1997 - Soyuz TM-26 crew of Anatoly Soloviyov & Pavel Vinogradov, launched
- 2011- NASA launches its Juno spaceprobe from Cape Canaveral to orbit and study Jupiter
- 2013 - 160 people are killed by flash floods across Afghanistan and

From KO Archives

Yatris Flee Pahalgam After Massacre

Observer news service

PAHALGAM: Hundreds of panic-stricken Hindu pilgrims were today fleeing this picturesque tourist resort, which has been converted into the base camp for the annual pilgrimage to the Amarnath cave up in the mountains, a day after suspected militants killed 33 devotees on their way to the holy cave.

Pahalgam witnessed the worst of a series of overnight massacres by suspected militants across the state which claimed a total of 100 lives, mostly Hindu civilians

Officials said two suspected militants swooped down from forests overlooking Pahalgam, some 100 km south of Srinagar, and shot dead 31 people. They

Were killed in the retaliatory fire by the security forces. The incident took place at a community kitchen (langar) on a road in the close vicinity of a security camp with an army camp just at a stone's throw.

"I could hear gunmen firing at the tents for at least 10 minutes without interruption," said Sanjeev Parishar of New Delhi, who added that local Muslims had helped the wounded in Pahalgam to go to hospital.

Nissa Shah, a local Muslim shawl-vendor, said "I was doing brisk business when all of a sudden firing started from two points. At least a dozen people were hit by bullets and three died on the spot."

Ashok Kumar, a surviving pilgrim, was in a state of shock. "The shooting started at around 6:45 p.m. I rushed towards my burs but a bullet hit me in the leg. "It is due to God that I am still alive," he said. Speaking of the attackers, Kumar said: "They were firing at will and they looked visibly relaxed."

Though the officials claimed the attackers to be foreign militants, police sources, on condition of anonymity, said the two persons were local youth from Anantnag, one of them a student of Aligarh Muslim University. The other youth was identified as Shabbir Ahmad Shah. One of rifles with a Lashker-e-Taiba sticker put on it, had been placed by the side of a slain youth. Hundreds of pilgrim-packed cars, buses, trucks and jeeps were seen leaving this town, even as the sky was overcast. This is a valley of destruction," said Akash Chaudhary, a Chandigarh yatri.

Atma Ram, a Bihari pilgrim said he did not visit the Amarnath shrine. "I had come for darshan. But I am totally scared and have decided to return home without having it" Witnesses said blood-soaked clothes, caps and foot-wear still littered the camp where the gunmen struck. Police brought in sniffer dogs to the site today to look for concealed explosives.

Meanwhile, scores of Kashmiri Muslims were flocking to Pahalgam on Wednesday to check on the condition of friends and relatives who ran shops or businesses in the resort town 1 have failed to trace my two sons," worried Srinagar housewife Farida Banu said.

(Kashmir Observer, August 05, 2000)

Government of Jammu & Kashmir

**OFFICE OF THE EXECUTIVE ENGINEER
MECHANICAL HOSPITAL AND CENTRAL
HEATING DIVISION SRINAGAR**

**e -NIT NO: MHCHD/TS /2022-23 /74/e-tendering
Dated:-03.08.2022**

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited from Authorized dealers of Suggested makes of Split ACs or Registered/ Reputed and experienced firms for the below mentioned work:-

Name of Work	Est. Cost (Rs. in Lacs)	Cost of T/Doc. (In rupees)	Time of completion (in days)	AAA	TS.NO	Position of Funds	EMD Amount (Rs)
1	2	3	4	5	6	7	8
Supply, Installation, Testing Commissioning of Hot and Cold (reversible ACs) in main Auditorium at Govt. Medical College, Srinagar.	12.30	1000	10	25-MCS of 2022, Dt: 25-07-2022	MHCHD/ TS/37 Dated 08/22	Available	24,600

- The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in from 03.08.2022 (18.00 hrs).
- The bidders shall deposit their bids in electronic format on the above web site from 04.08.2022 (10:00hrs) to 12.08.2022 (14:00 hrs) in two (02) cover.
- The bids uploaded on the website up to due date and time will be opened on 12.08.2022 (16.00 hrs) or any date convenient to the department in the office of Executive Engineer, MHCHD, Srinagar.

Sd/-
Executive Engineer,
MHCHD, Srinagar

DIPK-7374/22
No: MHCHD/ TS/3936-40
Dated: 03-08-2022

DEMISE

With utmost grief we inform that wife of Dr. Mohammad Yousuf Makhdoomi passed away on 2nd of August 2022 (Tuesday) at 'her residence near Masjid Madeena, New Colony Nigeen. Congregational Fateha Khawani will be observed at Banday graveyard on Friday 5th of August 2022 at 10 AM Near Hazratbal Shrine followed by a joint condolence at their residence. **LADIES ARE REQUESTED NOT TO BRING ANY KIND OF EATABLES WITH THEM.**

BEREAVED
**DR. MOHAMMAD YOUSUF MAKHDOOKMI MOHAMMAD ISHAQ
BANDAY FARHAT HUSSAIN BANDAY KAISER NAZEER GEER**

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K O V I E W

New Security
Challenges

There is a growing concern in the security establishment that the militancy in Jammu & Kashmir has become faceless. It has been voiced by none other than the union territory’s police chief Dilbag Singh. Though security forces have killed over 500 militants since the revocation of Article 370 in August 2019, the militancy continues to pose a formidable challenge. The militants have struck recurrently to announce their presence. The predominant targets of their attacks in the last two years have been civilians including those belonging to minorities.

As many as 118 civilians, including 21 Hindus, among them five Kashmiri Pandits, have been killed in Jammu and Kashmir since the abrogation of Article 370, the Union Minister of State for Home Nityanand Rai recently told parliament. The minister, however, informed the House that there has been a substantial decline in the militancy-related violence in the last three years.

On a positive note, the union minister said that around 5,502 Kashmiri Pandits have been provided jobs in different departments of the J&K government in the valley and no Kashmiri Pandit has migrated from the valley since August 2019. This is contrary to reports that many Kashmiri Pandits, including the employees, fled the Valley in the wake of the recent killings.

The killings of civilians and Kashmiri Pandits in the Valley generated an outcry across the country. Many Pandits who had returned to Kashmir to take up jobs under the Prime Minister’s Package temporarily left the Valley, putting the central government’s project to resettle them in their homeland in jeopardy. However, Kashmiri Pandits have not been the only ones who have been attacked: Kashmiri Muslim civilians, Jammu and Kashmir Police personnel, migrant labourers, and also Hindus from Jammu and other parts of India have also lost their lives. According to home ministry figures, 128 security force personnel have also lost their lives in last three years.

But intermittent civilian killings remain a challenge. Making things further difficult for the J&K government is that there are around 5000 Pandit employees recruited under a special package. Similarly, nearly 8,000 employees from different districts of the Jammu division are working in Kashmir under an inter-district transfer policy and a predominant majority of them are non-Muslims.

This is where the rise of anonymous militancy has increased the challenge manifold. Security agencies also call it hybrid militancy. In this kind of militancy, a civilian doubles up as a militant and can go back to lead his normal life after carrying out an attack. Though many suspected hybrid militants have been arrested, it has not addressed the problem. The security brass is, however, hopeful that the situation would change for the better in the near future.

O T H E R O P I N O N

On Long Covid,
Unknown Enemy

Some evidence suggests that those who were more acutely ill with Covid are more likely to suffer from lingering or recurring symptoms, and that older people and those with comorbidities are also likely to be worse affected. Vaccination appears to offer a slight protective effect. None of this is surprising. But some very fit people who did not appear to be severely ill have been hit too. Women seem to be more likely to suffer than men.

Scientists are delving into possible explanations for ongoing problems – such as pockets of the virus remaining in the gut, or the virus triggering an autoimmune disease – and doctors are trialling different treatments. Yet the Royal College of Nursing has warned that services in Britain are woefully inadequate. Though long Covid clinics have now been set up by the NHS, demand far outstrips supply, and the treatments offered vary widely. Thousands of sufferers are travelling abroad to try unproven treatments, at huge expense, from sheer desperation.

In many regards, long Covid has echoes of existing autoimmune diseases and (usually post-viral) conditions such as ME/CFS, which are complex, poorly understood, hard to diagnose and tough to treat. The biggest difference may be that Covid’s seriousness and its spread have ensured greater attention and resources this time; patients with ME/CFS and some autoimmune illnesses who have long complained about the lack of interest and investment in research hope that it may lead to breakthroughs that could help them.

But even if those materialise, there will be no miracle cure. Some may gradually recover with little help; others may benefit from a variety of treatments. Those who are still unwell need other forms of help. Shamefully, even British doctors left with long Covid after working on the frontline in the pandemic say that they have been denied disability benefits.

The Long Covid Support group says that delays to or denial of personal independence payments are affecting the recovery of patients as well as their state of mind. An appropriate response to long Covid must mean supporting people as well as trying to cure them, through measures such as flexible working and financial help.

The Guardian

Enduring Crisis
The world economy in the doldrums



Prabhat Patnaik

Even after the war in Ukraine gets over, even after the pandemic recedes, there will still be this underlying structural crisis of neoliberal capitalism, about which, predictably, ‘establishment’ economists are silent. The point is: how can the system overcome this structural crisis? It turns out that it cannot, without transcending the neoliberal regime

Over a century ago, the Marxist revolutionary, Rosa Luxemburg, had argued that the capitalist economy needed “outside” markets to keep its growth going; and she had seen pre-capitalist (colonial) markets as providing that stimulus. Some of the conclusions she had drawn were later criticised, but her overall insight was perfectly valid, as Michal Kalecki, the well-known economist, was to show later. The argument went as follows: imagine an economy with zero growth, where net investment too must be zero; since there is zero growth, the market is not growing and hence there is no incentive to add to capital stock; this continues to keep net investment at zero and perpetuates the economy’s stagnation. A stagnant capitalist economy, unless there is some stimulus for investment from “outside” and not just from its internal market, will, therefore, continue to remain stagnant.

The history of metropolitan capitalism can be analysed with this insight into “outside” market. The period before the First World War which had witnessed a prolonged boom had relied on colonial markets. The exhaustion of colonial markets and the encroachment by a newly-industrialising Japan into Britain’s Asian markets had caused the prolonged Great Depression of the inter-War period. The post-Second World War years, however, saw a new market being opened up “outside” of the capitalist sector proper, namely State expenditure; and this underlay the long boom, sometimes called “the Golden Age of Capitalism”, that lasted till the mid-Seventies.

This boom, however, was accompanied by large accumulations of finance in metropolitan banks and other financial institutions, which went global in their quest for investment opportunities. And since finance is always opposed to any State intervention for boosting aggregate demand (for it undermines the social legitimacy of capital, especially of finance capital), this newly-globalised finance put pressure on countries to pursue neoliberal policies and eschew fiscal activism. The neoliberal period, therefore, left world capitalism without any

genuine “outside” stimulus, because of which the growth rate of the world economy slowed down compared to that of the “Golden Age”.

There was nonetheless a sort of pseudo-stimulus even under neoliberalism. This was the formation of asset-price bubbles, which operated in this manner: speculation in some asset markets pushed up their prices far above their true value; everybody knew that these prices would collapse, but people still bought these assets at such highly inflated prices in the belief that they would be able to sell them at even higher prices before the inevitable crash came, that is, before the bubble burst. This increased the apparent wealth of those who held these assets, and the euphoria of being rich caused them to spend more than they would otherwise have done, thereby raising activity and employment.

Two such bubbles in the United States of America boosted the world economy during the neoliberal era: the ‘dot-com’ bubble, which saw sky-rocketing share prices of dot-com companies, and the housing bubble. But with the collapse of the US housing bubble in 2008, even this pseudo-stimulus has come to an end. The growth rate of the world economy during the decade before the pandemic was lower than for any other decade since the Second World War.

The pandemic, which entailed serious economic disruptions, was superimposed upon this underlying structural crisis, of a growth slowdown caused by the drying up of “outside” stimuli for the system. Colonial markets can scarcely play this role now; State expenditure is not allowed to play this role under neoliberalism because of the hegemony of globalised finance; and even the pseudo-stimulus provided by asset price bubbles has become elusive as the dangers of asset-price speculation loom particularly large at present. And now, the Russo-Ukraine war, which has pushed up food and fuel prices, above all through commodity price speculation, has added to the woes of the world economy, where even the International Monetary Fund is talking of the prospect of the worst recession of the last fifty years.

Even after the war in Ukraine gets over, even after the pandemic recedes, there will still be this underlying structural crisis of neoliberal capitalism, about which, predictably, ‘establishment’ economists are silent. The point is: how can the system overcome this structural crisis? It turns out that it cannot, without transcending the neoliberal regime.

If any individual country wants to reduce unemployment through fiscal stimulation (since monetary stimulation via low interest rates, as experience shows, is too feeble), then the opposition of finance will take the form of flight of capital; the country will, therefore, have to impose capital controls. But then financing current account deficits on the balance of payments will become difficult, necessitating trade controls as well. In short, that country will have to roll back the neo-liberal regime.

A group of advanced economies could undertake a coordinated fiscal stimulus, that is, they could synchronously raise State expenditure by increasing the fiscal deficit. Then the incentive for finance to flow out of any one of them will be less. But this would be politically opposed by finance; and what is more, it would revive the sort of inflation in the world economy that had characterised the early Seventies (of which the current inflation provides a foretaste). The way to combat such inflation without squeezing third world absorption of primary commodities is through enhancing the supply of such commodities. For this, however, third world states will have to play an active role, which again will entail a roll-back of neoliberalism. Thus, neoliberalism has brought the world to a crisis from which there is no escape without transcending it.

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

The author is Professor Emeritus, Centre for Economic Studies, Jawaharlal Nehru University, New Delhi

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

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Obesity in School Students

It is sad but true that more and more school children are getting obese. It is all due to their sedentary lifestyle. They don’t want to involve themselves in any outdoor activity. They just cling on to T.V., internet or video games. The major cause is their fondness for

junk and fried food. Home-cooked food is looked down upon because of their love for tinned and canned food. Most of them prefer pizzas and burgers over green vegetables, fruits and milk. The result is that these young children are suffering from many health issues, including hypothyroid-

ism and diabetes.

School authorities should take immediate steps to replace fast food items with healthy food, snacks and fruit juices. Physical exercise and outdoor activities should be made compulsory. Parents should also avoid giving fast foods in the lunch

box. Students must be taught that obesity is an invitation to fatal diseases such as hypertension, heart ailments, cancer and arthritis. This is a matter of great concern.

Fiza Qayoom

MINDFUL FRIDAYS

Pet Rearing and Mental Well-Being

Wasim Kakroo and Syeda Asma

“A pet is an island of sanity in what appears to be an insane world. Friendship retains its traditional values and securities in one's relationship with one's pet. Whether a dog, cat, bird, fish, turtle, or what have you, one can rely upon the fact that one's pet will always remain a faithful, intimate, non-competitive friend, regardless of the good or ill fortune life brings us.”

This statement by American child psychologist Dr. Boris Levinson will resonate deeply with anybody who loves animals.

The relationship between animals and humans dates back to the centuries. Animals were domesticated by the humans 15,000 years back for their services like hunting, farming, guarding and other routine activities, but over the time animals especially dogs became close companions to humans because of their social behavior, so both of them were benefited mutually. Human beings also developed a special interest in rearing pets very long ago and in this regard cats and dogs have been preferably reared for this purpose since the time immemorial. Animals have evolved to be highly sensitive to us, our behaviour, and our emotions. Dogs can comprehend many of the words we speak, for instance, but they are much more adept at reading our tone of voice, body language, and gestures. A loyal dog will also peek into your eyes, just like a close human companion would, to assess your emotional state and attempt to comprehend what you are thinking and feeling.

HEALTH BENEFITS OF PET REARING

The majority of pet owners are aware of the instant benefits that come from having pet animals in their lives. Though many of us are still unaware of them, cuddling with a furry buddy can also have positive effects on our physical and emotional health. Only recently have studies started to look into the advantages of the bond between humans and animals from a scientific standpoint.

Pets, especially dogs and cats, can help reduce loneliness, lower stress, anxiety, and depression, promote liveliness and exercise, and even enhance cardiovascular health. Children who take care of an animal tend to be more secure and active as they grow old. Pets may be a vital source of companionship for senior citizens. But most importantly, having a pet in your life can provide you true happiness and unconditional love.

Owning a pet has been shown to elevate mood, decrease blood pressure, reduce triglycerides and cholesterol in elderly patients. Research has shown that pet rearing increases levels of endorphins and oxytocin hormone both of which offer anti stress effects. Moreover, it reduced levels

of stress hormones, such as epinephrine and norepinephrine, the increased levels of which could otherwise put a person at high risk of cardiovascular and kidney diseases. Pets responding to the commands of their owners give them a sense of pleasure and feeling of satisfaction by release of the hormone “dopamine”. Pets have also been shown to be of great support and an important part of the healing process for people who have experienced trauma or abuse in their lifetime. Studies have shown that pet owners perceive their pets as a supportive part of their lives and this perception seems to have a positive impact on behavior of the individual. Bonding with the pets not only helps reduce stress but also aids in mental and emotional balance. Positive interaction with the pets helps in developing positive social interaction skills, enhances communication skills, increases motivation for exercises and walks, improves social bonds, and these together could help in gaining good physical and mental health.

PET THERAPY

There is no denying the fact that humans and animals share a special bond, and it is this bond that inspired the development of animal-assisted therapy (AAT), which proposes that animals can support people in coping with or recovering from specific medical illnesses. This use of animals to assist people in coping with and recovering from a variety of physical and mental health disorders is also known as pet therapy.

“Positive interaction with the pets helps in developing positive social interaction skills, enhances communication skills, increases motivation for exercises and walks, improves social bonds, and these together could help in gaining good physical and mental health

In fact, American child psychologist Dr. Boris Levinson (whose quote we referred to in the beginning of the article) was the one who initially brought up the concept of AAT in the 1960s after observing that he could better connect with a reclusive 9-year-old kid whenever his dog, Jingles, was there. The presence of Jingles, whom Dr. Levinson referred to as his “co-therapist,” allowed him to succeed where other therapists had failed by winning the boy's trust. Dr. Boris later published his work in a paper entitled “The dog as a Co-therapist”. Since then it has become a part of psychotherapy and has helped many tackle various health issues like cardiovascular disease, psychiatric disorders such as Alzheimer's disease, and even the emotional

aspects of diseases such as cancer.

Pet therapy is a broader term which includes animal assisted therapy and animal assisted activity. Animal assisted therapy is goal oriented therapy that is used as a part of psychotherapy to help patients combat psychological disorders, physical pain and other health related issues whereas animal assisted activity has the general purpose of providing enjoyment and comfort to the animal owners.

Nowadays, the concept of pet therapy has come into vogue globally, although it was popular in European countries earlier. While dogs and cats remain the preferred choices, horses, exotic birds, reptiles (turtles), and fishes are also on the cards.

THE RESPONSIBILITY OF HAVING A PET:

Despite the propitious effects of animals as pets, certain factors need to be considered before animals are used for pet therapy.

Owning a pet requires a significant commitment that will last for the whole of the animal's life, which for dogs may be 10–15 years. And when that commitment is over, you'll have to deal with the sorrow and loss that come along with losing a cherished friend.

SOME OF THE OTHER COSTS OF PET OWNERSHIP INCLUDE:

1. **Pets are expensive:** It can add up to pay for food, veterinarian care, licenses, grooming, toys, bedding, boarding, and other upkeep charges. It could be difficult to manage the

Picture Credits: Zoetis



cost of pet ownership if you're elderly or unemployed and on a fixed income.

2. **Pets need your time and attention:** Coming home to a dog that has been left alone in the house all day is hardly therapeutic, as any dog owner will attest. The majority of other pets need at least daily care and attention, whereas dogs need daily exercise to keep calm and balanced.
3. **Owning a pet can reduce some of your social engagement:** There are temporal limits on how long a dog can be left alone. You can take your trained dog with you to meet friends, run errands, or simply sit outside a coffee shop, but you won't be able to take a last-minute weekend getaway without making prior arrangements for pet care.
4. **With pets comes responsibility:** Taking care of pets is necessary. All dogs, regardless of size or breed, have the potential to hurt people if their owners don't treat them with care. Cats are also capable of biting and scratching. Owners of pets must be vigilant for any hazard, especially when around children.
5. **Possibility of pet allergy:** An allergic reaction to proteins in an animal's skin cells, saliva, or urine is referred to as a pet allergy. Sneezing and a runny nose, which are hay fever symptoms, are also indications of pet allergies. Wheezing and breathing difficulties are two other symptoms of asthma that some people may encounter.

The idea of pet therapy is still in its infancy in India because of the reasons like lack of awareness among the people, religious and cultural beliefs, expenses on the pets and lack of trained therapists who would use pet therapy. Moreover, people are not yet mindful about the rights of the animals after owning them such as timely vaccination and primary medical care whenever required to the owned pets. We can largely benefit from the therapeutic effects of pet rearing if we approach pet rearing in scientific ways that comes with greater responsibility and respect towards animal rights.

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Depression Isn't Chemical Imbalance in Brain?

Joanna Moncrieff
Mark Horowitz

For three decades, people have been deluged with information suggesting that depression is caused by a “chemical imbalance” in the brain – namely an imbalance of a brain chemical called serotonin. However, our latest research review shows that the evidence does not support it.

Although first proposed in the 1960s, the serotonin theory of depression started to be widely promoted by the pharmaceutical industry in the 1990s in association with its efforts to market a new range of antidepressants, known as selective serotonin-reuptake inhibitors or SSRIs. The idea was also endorsed by official institutions such as the American Psychiatric Association, which still tells the public that “differences in certain chemicals in the brain may contribute to symptoms of depression”.

Countless doctors have repeated the message all over the world, in their private surgeries and in the media. People accepted what they were told. And many started taking antidepressants because they believed they had something wrong with their brain that required an antidepressant to put right. In the period of this marketing push, antidepressant use climbed dramatically, and they are now prescribed to one in six of the adult population in England, for example.

For a long time, certain academics, including some leading psychiatrists, have suggested that there is no satisfactory evidence to support the idea that depression is a result of abnormally low or inactive serotonin. Others continue to endorse the theory. Until now, however, there has been no comprehensive review of the re-

search on serotonin and depression that could enable firm conclusions either way.

At first sight, the fact that SSRI-type antidepressants act on the serotonin system appears to support the serotonin theory of depression. SSRIs temporarily increase the availability of serotonin in the brain, but this does not necessarily imply that depression is caused by the opposite of this effect.

There are other explanations for antidepressants' effects. In fact, drug trials show that antidepressants are barely distinguishable from a placebo (dummy pill) when it comes to treating depression. Also, antidepressants appear to have a generalised emotion-numbing effect which may influence people's moods, although we do not know how this effect is produced or much about it.

FIRST COMPREHENSIVE REVIEW

There has been extensive research on the serotonin system since the 1990s, but it has not been collected systematically before. We conducted an “umbrella” review that involved systematically identifying and collating existing overviews of the evidence from each of the main areas of research into serotonin and depression. Although there have been systematic reviews of individual areas in the past, none have combined the evidence from all the different areas taking this approach.

One area of research we included was research comparing levels of serotonin and its breakdown products in the blood or brain fluid. Overall, this research did not show a difference between people with depression and those without depression.

Another area of research has focused on serotonin receptors, which are proteins on the ends of the nerves that serotonin links up with



and which can transmit or inhibit serotonin's effects. Research on the most commonly investigated serotonin receptor suggested either no difference between people with depression and people without depression, or that serotonin activity was actually increased in people with depression – the opposite of the serotonin theory's prediction.

Research on the serotonin “transporter”, that is the protein which helps to terminate the effect of serotonin (this is the protein that SSRIs act on), also suggested that, if anything, there was increased serotonin activity in people with depression. However, these findings may be explained by the fact that many participants in these studies had used or were currently using antidepressants.

We also looked at research that explored whether depression can be induced in volunteers by artificially lowering levels of serotonin. Two systematic reviews from 2006 and 2007 and a sample of the ten most recent studies (at the time the current research was conducted) found that lowering serotonin did not produce depression in hundreds of healthy volunteers. One of the reviews showed very weak evidence of an effect in a small subgroup of people with a family history of depression, but this only involved 75 participants.

Very large studies involving tens of thousands of patients looked at gene variation, including the gene that has the instructions for making the serotonin transporter. They found no difference in the frequency of varieties

of this gene between people with depression and healthy controls.

Although a famous early study found a relationship between the serotonin transporter gene and stressful life events, larger, more comprehensive studies suggest no such relationship exists. Stressful life events in themselves, however, exerted a strong effect on people's subsequent risk of developing depression.

Some of the studies in our overview that included people who were taking or had previously taken antidepressants showed evidence that antidepressants may actually lower the concentration or activity of serotonin.

NOT SUPPORTED BY THE EVIDENCE

The serotonin theory of depression

has been one of the most influential and extensively researched biological theories of the origins of depression. Our study shows that this view is not supported by scientific evidence. It also calls into question the basis for the use of antidepressants.

Most antidepressants now in use are presumed to act via their effects on serotonin. Some also affect the brain chemical noradrenaline. But experts agree that the evidence for the involvement of noradrenaline in depression is weaker than that for serotonin.

There is no other accepted pharmacological mechanism for how antidepressants might affect depression. If antidepressants exert their effects as placebos, or by numbing emotions, then it is not clear that they do more good than harm.

Although viewing depression as a biological disorder may seem like it would reduce stigma, in fact, research has shown the opposite, and also that people who believe their own depression is due to a chemical imbalance are more pessimistic about their chances of recovery.

It is important that people know that the idea that depression results from a “chemical imbalance” is hypothetical. And we do not understand what temporarily elevating serotonin or other biochemical changes produced by antidepressants do to the brain. We conclude that it is impossible to say that taking SSRI antidepressants is worthwhile, or even completely safe.

If you're taking antidepressants, it's very important you don't stop doing so without speaking to your doctor first. But people need all this information to make informed decisions about whether or not to take these drugs.

By arrangements with The Conversation

J&K Gets 53 More DNB Seats In GMCs, District Hospitals



SDH Sopore, Pulwama, Ganderbal Get NBEMS Seats

Observer News Service

Srinagar: In a yet another significant development, which is expected to drastically improve the healthcare services in Jammu and Kashmir, SDH Sopore, District Hospital Pulwama and Ganderbal have been accredited by National Board of Examinations in Medical Sciences (NBEMS) in various departments. SDH Sopore has been accredited in the Department of Anaesthesia and 2 Diploma seats have been sanctioned by NBEMS. District Hospital Ganderbal has been accredited in the Department of Family Medicine and Radiodiagnosis and 1 seat has been sanctioned by NBEMS in each Department.

District Hospital Pulwama has been accredited in the Departments of Paediatrics and Anaesthesia with sanction of 4 and 2 Diploma Seats respectively.

In addition, JLNH Hospital, Srinagar, District Hospital Kulgam and SDH Kupwara have recently received 6, 2 and 4 more seats respectively in various Departments for DNB/ Post Diploma DNB/ Post MBBS Diploma Courses.

Among new GMCs, GMC Anantnag has received the maximum number of 24 Diploma seats in 8 Departments viz ENT, Family Medicine, Paediatrics, Anaesthesia, Radiodiagnosis,

Ophthalmology, OB Gynae and TB & Chest Diseases.

GMC Doda has got 2 DNB seats in General Surgery. In addition to this, NBEMS has approved 6 more seats for SKIMS Soura and Bemina. With this, the total P.G seats approval for J&K has risen to 204 for 2022 session and this is over and above the DM/MCH and MD/MS courses already being run in the UT of Jammu & Kashmir.

Mission Director, NHM, J&K, Yasin Choudhary while giving details about the development said that the commencement of DNB courses in district hospitals of J&K is an important endeavour to address the key concerns of shortage of specialists and providing quality care, and added that 6 seats were approved for DHs in 2020 session and 145 seats (107 Broad specialty and 38 Superspecialty) were approved for J&K in 2021 session. Of this, 2 students were admitted for 2020 session and 48 students were admitted for 2021 session.

During 2022 Session, J&K has received an approval of 204 seats and this is the maximum number in the country as acknowledged by Dr. Anurag Aggarwal, Additional Director, NBEMS.

Yasin said that this has been possible due to the concerted efforts and hard work of the Administrative department H&ME J&K, Director Health Services Jammu/ Kashmir, NHM J&K and the team of health institutions being monitored by Manoj Kumar Dwivedi, Principal Secretary, Health and Medical Education Department and with the support of the NBEMS, New Delhi.

Army, SDH Kupwara Holds Free Medical Camp In Kupwara

Srinagar: A free medical camp was organised by Indian Army for the residents of Upper Manigah with assistance from BMO Dr Mohammed Ashraf, with an aim to reduce hardships of the people living in the far-flung areas in Manigah such as Brimbil, Soniwali, Baliya, Bhati and Chatwan where access to health care has always been a challenge.

A joint team of three doctors and Nursing staff from the Army and civil including a lady doctor were made available under one roof for free medical check-ups, dispensing free medicines and rendering advice in maintaining good health, nutritional lifestyle to all patients who turned up for health check-up and consultation.

The medical camp witnessed a turnout of approx 300 patients, including men, women and children, who received much needed medical consultation and free medicines from the volunteer doctors.

Along with this, an awareness



program was also organised for the visitors on the issues related to maternity health, family plg, life style diseases.

Apart from that, registration of Golden Health Card through CSC Centre was also organised in which 50 persons were registered. An awareness regarding the benefits of registration for golden health cards was also conducted. FMPHW (Female

Multipurpose Help Worker) along with 5 Aasha Workers were also present to help registration of pregnant ladies.

The response from the locals was overwhelming and appealed to the Army to organize more such camps in future. Such initiatives by the Army will go a long way to promote health, peace, progress and wellbeing among the masses.

India To Host UN Security Council Members For Special Meeting On Counter-Terrorism In October

Agenceis

United Nations: India will host diplomats of the 15-nation UN Security Council in October for a special meeting on counter-terrorism.

India is halfway through the second year of its two-year term as an elected non-permanent member of the UN Security Council.

India's tenure at the Council will end in December this year when the country will also preside as President of the powerful UN organ for the month.

India chairs the Security Council Counter-Terrorism Committee for 2022 and will in October host diplomats of the 15-nation Security Council, including US, China and Russia, for the counter-terrorism committee's special meeting. Current members of the Security Council

are Albania, Brazil, Gabon, Ghana, India, Ireland, Kenya, Mexico, Norway and the UAE, along with five permanent members China, France, Russia, the UK and the US.

Mindful of the increasing threat posed by the misuse of new and emerging technologies, the United Nations Security Council Counter-Terrorism Committee (CTC) has decided to hold a special meeting on this theme, with the support of its Executive Directorate (CTED), in India on October 29, 2022, according to information on the Committee's website.

It said the special meeting will specifically focus on three significant areas where emerging technologies are experiencing rapid development, growing use by member states (including for security and counter-terrorism purposes), and the increasing threat of abuse for terrorism purposes,

namely Internet and social media, terrorism financing, and unmanned aerial systems (UAS).

It is not very frequent that the Counter-Terrorism Committee meets outside of New York but the meeting in India will be the seventh time that this is happening. The most recent special meeting of the CTC outside of United Nations headquarters took place in Madrid, Spain, in July 2015, focusing on foreign terrorist fighters (FTFs).

The Committee said further that with the prevalence of technology and rapid rise in digitisation, the use of new and emerging technologies to counter-terrorism is a topic of growing interest among the member states, policymakers and researchers, particularly in the context of the increasing role played by technology in terrorism and counter-terrorism.

Atal Dulloo Calls For Multiplying Efforts Under PMFME

Observer News Service

Jammu: Additional Chief Secretary (ACS), Atal Dulloo reviewed progress of Pradhan Mantri Formalisation of Micro Food Processing Enterprises (PM-FME) scheme in Jammu & Kashmir, in a meeting held at Civil Secretariat here on Thursday.

The centrally sponsored PM FME scheme aims at providing financial, technical and business support for upgradation of existing micro food processing enterprises.

A PowerPoint presentation was given to the ACS in which the role of the scheme, respective capacity building measures, subsidies, use of common infrastructure and Common Incubation Centres etc were reviewed. He was presented action taken report and project implementation plan by senior officers at the meeting.



It was informed that the Ministry of Food Processing Industries (MOFPI) has sanctioned 3 Common Incubation Centres; for milk and its products in Narwal Jammu, for fish in Achabal Anantnag and at Doabgah Sopore for apples.

An indicative list of promotional activities planned by the departments was also shared with the ACS. It was informed that District Resource Persons (DRPs) have been appointed and their online training has been completed. The ACS asked the officers to ensure timely completion and compliance of training programmes.

The ACS instructed the officers to take substantial steps in implementation of the scheme whose physical and financial progress would be assessed by him.

The ACS expressed displeasure upon unwanted delay

and dereliction on approving loans of some candidates. The bank officials were given strict instructions in this regard and were also asked to submit detailed summary of rejected and pending cases along with plausible reasons. Similarly, the District Nodal Officers were also asked to analyse the causes of rejection and small number of registrations.

The ACS said that the number of registrations and sanctioning of cases under the scheme needs to be ramped up for its successful implementation. He also suggested that DCs hold regular meetings to solve issues pertaining to Prime Minister's Development Package (PMDDP) and One District One Product (ODOP) initiative.

The ACS directed officers to start preparing DPRs etc for new proposed Common Infrastructures. Conclusions were drawn on CIC at Samba

for spices and pickles, and another at Chadoora which would be dedicated to dairy products. The officers were told to go ahead with tendering process in this regard.

Non performing DRPs be replaced and vacant positions of DRPs be filled immediately, the ACS directed. DRPs must ensure that they encourage people's participation in this scheme, he maintained.

The meeting was attended by Director Horticulture Planning & Marketing Vishesh Paul Mahajan; Director Horticulture Jammu, Ram Savak; Director Agriculture Jammu, KK Sharma; Managing Director, J&K Agro Development Corporation, Arun Manhas among District Nodal Officers and others.

Officers from Kashmir division and all districts participated through video conference.

CONTD. FROM FRONT PAGE

Foreign Remittance

dollar, almost \$87 Billion less than J&K's total share in the latest pie.

As per the same data, J&K ranked ninth lowest in 'share of international remittance' in India. The rural J&K contributed 0.11 percent while the urban J&K shared 0.34 percent. Notably, in 1993, rural J&K's share in international remittance was recorded to be 0.63 percent while urban J&K didn't contribute anything.

According to the World Bank Report on Migration and Remittances, remittance flows to low and middle-income countries declined marginally to US\$540 billion in 2020, only 1.6 per cent below the US\$548 billion in 2019.

India, being the top recipient country, was expected to be one of the worst affected (projected decline of 23 per cent) as its host country basket was vulnerable to the twin effects of economic slowdown and slump in oil prices. Defying the early projections, however, India remained the top recipient country, accounting for 12 per cent of total global remittances, recording a marginal decline of 0.2 per cent in 2020 and a growth of 8 per cent in 2021.

The share of inward remittances from Gulf nations dipped sharply during 2020-21 on account of the economic stress created by the COVID-19 pandemic, says the RBI research paper prepared by deputy governor Michael Debabrata Patra along with RBI officials Joice John and Deepak Kumar.

Speaking with Kashmir Observer, prominent economist, Ejaz Ayoub said that the latest percentile share of J&K in remittances is a pushing pillar for J&K's economy.

"Unlike the trade economy which snakes around a huge risk, remittances don't fluctuate and are also gradually growing. Export and remittances are two most stable pillars of our economy. When combined together, these two factors offer a boost of around Rs 3000 crores to our economy annually. The 2021 data reveals that J&K has received over Rs 1450 crores from diaspora. And in 2017, the same funds accounted for around Rs 960 crores. So, the change is quite evident," Ejaz Ayoub told Kashmir Observer.

The economic researcher further observed that one of the main factors that has led to an increase in J&K's total remittance inflow is the way Indian currency has weakened over a period of time.

"The global inflation on account of Covid has also impacted the remittances. As mentioned in the report, countries like Pakistan, Bangladesh or other economically weak countries have received more remittances during the Covid years. Similarly, India has also

received a substantial remittance or we can simply say that the predicted dip didn't happen. Inflation's linked component is salary. Whenever inflation is high, people including diaspora get a particular component in salary which is in line with inflation. So, the salaries of people working outside India have also increased, subsequently increasing remittances," said Ayoub, adding that remittances are a boost for J&K's economy as the state is already going through a rough patch.

Echoing similar views, Assistant Professor of Department of Economics University of Kashmir Dr. Javid Iqbal Khan said that remittances have an immense contribution for any economy.

"Foreign remittances are an essential pillar in stabilizing any economy. As we know how unstable J&K's economy is, the available figures of remittances will help in stabilizing the economy. The share would've been higher but due to the massive inflation caused by covid, there's a cut in the overall percentage," Dr Javid told Kashmir Observer.

Pertinently, the economists also noted that the overall percentage may show J&K among the lower ranks but the absolute value of the erstwhile state is pretty high.

"After the 1990s insurgency, Kashmir witnessed a massive jump in migration, which subsequently increased our share in remittances. And similarly, post 2019, another jump was seen. However, the share of the population which migrated after 2019 is yet to impact the remittances. In next 4-5 years, J&K's share in India's total remittance will substantially increase" says Ejaz Ayoub.

Migrant Worker

were manufacturing cotton bedding, police said.

Militants had stepped up attacks on non-locals earlier this year but there was a halt in such targeted killings for the past nearly two months.

Former Goa

chairperson RERA shall take effect from the date he assumes the charge of the post of the Authority.

"The chairperson of the Authority shall not hold any other office. The terms and conditions of the appointment shall be notified separately," reads the notification.

Rai, who attained superannuation in January this year, also served as adviser to administrator of Chandigarh Union Territory.

The chairperson of the Authority is appointed by the Government on recommendations of a selection committee consisting of the

chief justice of the High Court or his nominee, the Secretary of the Department dealing with Housing and the Law Secretary. The person shall have adequate knowledge of and professional experience of at least 20 years in urban development, housing, real estate development, infrastructure, economics, technical experts from relevant fields, planning, law, commerce, accountancy, industry, management, social service, public affairs or administration.

The RERA is a body mandated to monitor the real estate sector and adjudicate disputes related to real-estate projects—(KNO)

There Was No

& competitive.

Speaking on the occasion, Sinha reiterated the commitment of his administration in preserving the traditional arts turning moribund for lack of promotion and patronization and stated that UT administration is alive to the aspirations of associated artisans and workers.

He acknowledged the sheer grit and perseverance of these artisans which has let this master craft transfer from generation to generation. He assured them that every effort would be made to make these traditional handicrafts more remunerative and lucrative for the artisan community.

"There is a heartfelt attachment of Prime Minister Narendra Modi Ji towards all Indian trades and crafts. With the active support of the Central Government, the administration is extending every possible hand-holding support so that the age-old and pristine craftsmanship is preserved in its true essence. He outlined that he personally would be more than happy to materialize whatever this community desires to be done by his administration," the LG said, adding that every country and society in itself is identified by the specific arts, crafts and music.

"Kashmir is known for its exquisite crafts and craftsmanship. I am indebted to the artisan community of the UT for professing art forms and possessing skill sets that are renowned not only in Country but world over."

'Admin Steadfast

led by its Chairman Anand Desai at Raj Bhavan here on Thursday, an official spokesperson said.

During the meeting, he said, productive discussions were held on the growth of the industrial sector of J&K.

According to the spokesperson, the members of the delegation appreciated the Industry-friendly and investment supportive policies brought in by the UT administration.

He said that the delegation also shared

pleasant experience of their visit to Industrial Areas of J&K and the interactions with the representatives of Industries and the UT administration.

"The Lt Governor while interacting with the members of the delegation said that UT administration is steadfast in promoting an industrial eco-system in J&K for which investment proposals of Rs 56000 crores have already been received by the Department of Industries and Commerce, J&K, besides the development of private industrial estates," he added.

Observing that the road and tunnel projects worth Rs one lakh crore are currently under execution in the UT, the LG, as per the spokesperson said that with the completion of Jammu-Srinagar Highway and the Delhi-Katra expressway, J&K would have a Greenfield expressway, besides next year Kashmir would be connected to Kanyakumari via rail connectivity.

"The number of flights to and from Jammu & Srinagar have also seen significant growth in the last few months creating an enabling environment for the rapid growth of industrial sector in the UT," the LG said.

The spokesperson further said that the 14 member delegation comprising of Anand Desai, Chairman CII Gujarat, Vinod Agrawal, former Chairman CII Gujarat, Syed Javid Syed, Chairman CII J&K, Khurshid Dar, Head CII J&K, besides other office bearers of the organization apprised the LG of their visit to Jammu and Kashmir to explore avenues for business and building strategic economic partnerships for industries.

Scrapping Of Art-370

which was Rs 509 crore higher than the last budgetary allocation, officials in Srinagar had said in February 2022.

The officials had added the intent of the massive budgetary allocation was to boost tourism and allied services in the union territory.

Srinagar Reports

cases in the first seven months of the year, the data stated.

Three Militants

parties. During searches, the spokesperson said, arms and ammunition, including a Pistol, one magazine, seven rounds and two grenades were recovered from their possession.

He further said that preliminary investigations have revealed that the individuals were tasked to carry out militant attacks in Handwara, cause loss of life and injuries to the public and to disrupt peace in the area.

According to the spokesperson, the timely

AIM, NITI Aayog To Set-UP 500 More Tinkering Labs In J&K schools



Observer News Service

BUDGAM: The Mission Director Atal Innovation Mission (AIM), NITI Aayog New Delhi, Dr Chintan Vaishnav on Thursday visited Boys Higher Secondary School Budgam and chaired an interactive session with Principals and Headmasters of schools of Budgam.

The MD was accompanied by Deepali Upadhyay, Program Director, Atal Tinkering Labs, AIM; Prateek Deshmukh, Innovation Lead(AIM); Vishnu Priya Bijapur, Innovation Lead AIM and Sumaiya Yousuf, Media and Communications Lead Atal Innovation Mission Niti Aayog.

Among others, Naseer Ahmad Wani, Additional Secretary School Education Ata-ul Munim Tak, Personal Officer, Directorate of School Education Kashmir, Chief Education Officer, Budgam, Mushtaq Ahamd Qadri, Dy. CEO, ZEOs and other concerned were also present on the occasion.

During its visit to BHSS Budgam, the AIM Team inspected the Atal Tinkering Lab where creative students displayed their innovative models and briefed about challenges they faced while working on these innovations.

The MD lauded the students for their brilliant ideas and hard-work. He said he was very im-

pressed in J&K and has found J&K students one among the brightest students in the country.

On the occasion, students presented various cultural programmes and performed skits to create awareness for promotion of creative and innovative attitude among the student community.

Later, the MD along with AIM Team visited TRC Doodpathri where he interacted and held a threadbare discussion on establishment and robust functioning of Tinkering Labs with Principals and school heads of Budgam.

Speaking on the occasion, the MD said that Atal team has created over 10k Tinkering Labs all over India and hundreds of these have been also established in J&K schools.

He said the AIM is establishing more than 500 labs in J&K schools in the next few years to promote innovative and creative mindset among J&K students. "We want to take this creative and innovative movement to all schools and provide these creative minds a platform to perform and showcase their talent," said MD.

He said the aim is to encourage young minds in the field, and challenge students to become producers of products themselves instead of consumers.

Tight Security In Srinagar On Art-370 Abrogation Anniversary

Zaid Bin Shabir

SRINAGAR: Extraordinary security arrangements were put in place in Srinagar on Thursday ahead of the third anniversary of the nullification of Jammu and Kashmir's special status and in the aftermath of a militant attack in Srinagar on Wednesday.

Wednesday's attack took place in Srinagar's high security area, Aloochoibagh which is barely two kilometres from SSP office, CARGO headquarters and Bakshi Stadium—a venue where administration has made all necessary arrangements to mobilize a massive crowd of over 15,000 people to celebrate the third anniversary of abrogation of Article 370. J&K's Lieutenant Governor, Manoj Sinha will preside over the event. He will also inaugurate the recently renovated stadium in the morning, before the main function starts.

The high alert is also a part of the comprehensive guidelines issued ahead of the Independence Day celebrations. As per sources, intelligence reports suggest that "militants may attack and may also use drones to drop improvised explosive devices (IEDs) at crowded places".

The sources said that Bakshi Stadium in Srinagar—venue for main August 5 anniversary event—has also been put under strict surveillance to tackle any suspicious activity.

"As it is the first big celebration of the August 5 anniversary, militants may try to disrupt peace. Intelligence reports also suggest the same. That's why a number of CCTVs in addition to those already installed at traffic crossings, busy markets and around sensitive installations have been installed and



made functional in Srinagar city especially Bakshi stadium area to gear up surveillance and area domination on the eve of August 5," a police official told Kashmir Observer.

Besides this, the official said, sharp shooters have been deployed on high-rises around the Bakshi Stadium to ensure that these vantage positions and other places are not used by militants to attack common public and VIPs who are attending the function.

Notably, in Srinagar, scores of security personnel, wearing bullet proof vests and holding automatic weapons, were seen stopping and checking vehicles. They've also erected checkpoints and installed mobile bunkers to carry out frisking of commuters and pedestrians.

Besides this, additional security deployment was also seen at several areas including Lal Chowk, Jehangir Chowk, Hari Singh High Street, Regal Chowk, Batamaloo and TRC.

"Adequate security arrangements have been made in Srinagar city and other places in the valley to ensure militants are not able to disrupt normalcy.

All necessary precautions have been taken. We have plugged in the city to ensure that all the scheduled functions are held normally," a CRPF official told Kashmir Observer, adding that the night domination has been ensured through the ubiquitous presence of security forces.

All vehicles moving around Bakshi stadium and Lal Chowk are thoroughly checked, he said.

Security forces here have also stepped up their vigil on motorcycles plying in the city ahead of the August 5 anniversary. A special drive has been undertaken by the police and CRPF in many areas in the city. Several two-wheelers have also been reportedly seized since morning.

However, a police official told Kashmir Observer that they were only seizing those motorcycles which did not have proper documents or the "rider's helmet was missing".

Pertinently, besides the official celebrations, Bharatiya Janata Party is also organizing individual events in each and every district of J&K to "mark the biggest day in the history of Kashmir".

GAD Announces Administrative Management System

'Services To Govt Employees To Become Hassle Free'

Observer News Service

SRINAGAR: Prime Minister's flagship programme 'Digital India', the Government of Union Territory of Jammu and Kashmir in the recent past have implemented various IT-enabled solutions to create a vibrant digital ecosystem for delivering essential services for common people and employees.

In the last one year, the General Administration Department (GAD) has successfully implemented online services namely e-Office, online Property Return System (PRS), Vigilance Clearance System (VCS), Employees Monitoring Portal (EPM) and Employees Verification System (EVS).

For facilitation of Government employees and to provide a generic, product based solution for better management of service matters through electronic service record, which includes e-Service Book, Personnel Information System and others, transfers, promotions, vigilance status, PRS etc, the GAD has initiated the process of implementation of 'Administrative Management System' (AMS) for all government employees.

A meeting in this regard was held under the chairmanship of Principal Secretary GAD, Manoj Kumar Dwivedi with experts of Directorate of Information Technology, University of Kashmir.

During the meeting, it was observed that 'Administrative Management System' is 'one- stop solution' for addressing issues relating to service records of all Government employees and shall be implemented in a phased manner by all departments. Initially, the online module shall be implemented by the General Administration Department and Health and Medical Education Department.

However, in order to implement the system, it is essential to have a clean and error free digital library of all the service records, which can be uploaded on the online AMS portal.

To begin with, Drawing & Disbursing Officers (DDOs) have to authenticate the appointment orders of the Government employees, followed by scanning of their service books, so as to ensure that the transition towards electronic service records carried out in transparent manner.

In this regard the circular instructions has been issued by General Administration Department vide No. 27-JK(GAD) of 2022 dated: 04.08.2022 and the exercise is to be completed by the DDOs within 30 days.

MeT Predicts Dry Weather With Isolated Showers In J&K

Agencies

SRINAGAR: Weatherman on Thursday forecast main dry weather with possibility of isolated to scattered light rain and thunderstorm in Jammu and Kashmir in next 24 hours.

A meteorological department official said that no "large change" was expected in the conditions in

subsequent two days.

Regarding minimum temperature, he said, there was rise at most places in J&K but it settled below normal in Kashmir Valley and Kathua where 21.8mm rain fell in 24 hours till 0830 hours today. Apart from Kathua, Baderwah and Katra also received rainfall of 4.1mm and 3.2mm respectively during the time, the official said.

Drug Smuggler Killed In Accident, Aide Held With Rs 1.9 Cr

Press Trust Of India

JAMMU: A narcotics smuggler was killed in an accident while trying to flee from police in Jammu and Kashmir's Udhampur district, officials said on Thursday.

His accomplice was, however, arrested and the police recovered 1.91 crore cash and 250 gm heroin, they said.

During patrolling late on Wednesday, police noticed two people -- who were later identified as Mukhtiar Ahmed of Kupwara district and his accomplice Jagtar Singh, hailing from Tarn

Tarn in Punjab -- moving in a suspicious manner near Gole Mela petrol station in Udhampur, Additional Director General of Police (ADGP) Mukesh Singh said.

On seeing the police, the duo tried to flee. In the process, Ahmed was hit by an unknown vehicle. He was rushed to the Government Medical College and Hospital, but he died during treatment, the ADGP said.

Preliminary investigation revealed that the duo was involved in narcotics trade. A detailed investigation is underway, he said.

Sajad Lone Seeks Release Of Mirwaiz Umar Farooq

Press Trust Of India

SRINAGAR: Peoples Conference chairman Sajad Gani Lone on Wednesday requested the Centre and J&K administration to ensure the release of Hurriyat Conference (M) chairman Mirwaiz Umar Farooq.

In a series of tweets, Lone said that Mirwaiz is a religious head and his continued detention for the last four years is a crime against him. He said the Mirwaiz has himself been a victim of violence and leads forces of moderation and has stuck to utterances which represent the true essence of Islam.

Lone tweeted: "Spare a thought for @MirwaizKashmir He is under continued detention for the last four years. And

none of us has talked about him. My apologies. We may differ politically but he inspires us as a religious head. A religious head who spearheaded the forces of moderation."

"@MirwaizKashmir has stuck to utterances which are moderate and represent the true essence of Islam. He has religious duties. His continued incarceration is a crime against him and against all those whom he inspires at a religious level."

"humble appeal to @AmitShah sahib and @manojsinha_sahib to please ensure that he is released as soon as possible. He has himself been a victim of violence. Let it be known. There r many wars in Kashmir. And in our real war he is an unapologetic moderate."

388 More Pilgrims Head Towards Amarnath Cave Shrine

Press Trust Of India

JAMMU: A batch of 388 pilgrims left the Bhagwati Nagar base camp here on Thursday to pay obeisance at the 3,880-metre-high cave shrine of Amarnath in south Kashmir Himalayas, officials said.

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

The 35th batch left in a convoy of nine vehicles amid heavy security of the Central Reserve Police Force (CRPF), they said.

According to officials, 103 pilgrims heading for Baltal were the first to leave the Jammu base

camp in four vehicles, followed by the second convoy of 12 vehicles carrying 285 pilgrims for Pahalgal.

Officials attribute the fall in the number of pilgrims visiting the cave shrine to twin factors -- poor weather conditions and the yatra inching towards its conclusion.

A total of 1,43,919 pilgrims have left from the Bhagwati Nagar base camp for the Valley since June 29.

The yatra is scheduled to end on August 11, coinciding with Raksha Bandhan.

A total of 36 people, mostly pilgrims, have died during the ongoing Amarnath Yatra till now. Additionally, 15 pilgrims had died in the flash floods at the cave shrine on July 1.

LG Inaugurates SFURTI Cluster In Anantnag



Observer News Service

ANANTNAG: Lieutenant Governor Manoj Sinha on Thursday inaugurated the Common Facility Centre of Martand Chainstitch and Crewel Embroidery SFURTI Cluster at Ranipora, Matan in Anantnag.

The cluster has been established by the J&K Khadi & Village Industries Board (KVIB) with the financial assistance of Rs 4.50 crores under Scheme of Fund for Regeneration of Traditional Industries (SFURTI), meant for development of clusters to make the traditional industries more productive and competitive.

Congratulating KVIB and the artisans on the occasion, the Lt Governor said that the new facility will cater to the needs of 5000 artisans with multipronged intervention for capacity building, skill development, design and product development and market development.

This cluster will bring about tremendous change and prosperity in the lives of many artisans who are vital component of our society, keeping alive the invaluable elements of our rich culture and tradition, he added.

J&K is known for its exquisite crafts and craftsmanship. With the active support of the Central Government, the UT administration is extending every possible support, providing market linkages so that the age-old pristine craftsmanship is preserved in its true essence, added the Lt Governor.

Enlisting the initiatives taken by the government to make traditional handicrafts more remunerative and lucrative for the artisan community, the Lt Governor said that the concerted efforts of Khadi & Village Industries Commission and J&K Khadi & Village Industries Board to revive village industries, handloom, and handicrafts has scripted a new record in J&K in terms of growth and employment.

In 2021-22, under PMEGP, the KVIB had established 21,640 manufacturing and service units, way ahead of other bigger states. As many as 1.73 lakh new employment in J&K was generat-

ed in FY 2021-22 under PMEGP, which is also the highest across all states and UTs in the country, the Lt Governor noted.

Under PMEGP of KVIB, 52,116 units have been installed from 2014 till last financial year as compared to only 10,401 village units established in J&K between 2008 and 2014.

Further, the limit for financial assistance to handicraft artists through Artisan Credit Card was also increased from Rs One lakh to Two lakhs, besides, 2118 handicraft artists have been given the benefit of Mudra Yojana and 26 units have been set up through the Karkhandar scheme, which will be increased to 50 by the end of this year.

Entrepreneurship development through training and capacity building is ensuring product quality and boosting global demand for the J&K's craft, observed the Lt Governor.

GI certification for seven crafts including Carpets, Pashmina, Sozni, Khatamband, Walnut Wood carving, Paper Mache, Kani Shawl has been done, besides 1.55 lakh artisans have been trained through 432 training centres. Now, artisans have easy access to bank credit to tide over their working capital problems, he added.

The modernization and upgradation of Government Silk Weaving Factory at Rajbagh, Srinagar is another important step taken by the government towards the revival and holistic development of silk industry in the UT, the Lt Governor said.

On the sidelines of the event, the Lt Governor also highlighted the achievements registered in various sectors in Anantnag, and said that all the districts are also setting new paradigms of development work.

In Anantnag district, a record 3000 projects were completed last year and in the current year, Rs. 1068 crore have been allocated for expenditure on development works with a target of completing 3200 projects, he added.

Terming J&K as an oasis of talent, the Lt Governor urged the youth to tread the path of peace and be a part of the developmental journey of the nation.

UT of Jammu & Kashmir

INDUSTRIAL TRAINING INSTITUTE

KULGAM

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(ISO certified institute No. 2990 of 2010)

No: iti/kul/trg/2022/184-86 dated 03-08-2022

Subject:- Temporary Engagement of Guest Instructors for the below mentioned Trades for the academic session 2022-23

ADVERTISEMENT NOTICE

Applications are invited on prescribed format for the engagement of Guest Instructor for the academic session for the below mentioned trades of eligible candidates of J&K bearing following qualification for leaching of the trainees of said Trades. The applications should be reach this office within weeks time from the publication of this notice with self attested Photostat copies of all the testimonial

S.no	Position Required	Qualification required
1	Guest faculty for the Trade of Electrician (Normal)	Degree in Electrical/ Electrical and Electronics Engineering from recognized Engineering College/ university with one year experience in the relevant field. OR Diploma in Electrical/ Electrical and Electronics Engineering from recognized board of technical education with two year's experience in the relevant field OR NIC/ NAC passed in "Electrician" trade with three years post qualification experience in the relevant field. Desirable: Preference will be given to a candidate with CITS (Craft Instructor Training Scheme) in Electrician Trade.
2	Guest faculty for the Trade of Draughtman Civil (Self Finance)	Degree in Civil Engineering from recognized Engineering College/ university with one year experience in the relevant field. OR Diploma in Civil Engineering from recognized board of technical education with two year's experience in the relevant field OR NTC/NAC passed in "Draughtman civil " trade with three years post qualification experience in the relevant field. Desit able: Preference will be given to a candidate with CITS Craft Instructor training Scheme) in Electrician Trade.
3	Guest faculty for the Trade of COPA(Self finance)	B.E./ B. Tech in Computer Science / IT from Recognized University with one year experience in the relevant field. OR i) Post Graduate in Computer Science /Computer Application / it or NIELIT B Level with one year experience in the relevant field. OR (iii) Bachelor in Computer Science / Computer Application / IJ OPDGCA from UGC recognized University or NIELIT A Level with two year experience in the relevant field. OR (iv) Three year Diploma from recognized Board/ Institute in Computer Science / IT with two year experience in the relevant field. OR (v) National Apprenticeship Certificate or National Trade Certificate in the trade of Computer Operator and Programming Assistant and National Craft Instructor Training Certificate in the trade if available with three year experience in the relevant field. Desirable Qualification Preference will be given to a candidate with CITS(Craf Instructor Training Scheme) in COPA Trade.
4	Guest Faculty for the Trade of Network technician (Self Finance)	Degree in Engineering in Computer Science / IT/Electronics / NIELIT "B" or Three years Diploma in Computer Science / IT/Electronics or NTC/NAC in IT/ICTSM/CHNM Degree in Engineering in Computer Science / Information Technology/Electronics / NIELIT "B" with 2 years experience OR Three years Diploma in Computer Science / IT/Electronics with 5 years experience
5	Guest Faculty for the Mason (Building Constructor) Trade (self finance)	B.Voc/Degree in civil engineering from AICTE/UGC recognized Engineering College/ university with one-year experience in the relevant field. OR 03 years Diploma in civil engineering from AICTE/ recognized board of technical education or relevant Advanced Diploma (Vocational) from DGT with two years' experience in the relevant field. OR NTC/NAC passed in the trade of Mason (Building Constructor) with three years' experience in the relevant field. Essential Qualification: Relevant National Craft Instructor Certificate (NCIC) in any of the variants under DGT.

TERMS AND CONDITIONS

(i) The Guest Instructor shall be paid remuneration as per applicable norms of the department

The appointee shall have to execute an agreement at the time of joining that he/she shall not have any preferential claim for regularization or continuation on the basis of this arrangement.

Sd/- Superintendent

COA Formed To 'Look After' JKFA



Observer News Service

SRINAGAR: A ten-member Committee of Administrators (CoA) has been formed to look after the affairs of J&K Football Association (JKFA), the committee members said in a press conference on Thursday.

Reportedly, the decision was made in a joint meeting on August 2, between members of JKFA, representatives of National & International Footballers Forum (NIFF) and prominent football promoters, was held in Srinagar.

The COA includes four members from JKFA and four members from NIFF and will be headed by Bashir Ahmad Shah. Two members from Jammu and two sports promoters will be also be the part of committee. The COA members include:

JKFA:
1. Bashir Ahmad Shah

2. Nazir Ahmad Bhat
3. Tariq Ahmad Madni
4. Narinder Gupta

NIFF:

1. Bashir Ahmad Malik
2. Naseemul Gani Lone
3. Manzoor Ahmad Dar
4. Arun Pal Singh Jasrotia

Sports Promoters:

1. Wasim Aslam
2. Showkat Masoodi

According to the statement, it was decided in the meeting that all court cases against JKFA will be withdrawn for the betterment of the game once the COAs takes charge of football affairs of JKFA. It was further decided that to start with the COAs, JKFA will bring the constitution of JKFA in line with the AIFF Constitution followed by the elections in the districts and then the main body elections of JKFA.

YSS Holds Basic Training Course In Rifle Shooting For Girls



Observer News Service

SRINAGAR: Joint Director Kashmir, Youth Services & Sports Department Bashir Ahmad on Thursday inaugurated the sixth batch of girls for basic rifle/pistol shooting training course at Indoor Shooting Hall Youth Hostel (YH) here.

About 50 girls from various schools will receive basic training in the Olympic discipline. The activity is being conducted

under "Har Ghar Tiranga" campaign (Azadi Ka Amrit Mahotsav) - India@75.

The inaugural ceremony was attended by District Youth Services & Sports Officer Srinagar Balbir Singh and other senior officers and officials of the Department. The Department of Youth Services & Sports (YSS) has been conducting various activities under the banner in collaboration and under the supervision of District Administration at Srinagar.

IOC To Consider Cricket's Inclusion In 2028 Olympics



Press Trust of India

LAUSANNE: Cricket's much-anticipated inclusion in the 2028 Los Angeles Olympics received a shot in the arm as the International Olympic Committee (IOC) shortlisted it for a review along with eight other sporting disciplines.

Cricket has only featured once at the 1900 Paris Olympic Games, with Great Britain and hosts France as only participants.

According to ESPN Cricinfo, The development comes a day after the International Cricket Committee (ICC) was formally

invited by both the LA28 and IOC to submit presentation in order to make their case considered.

However, a final decision is expected to be announced ahead of the International Olympic Committee (IOC) session in Mumbai sometime in mid-2023.

The other eight sports in consideration for the showpiece event are baseball/softball, flag football, lacrosse, break dancing, karate, kick-boxing, squash, and motorsport.

In February this year, the IOC said that a total of 28 sporting events will be part of the Los

Angeles Games and also added that the 'potential new sports' will be considered with a focus on youth.

As per IOC diktat, a sport should clear some set of criteria in order to be considered for inclusion.

This includes priorities to cost and complexity reduction, engaging the best athletes and sports with safety and health first, global appeal, host country interest, gender equality, youth relevance, upholding integrity and fairness to support clean sports, and long-term sustainability.

Asia Cup T20: KL Rahul, Chahar Set For Comeback



Press Trust of India

NEW DELHI: Senior opener and first-choice vice-captain KL Rahul is expected to reclaim his place back in the Indian team along with seamer Deepak Chahar when the squad will be selected for the Asia Cup on August 8.

The Asia Cup will be played in T20 format in Dubai and Sharjah from August 27 to September 11.

Rahul was supposed to make a comeback for the away ODI series in Zimbabwe but a bout of COVID-19 has apparently delayed his recovery from the

sports hernia surgery he underwent recently.

What would be interesting is to find out whether the selection committee, headed by Chetan Sharma, picks a usual squad of 15 or extend it to 17, keeping in mind a chance to try out all possible options.

The Indian squad for the Asia Cup will provide a fair idea about the team's composition for the T20 World Cup as the team is set to play around a dozen games before its game at the showpiece against Pakistan at the Melbourne Cricket

Ground on October 23.

While Rishabh Pant and Suryakumar Yadav have been Rohit Sharma's opening partners in the last six T20 games, Rahul will get back his place at the top of the order in this line-up.

Dinesh Karthik has made one middle-order slot his own while Deepak Hooda is going to be the first back-up option going forward.

In the bowling unit, Chahar, who will make a comeback in the Zimbabwe ODIs, in all likelihood, will also be a part of the Asia Cup-bound squad.

CWG 2022: 2 Sri Lankan Athletes, 1 Official Go Missing



Press Trust of India

BIRMINGHAM: The Sri Lankan contingent at the Commonwealth Games has asked its athletes and officials to submit their passports after three members of the touring party disappeared from their respective villages.

Sri Lanka, which is facing a huge economic crisis, had picked a 161-member contingent, including 51 officials, for the Games.

The Commonwealth Games Federation and Sri Lanka Cricket has funded the athletes' participation. Sri Lankan team press

attache Gobinath Sivarajah confirmed to PTI that a judoka, a wrestler and the judo manager have disappeared.

The Sri Lankan judo team has three male and two female players. According to reports, the missing judoka is a female.

The judo and wrestling events are taking place at Coventry Arena, a 30-minute drive from Birmingham.

Sri Lankan athletes endured extremely tough time in the build-up to the CWG as the country is grappling with a massive debt crisis apart from acute food and fuel shortage.

Russia Sentences US Basketball Star To 9 Years In Jail



Agencies

A Russian court sentenced US basketball star Brittney Griner to nine years in prison on Thursday after finding her guilty of deliberately bringing cannabis-infused vape cartridges into Russia, a ruling that President Joe Biden called "unacceptable."

Griner was arrested in mid-February, and her case threw the Texan athlete into the geopolitical maelstrom triggered when President Vladimir Putin sent troops into Ukraine on February 24, propelling US-Russian relations to a new post-Cold War low.

Griner's sentencing could now pave the way for a US-Russia prisoner swap that would include the 31-year-old athlete and an imprisoned Russian who was once a prolific arms dealer. Griner had admitted having

the vape cartridges containing hashish oil but said it was an honest mistake. Before the verdict, she pleaded with a Russian judge not to "end her life" with a harsh prison sentence, before breaking down in tears in court. The court also fined her 1 million roubles (\$16,990).

Biden, under pressure to help free Americans held in Russia, called on Russia to release Griner immediately and said his administration would continue to work for her release.

"Today, American citizen Brittney Griner received a prison sentence that is one more reminder of what the world already knew: Russia is wrongfully detaining Brittney," Biden said in a statement.

"It's unacceptable, and I call on Russia to release her immediately so she can be with her wife, loved ones, friends, and teammates."

PREMIER LEAGUE: 4 Challengers Look To Break Man City-Liverpool Stranglehold

Agencies

LONDON: Maybe the Premier League's "Big Six" should actually be renamed the "Big Two."

Manchester City and Liverpool have finished as England's top two teams in three of the last four years, the exception coming in the 2020-21 season when an injury crisis in defense saw Liverpool only seal a top-four spot on the final day.

It has created the highest-quality rivalry ever seen in English soccer, given the points totals the teams push each other to achieve every season.

The question now is who, if anyone, can break this City-Liverpool stranglehold in the Premier League?

The answer will likely be found among Chelsea, Tottenham, Arsenal and Manchester United, the other four teams making up the six English clubs who tried to become part of the now-defunct European Super League breakaway.

In their own ways, they have all been busy during the offseason: Chelsea has new ownership, United has another new manager, and Tottenham and Arsenal have been among the most active movers in the transfer market.

Here's a look at the prospects of the four title outsiders this season:

CHELSEA

Chelsea became a major force in English soccer in Roman Abramovich's reign starting in 2003. Can that be maintained now that the Russian oligarch has been forced out?

The post-Abramovich era has gotten off to a busy start under Chelsea's new American ownership, which has a quirky feature — the guy who fronts the club leadership, Todd Boehly, installed himself not only as chairman but as interim sporting director in control of off-season transfer dealings.

There were fears his lack of soccer knowledge might undermine him but a couple of early player arrivals looked promising. England forward Raheem Sterling came from Manchester City in one of the league's standout transfers of the off-season and Senegal defender Kalidou Koulibaly joined from Napoli to fill the void at center back left by the departures of Antonio Rudiger and Andreas Christensen.

Further strengthening of the squad has proved difficult, however, and manager Thomas Tuchel said after a 4-0 loss to Arsenal in a July 24 friendly that he "cannot guarantee we will be ready" for the start of the season, adding there were still some players in the squad "trying to leave us."

Chelsea still looks a couple of



center backs short and there are question marks about whether there are enough goals in the likely front line of Sterling, Kai Havertz and Mason Mount.

TOTTENHAM

They've got one of the best managers in the world and, after something of an off-season spending spree, a deep and versatile squad. Maybe Antonio Conte's Tottenham could be the team to push into title contention?

With the front three of Harry

Kane, Son Heung-min and Dejan Kulusevski linking up to great effect, Tottenham had almost as strong a finish to last season as City and Liverpool, winning 11 of its last 16 games. That included a victory at City — completing the home-and-away double over the eventual champions — and a draw at Anfield that ultimately cost Liverpool the title.

Conte, who took over in November and has quickly stamped his own style on the team with a 3-4-3 formation, demanded that he was

backed in the transfer market. And he was.

Brazil forward Richarlison has arrived from Everton to provide options across the front three, Yves Bissouma has joined from Brighton to offer much-needed strength in depth in central midfield, and Djed Spence is a highly rated wing back who might have been the best player in the second-division Championship last season.

ARSENAL

Arsenal's lack of squad depth

was highlighted in the way the team faltered at the end of last season, dropping out of the Champions League qualifying positions and getting replaced in them by north London rival Tottenham.

Arsenal manager Mikel Arteta was eager to rectify that this offseason and he has turned to the club he left to come to London. Manchester City, where Arteta was assistant coach under Pep Guardiola from 2016-19, has sold both Gabriel Jesus and Oleksandr Zinchenko to Arsenal.

Crucially, both are versatile players, with Jesus able to operate on the wing or at center forward and Zinchenko a midfielder who mostly played at left back at City.

With Fabio Vieira, a young attacking midfielder, joining from Porto for potentially 40 million euros (\$42 million) and 19-year-old Brazilian striker Marquinhos also arriving, Arsenal has spent about \$150 million this offseason and has an even younger squad being nurtured by Arteta.

For that reason, a title bid looks highly unlikely but qualifying for the Champions League will be the target. And preseason results have been encouraging, with Jesus settling in quickly — scoring in a 4-0 win over Chelsea and a hat trick in a 6-0 victory over Sevilla.

MANCHESTER UNITED

A new manager in Erik ten Hag. An unsettled star in Cristiano Ronaldo. A bunch of new players with past or present links to the Dutch league in Lisandro Martinez, Christian Eriksen and Tyrrell Malacia.

Who knows what to expect from United this season?

For sure, the fans will demand a finish higher than the sixth place of last season but that is not a certainty considering the competition in the league and the spending of United's rivals.

What happens to Ronaldo is the key. If he stays, will the 37-year-old striker bow to the demands of Ten Hag, or the other way around? He played 45 minutes in a 1-1 draw against Rayo Vallecano on Sunday, but questions remain. If he goes, does a likely front three of Marcus Rashford, Anthony Martial and Jadon Sancho have enough goals and staying power in a season that also includes an often-grueling Europa League campaign?

Eriksen will provide more creativity in midfield but United is still short of a top-class holding midfielder. There are also question marks about how quickly Martinez, a small, ball-playing center back who Ten Hag worked with at Ajax, fits in to English soccer. (AP)