

4 Soldiers Killed In Rajouri 'Fidayeen' Attack

Two Attackers Also Killed In Pre-Dawn Gunfight



File Photo

Press Trust Of India

Jammu: Militants attacked an Army camp in Rajouri district on Thursday killing four soldiers and the two attackers were gunned down in the shootout after the pre-dawn suicide strike that marked the return of 'fidayeen' to Jammu and Kashmir after more than three years.

Both the militants, who are believed to be from the Pakistan-based Jaish-e-Mohammed (JeM), were heavily armed with deadly 'steel core' bullets and were shot down after an over four-hour gun battle which started at 2 AM and ended just before 6.30 AM, police said. The attack came four days ahead of India's

75th Independence Day next Monday. Director General of Police Dilbag Singh told PTI that the two 'fidayeen' (suicide attackers), believed to be from the banned JeM, attempted to sneak into the camp but were neutralised. He said "three army men were also martyred in the gun fight".

Giving details, Defence spokesman at Jammu Lt Col Devender Anand said alert sentries of the Army post at Parghal in Rajouri district in the Jammu region, about 185 km from Jammu city, detected suspicious persons approaching their post taking advantage of the inclement weather and dense foliage.

He said the sentries **More on P6**

LG Hails SPM's Contribution For 'Ek Vidhan, Ek Nishan, Ek Pradhan'

Says PM Paid Biggest Tribute To Jana Sangh Founder In August 2019

Observer News Service

Srinagar: Hailing the indispensable contributions of Dr. Syama Prasad Mookerjee, the Lieutenant Governor, Manoj Sinha said on Thursday that Prime Minister, Narendra Modi paid the biggest tribute to the Jana Sangh founder's vision, his struggle and sacrifice by effecting total integration of Jammu Kashmir with the rest of country in August 2019.

Sinha made these remarks while addressing the 'Tiranga Utsav' programme organized by the District Administration in Kathua on Thursday, an official spokesperson said.

The LG, he said, paid tributes to the great patriot and freedom fighter Dr Syama Prasad Mookerjee and said his sacrifices live on in our hearts.

"He was undoubtedly one of the greatest scholars and statesmen of the country. In this Amrit Kal Khand, let us strive to become worthy heirs to Dr. Mookerjee who sacrificed his life for a



united and modern India," the LG said.

Sinha, according to the spokesperson, said that the struggle Dr. Mookerjee endured for human welfare through self-realization was the beginning of a new ideology of public welfare in Indian politics.

The LG, he said, termed

Mookerjee's political life guided by spirituality and determination to uplift the downtrodden of society.

"His slogan of 'Ek Vidhan, Ek Nishan, Ek Pradhan' gave a new vision, a new awakening, a new inspiration to the people for a united and modern India," the LG said. **More on P6**

Govt Abolishes Interview For Level-6 Posts

Observer News Service

Srinagar: In a major decision aimed at increasing efficiency, transparency and timely conclusion of recruitment process, the Lieutenant Governor administration on Thursday approved the proposal of the General Administration Department (GAD) to exclude various Level-6 posts from the requirement of conduct of interview/oral test.

The recruitment against these Level-6 posts shall now be made on the basis of written test only, an official spokesperson said.

The decision, he said, shall ensure that selections are objectively fair and merit based, and it paves the way for advertisement of more than 1000 posts including 855 posts of Junior Engineer (Civil) which shall be filled up on a fast-track basis through the Jammu and Kashmir Services Selection Board.

"Further, the Lieutenant Governor has also directed the identification of posts of similar nature which can be considered for exclusion from the requirement of Oral Test/Interview, for which the process has also been initiated by **More on P6**

IN AUGUST 2019, PRIME MINISTER NARENDRA MODI paid the biggest tribute to Dr. Mookerjee's vision, his struggle and sacrifice by effecting total integration of Jammu Kashmir with the rest of country. He restored the human dignity and social justice in J&K, which is now walking on a new journey of development."

LG Condemns 'Despicable Terrorist Attack'

Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday condemned the attack on a security forces camp in Rajouri district and vowed to deal with "terrorists and their supporters in a befitting manner". Two militants carried out a 'fidayeen' attack on an Army camp in Rajouri district in the early hours of Thursday, killing three soldiers. Both attackers were gunned down in the four-hour firefight that followed. In a tweet, Sinha said, "Strongly condemn **More on P6**

Aug-5 Now Day For Freedom From Corruption

Observer News Service

Srinagar: The Jammu and Kashmir government on Thursday declared to celebrate August 5 every year as the "day of resolution for freedom from corruption".

"It is hereby ordered that 5th of August every year shall be celebrated as "Day of Resolution for Freedom from Corruption" in the Union territory of Jammu and Kashmir," Manoj Kumar Dwivedi, Principal Secretary to the government said in an order issued Thursday.

"The occasion shall be marked with pledge taking ceremonies in all

public offices wherein all employees shall take an oath for eradicating corruption from public life and offices," the order said, adding, "On the occasion, employees who have made remarkable contributions in eradication of corruption for the preceding years shall be felicitated and awarded."

Dwivedi further ordered that the week following 5 of August, every year, shall be celebrated as "Vigilance Awareness Week" by conducting seminars and workshops on initiatives under taken by various offices/officers/institutions with regard **More on P6**

Two Feared Dead In Ramban Flash Floods

Observer News Service

Jammu: A mother-daughter duo is feared dead after flash floods triggered by heavy rains hit Ramban district of Jammu and Kashmir, officials said on Thursday.

"Flash-flood like situation in Pyt. Neera, near Ramban due to heavy rains. Tehsildar Ramban, DySP (Hqtrs) & SDRF component on spot. Reportedly 2 persons are missing. More updates to follow," Deputy Commissioner Ramban said in a tweet.

According to reports, the missing persons, a mother and **More on P6**

Lights, Camera, Action: Kashmir's First Multiplex Coming Up In Srinagar

Auqib Javeed

Srinagar: Over thirty years after militants shut down all the cinema halls across Kashmir, a prominent Kashmiri Pandit businessman is all set to unveil the Valley's first-ever multiplex in the high-security zone of this capital city this autumn.

Vijay Dhar, the brainchild behind the project, had started construction work on the multiplex at Shivpora near Badami Bagh Cantonment, around two years ago. The multiplex designed by INOX, is slated to be ready by September.

Dhar also runs Delhi Public School (DPS) Srinagar, a prominent school in the city. His sons Vikas and Vishal are keenly working at the project, first of its kind in the Valley.

The multiplex has a seating capacity of at least 520 people and has three cinema halls. It



KO Photo/Albid Bhat

has been beautifully designed and has the latest sound systems installed. To maintain Kashmir's art and design, wood-carved "khatambandh" has been used in the lobbies. The multiplex also has many food courts and other entertaining facilities to attract the children as well.

Dhar told Kashmir Observer that the idea behind the multiplex was to give some entertainment to the people of the Valley. "For the last 30 years we have been deprived of this entertainment. If people

of Jammu can have cinemas, why can't we have it in Kashmir," he said.

Dhar, who is also the owner of the now defunct Broadway cinema hall, told Kashmir Observer that the people of Kashmir are fond of cinemas and they will support them to flourish it.

"People have supported me in establishing the best school (DPS) here in Srinagar. I am sure they will support me in this project as well," Dhar added.

When asked about the uncertain **More on P6**

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NHPC

NHPC Limited
(A Government of India Enterprise)

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Azadi Ka
Amrit Mahotsav

EXTRACT OF STATEMENT OF UNAUDITED FINANCIAL RESULTS FOR THE QUARTER ENDED 30TH JUNE 2022
(Rs. in Crore)

S. No.	Particulars	Standalone		Consolidated			
		Quarter Ended	Year Ended	Quarter Ended	Year Ended	Year Ended	
		30.06.2022	30.06.2021	31.03.2022	30.06.2022	30.06.2021	31.03.2022
		Unaudited	Unaudited	Audited	Unaudited	Unaudited	Audited
1)	Total Income from operations	2,594.36	2,170.21	8,353.80	2,785.14	2,417.12	9,188.78
2)	Net Profit before Tax (before Exceptional items and Movement in Regulatory Deferral Account Balances)	1,199.35	1,069.04	4,046.86	1,243.29	1,187.62	4,427.44
3)	Net Profit before Tax (before Exceptional items and after Movement in Regulatory Deferral Account Balances)	1,227.21	1,115.07	2,776.44	1,291.31	1,238.17	3,217.35
4)	Net Profit before Tax (after Exceptional items and before Movement in Regulatory Deferral Account Balances)	1,199.35	1,069.04	4,046.86	1,243.29	1,187.62	4,427.44
5)	Net Profit before Tax (after Exceptional items and Movement in Regulatory Deferral Account Balances)	1,227.21	1,115.07	2,776.44	1,291.31	1,238.17	3,217.35
6)	Net Profit for the period after tax (after Exceptional items) attributable to :						
	- Owners of the Parent company	1,049.58	912.26	3,537.71	1,039.31	907.77	3,523.57
	- Non-controlling interest	-	-	-	14.45	75.09	250.76
7)	Total Comprehensive Income for the period [Comprising Profit and Other Comprehensive Income (after tax)] attributable to :						
	- Owners of the Parent company	1,038.81	939.70	3,550.47	1,028.29	935.26	3,535.36
	- Non-controlling interest	-	-	-	14.22	75.13	249.83
8)	Paid-up Equity Share Capital (Face Value of Rs.10/- each)	10,045.03	10,045.03	10,045.03	10,045.03	10,045.03	10,045.03
9)	Reserves (excluding Revaluation Reserve)	24,479.88	22,541.98	23,441.07	25,904.24	23,980.13	24,875.95
10)	Net Worth	34,524.91	32,587.01	33,486.10	35,949.27	34,025.16	34,920.98
11)	Paid-up debt capital	28,207.69	25,613.56	28,047.72	28,340.31	25,616.20	28,113.15
12)	Debt equity ratio	0.82	0.79	0.84	0.79	0.75	0.81
13)	Earning per share (Basic and Diluted) - (not annualised) (Equity shares, face value of Rs.10/- each)						
	- Before movements in Regulatory Deferral Account Balances (in ₹)	1.02	0.86	4.79	0.99	0.85	4.71
	- After movements in Regulatory Deferral Account Balances (in ₹)	1.04	0.91	3.52	1.03	0.90	3.51
14)	Capital redemption reserve	2,255.71	2,255.71	2,255.71	2,255.71	2,255.71	2,255.71
15)	Debenture (Bond) redemption reserve	1,366.25	1,641.95	1,366.25	1,366.25	1,641.95	1,366.25
16)	Debt service coverage ratio (DSCR)	5.28	5.08	3.62	5.35	5.42	3.84
17)	Interest service coverage ratio (ISCR)	8.03	7.30	7.18	8.14	7.79	7.61
18)	Securities Premium Account	-	-	-	-	-	-

Note:
1 The above is an extract of the detailed format of Financial Results filed with the Stock Exchanges under Regulations 33 and 52 of SEBI (Listing Obligations and Disclosures Requirements) Regulations, 2015. The full format of these Financial Results are available on the website of Stock Exchange(s) www.nseindia.com and www.bseindia.com and on the Company's website www.nhpcindia.com.
2 Previous periods figures have been regrouped/rearranged wherever considered necessary.

For and on behalf of the Board of Directors of
NHPC Ltd.
Sd/-
(RAJENDRA PRASAD GOYAL)
DIRECTOR (FINANCE)
DIN-08645380

Place : Faridabad
Date : 10th August, 2022

Regd. Office : Sector-33, Faridabad-121003 (Haryana) India, CIN: L40101HR1975GOI032564
<https://www.nhpcindia.com> join us :

Important Notice: Members are requested to register/update their email ID with Company/Depository participants/Company's Registrar & Transfer Agent (Alankit Assignments Limited) which will be used for sending official documents through email in future.

CBC 34128/12/0005/2223



How Your Brain Will Help You Save During The Cost Of Living Crisis

The Conversation

The cost-of-living crisis continues. The UK rate of inflation is up yet again, and expected to rise further.

And as energy, transport, fuel and groceries all get more expensive, there are fears that over 4 million British households are experiencing financial difficulties.

A recent survey suggests, perhaps unsurprisingly, that low prices will become increasingly important to consumers in the coming month.

Some will still take perceptions of good value and customer service into account, but for the majority, price will be the key factor when it comes to deciding where to shop and what to buy.

Research in neuroscience suggests that our brains are extremely well suited to helping achieve this. Making difficult decisions involves different parts of the brain working together towards a conclusion.

Typically, when people make decisions about buying something, they engage in one of two processes, using what psychologists call a valuation system or a choice system.

The valuation system involves the ventromedial prefrontal cortex (which processes notions of risk and fear) and the reward system of the basal forebrain, and ranks options based on their perceived worth and possible reward.

So imagine you're at the supermarket shopping for food, with a limited budget. You could either buy a box of eggs from chickens housed in crowded barns for 1.20 euro, or a box from free range chickens which costs 2.20 euro.

You may well end up buying the cheaper eggs, even



though you know that it is ethically preferable for chickens to roam freely.

In this instance, you based the choice entirely on the price, because the valuation system nudges people towards the option that will give them the best and most immediate reward in this case, saving money.

The choice system meanwhile, is part of the work of the dorsolateral prefrontal cortex, which (putting it very broadly) is concerned with reasoning, memory and making decisions as well as the dorsal anterior cingulate cortex, and parietal regions.

So if you're still at the supermarket, with the eggs in your basket, you consider buying a new sugar bowl,

to replace a broken one. You find one that appeals, but it is also rather expensive, making you hesitate. What happens in such situations is that when faced with uncertainty, the prefrontal cortex becomes increasingly active and inhibits impulsive decisions, which in turn enforces a natural aversion to loss in this case losing money.

Meanwhile, another part of the brain, the dorsal anterior cingulate cortex, helps to improve decision making by delaying your response to give you time to process alternative options, such as looking for a more affordable bowl.

Risk aversion

Both systems demonstrate that when we are thinking about prices and costs, our brain biology has ways of ensuring we look for an alternative that we can afford or at least gives us better value for money.

A natural aversion to risk helps consumers facing financial uncertainty to choose the cheaper of two similar products rather than being persuaded by a fancy label or by habit.

Paying more becomes an avoidable risk. Other values such as brand loyalty of customer service, become almost obsolete as price dominates.

But it is worth remembering that our brain functions don't always get it right. Having financial worries can be stressful, and research shows that stress can have a negative effect on the way people make decisions.

They can, for instance, become risk-seeking in the face of loss, meaning that they may take unnecessary risks. Partially this is because elevated dopamine responses make people focus on immediate and potentially high rewards.

Someone who is feeling stressed and looking for a loan could easily end up clicking on a deal that could end up making their financial situation far worse.

There is also evidence that stress causes people to factor completely irrelevant information (like comparing random numbers to an interest rate) into their decision making process.

Overall then, decision making is a complex process, and as everything gets more expensive, price is likely to become an increasingly dominant factor.

But while politicians argue, and the companies we rely on raise their prices, at least our brains are hard-wired to help us make decisions that go some way to protect us from the ravages of the current economic climate.

UNION TERRITORY OF JAMMU AND KASHMIR,
**OFFICE OF THE EXECUTIVE ENGINEER
JAL SHAKTI (PHE) DIVISION PULWAMA**

NOTICE INVITING TENDER
e-NIT No. 27/PHEP OF 2022-23 Dated:- 08-08-2022

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Division Pulwama invites e-tenders from reputed and resourceful Bidders/Firms/Companies/ of all classes registered in JKPWD/CPWD/Railways or any other state Government for below mentioned works at various Water Supply schemes of PHE Division Pulwama of Kashmir Province of UT of J&K, under Jal Jeevan Mission (JJM).

The bidding process shall be completed online on <https://jktenders.gov.in> in two covers viz. **Cover 1st** consisting of General Terms and Conditions and Technical Specifications and **Cover 2nd** consisting of Financial Bid on overall percentage rate basis, in the prescribed BOQ.

Sr No	Particulars of the work	Estimate d Cost (Lacs)	Tender fee (in Rs)	Earnest money Deposit	Bid Validity	Time of Completion of work (days)
1.	<p>Laying & Fitting of Delivery and Distribution Mains consisting of GMS Tubes and Ductile Iron Pipes of different Nominal Bores along with pipe fittings and control valves</p> <p>Construction of Ground Service Reservoirs (GSRs), Execution of ancillary civil works like Spring Covers, Boundary walls, Protection Works etc.</p> <p>at various Water Supply schemes of Division Pulwama of Kashmir Province of UT of J&K, under Jal Jeevan Mission (JJM)</p>	As per ANNEXURE-I to this bid document.	500/-	02% of the estimated cost	90 days	As per ANNEXURE-I to this bid document.

Position of funds: Approved Under Jal Jeevan Mission (JJM)

The tender inviting authority is Executive Engineer, Jal Shakti (PHE) Division Pulwama.

The awarding authority is District Jal Jeevan Mission (DJJM).

Critical Dates:

i	Publish Date	08-08-2022 at 4:00 PM
ii	Document Download/sale start Date	08-08-2022 at 4:00 PM
iii	Bid submission Start date	08-08-2022 from 4:00 PM
iv	Bid submission end date	26-08-2022 at 4:00 PM
v	Date and time of Bid opening	29-08-2022 at 10:00 AM

1. Bid documents can be accessed and downloaded from the website <https://jktenders.gov.in>.

2. The whole bidding process shall be completed online on tender portal <https://jktenders.gov.in>. The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.

3. The valid bids received shall be opened online in the office of the Executive Engineer PHE Division Pulwama. Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table and shall be payable at Pulwama.

a. The cost of tender documents should be in form of DD/TR/e challan in favour of Executive Engineer PHE Division Pulwama.

4. The hard copies of cost of tender document in shape of TR/e-challan, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover.

5. The bid shall remain valid for a period of 90 days from the last date of submission of bids. If any bidder withdraws his bid before the said period or makes any modifications in the terms and conditions of the bid, the same shall be considered to be in violation of bid security declaration and shall be dealt with accordingly and the bid shall be declared non-responsive.

6. Other details can be seen in the bidding documents from the website <https://jktenders.gov.in>
7. Queries by email if any should be made at xenphepulwama@gmail.com

No: PHEP/2469-85
Date: 08-08-2022

DIPK-7757/22

Sd/-
Executive Engineer
Jal Shakti (PHE) Division Pulwama

Machine Learning Top Skill-Set For Data Scientist Jobs In India: Report

IANAS

For 84 per cent professionals in the country, machine learning (ML) followed by statistics are the two most in-demand skills that recruiters are looking for in data science professionals, a report said on Tuesday.

Python remains the most used programming language across all sectors and MS Excel, Tableau and Power BI are the top three visualisation tools used by data science professionals, according to the report by Great Learning, a BYJU's group company.

"For professionals looking to thrive in a digital-driven future,

setting a foundation for the right data science skills needs to start now to weather the changes that are to come," said Hari Krishnan Nair, Co-founder, Great Learning. This domain has impacted the way companies and businesses function and professionals who upskill in this field have a chance to become prime candidates in lucrative industries, he added.

Two out of three professionals with zero-three years of experience said recruiters consider data visualisation as a "must-have skill".

Three in four data science professionals with less than three years of work experience engage in up-

skilling weekly, while more than 50 per cent professionals in the three-six years bracket upskill weekly.

Professionals with 6-10 years of experience prefer to upgrade their skills quarterly, the report mentioned.

Sector-wise, professionals in retail, consumer packaged goods (CPG) and e-commerce are more inclined to learn cloud technologies as a new skill.

Of the host of programming languages, 90 per cent data science professionals use Python as their choice for statistical modeling, the report noted.

ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY
AWANTIPORA, KASHMIR.
Tele: 01933-247954/247955. Website: www.iust.ac.in

Entrance Test (s), 2022-23

It is notified for the information of all the concerned that the Entrance Test for admission to various programmes at Islamic University of Science & Technology (IUST) for the academic session 2022-23 will be held as per the following schedule. The candidates are advised to report at IUST Campus, Awantipora half an hour before the commencement of Test.

S. No	Date of Examination	Programme	Time
1	17-08-2022	M.A International Relations (Peace & Conflict Studies)	10:30 am to 11:30 am
2		M.A English Language & Literature	01:00 pm to 02:00 pm
3		M.A Political Science	02:30 pm to 3:30 pm
4	18-08-2022	M.A Journalism & Mass Communication	10:30 am to 01:00 pm
5		M.A Islamic Studies	02:30 pm to 03:30 pm
6	22-08-2022	M.Sc Physics	10:30 am to 11:30 am
7		M.Sc Chemistry	01:00 pm to 02:00 pm
8	23-08-2022	MCA	10:30 am to 11:30 am
9		M. Tech. Food Technology	10:30 am to 11:30 am
10		M.Sc Information Technology	01:00 pm to 02:00 pm
11	24-08-2022	M.Sc Statistics	10:30 am to 11:30 am
12		M.A Economics	01:00 pm to 02:00 pm
13	25-08-2022	B.A English (FYUGP)	10:30 am to 11:30 am
14		M.A Arabic Language & Literature	01:00 pm to 02:00 pm
15	26-08-2022	B-Tech. Food Technology	10:30 am to 11:30 am
16		B.Voc (Medical Lab & Molecular Diagnostic Technology)	02:30 pm to 03:30 pm
17	28-08-2022	MBA (5 Year Integrated)	10:30 am to 12:10 pm

• Admit Cards can be downloaded from the University websites www.iust.ac.in from 14-08-2022.

• As a precaution for COVID-19, the candidates must reach entrance test Centre half an hour before the commencement of the test and should enter the premises of the examination hall at least 15 minutes before start of entrance test.

• The candidates are advised to follow distancing while entering and leaving the examination centre. The Proctorial wing of the University shall impose fine to such candidates who don't follow the COVID-19 SOP guidelines.

• A candidate shall be admitted to Examination Hall only on production of Admit Card downloaded from IUST website and valid photo Identity Card.

• Use of Electronic devices like Mobile phones, Bluetooth devices, Electronic Watches, Calculators shall not be allowed in the Examination Hall. The aspirants are desired to put all the belongings at the podium in front of the class room.

• Candidates shall not carry any material related to the examination with them and possession of any such material shall invite punitive action under rules.

Candidates are advised to carry only following items with them into the examination venue:

- a) Admit Card downloaded from IUST website.
- b) Personal transparent water bottle.
- c) Pens/Pencil.
- d) Personal hand sanitizer (small size).
- e) Mask and Gloves.

No: IUST/Exam-Deptt/date sheet/22/1092

Dated: 10-08-2022

DIPK-NB-3130/22

Sd/-
Controller of Examinations

UNICEF Delegation Calls Upon NIT To Explore Collaboration Activities

Observer News Service

Srinagar: The delegation from UNICEF India led by CEO Move Beyond Sheikh Inayat Ullah called upon Head IIEDC, NIT Srinagar Prof Saad Parvez for exploring collaboration and partnership possibilities to intervene in the area of career guidance and other scientific areas in the UT of J&K.

The team of UNICEF consisted of Danish Aziz, JK representative and Education Specialist, Pramila Manoharan, Senior Education Specialist and Saurabh Agarwal, Education Specialist Ed-Tech.

The trio discussed the vast areas of collaboration and partnership to leverage the resources and advantages held by each partner for the benefit of the student community in the region.

Sheikh Inayat Ullah, CEO Move Beyond said that the idea to bring UNICEF into NIT-Move Beyond collaboration is going to be a game changer and is a matter of honour for all of us that an organization of international repute has agreed in principle to support the initiatives of NIT-Move Beyond in career development.

The decision to work in a tripartite relationship between IIEDC, NIT Srinagar, Move Beyond and UNICEF was taken. The modalities for the same are in the process and are about to get finalized.

Danish Aziz, UNICEF representative JK in his remarks appreciated the role of Move Beyond in leading career development initiatives in the

region of JK and committed every support to the organization for launching further initiatives of career guidance and counseling.

Prof Saad Parvez, Head IIEDC, NIT Srinagar gave a detailed account of the activities of the centre and its contribution in the regional development by providing support and platform to the budding organizations like Move Beyond.

He further said that the IIEDC, NIT Srinagar has always been in a mission mode to support the community initiatives and is keen to play a great role in the regional development of the UT of JK.

Pramila Manoharan, Senior Education Specialist, UNICEF, said that the tripartite relationship between IIEDC, Move Beyond and UNICEF is a unique combo of community, academia and industry collaboration.

Saurabh Agarwal Education Specialist UNICEF Ed-Tech said that UNICEF is working in around 27 states of India and engaging local partners have been instrumental in bringing significant socio-economic development so far.

UNICEF India through its office in J&K is playing a vital role in the student development and organizing many student centric initiatives. They work in close collaboration with the Samagra Shiksha JK, Department of School Education, Department of Skill Development and many other organizations for a vast number of initiatives of social interest and benefit.

LCMA Conducts Demolition Drive In Various City Areas

Observer News Service

Srinagar: The Enforcement Wing of Lake Conservation & Management Authority (LCMA) on Thursday undertook a demolition drive in the areas of Nowpora, Nishat, Kanitar/Saderbal and Botshah Mohalla Lal Bazar areas of Srinagar city.

During the drive, several illegal structures consisting of two 2nd storied houses tin

walling, one compound walling, one 3rd storey and a single storey were demolished.

People in these areas have been warned not to resort to any illegal constructions and were asked to get proper building permission from the competent Authority.

In the said demolition drive the Police Contingent from PCR provided assistance and protection.



The Central Reserve Police Force (CRPF) Thursday took out a Tiranga Rally from Ghanta Ghar, as part of the August 15 celebratory campaign. KO Photo Abid Bhat

SKIMS Holds Blood Donation Camp In Zoonimar

Observer News Service

Srinagar- Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Soura in collaboration with Civil Society, Zoonimar today held a blood donation camp which was inaugurated by the Director, SKIMS Dr. Pervaiz Koul.

Several people attended the blood donation camp, including volunteers who had come to donate their blood on the occasion.

On the occasion, more than 50 pints of blood were collected and the same was handed over to SKIMS, Soura for their use in the case of any emergency.

"We are happy that such events are being held voluntarily and people are coming to donate blood;



more such events should be held in the future and there is a need for making blood donation a healthy habit," Dr. Koul said.

The event was also

attended by Tehsildar Eidgah while as the President of Civil Society, Zoonimar, Firdous Ahmad was also in attendance who also talked

about the importance of blood donation and holding more such events in the future for helping those who are in need.

DIAL-EMMA

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

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

HIGHWAY STATUS

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



HIJRI CALENDAR
13 Muharram
1444

PRAYERS

FAJR	4:17
ZUHR	12:36
ASR	5:25
Magrib	7:25
ISHA	8:24

This Day In History

- 1099 - Battle at Ascalon: Godfried of Broth leading the Crusaders beats Egyptians Fatimid army
- 1121 - Battle of Didgor: the Georgian army under King David the Builder wins a decisive victory over the famous Seljuk commander Ilghazi
- 1164 - Battle of Harim: Nur ad-Din defeats the Crusader armies of the County of Tripoli and the Principality of Antioch.
- 1323- Treaty of Nöteborg between Sweden and Novgorod (Russia) regulates the border for the first time
- 1492- Christopher Columbus arrives in the Canary Islands on his first voyage to the New World
- 1499- First engagement of the Battle of Zonchio between Venetian and Ottoman fleets
- 1549- French troops conquer Ambleteuse, in the Pas-de-Calais, and kill all the English prisoners.
- 1588- Commander of the English fleet Lord Howard of Effingham calls off chase of the Spanish Armada off coast of Scotland
- 1588- Medemblik surrenders to Spanish army
- 1676-1st war between American colonists & Indians ends in New England
- 1687- Charles of Lotharingen defeats Turkish leaders
- 1687- Battle of Mohacs: Ottoman invaders of Hungary routed by forces of Holy Roman Emperor under Charles of Lorraine
- 1759- Battle of Kunersdorf - Russian-Austrian army overpowers Prussians
- 1831- Netherlands & Belgium sign peace treaty
- 1865- Joseph Lister performs 1st antiseptic surgery
- 1877- Thomas Edison invents Edisonphone, a sound recording device
- 1898- Peace protocol ends Spanish-American War, signed
- 1908- Henry Ford's company builds the first Model T car
- 1914- France and Great Britain declare war on Austria-Hungary
- 1914- Russian troops take East-Prussia & occupy Marggrabowa
- 1918- WW I: Allies defeat Germans at the Battle of Amiens - the last great battle on the Western Front
- 1920- Battle of Warsaw between Poland and Russia begins

From KO Archives

'Meri Zaban Khuli To Toofan Aayega'

SRINAGAR- The chief minister Farooq Abdullah today lashed out at successive governments in New Delhi for ignoring the state of Jammu and Kashmir, while assuring the opposition parties of free and fair polls throughout the state.

"The government of India did not allow J&K to develop as an industrial state," the chief minister said, "for the reasons better known to them." Even our power projects are not being funded. We do not intend to beg all the time," he said in a defiant tone at a press conference here today.

"Hum zaher pey rahay ham. Agar hum zaban kholein gay to toofan aaye go' (We are swallowing poison. If we open our mouths it will spark commotion), Dr. Abdullah said after a reporter asked why the state was spending huge sums on a golf course when the state was passing through worst financial crisis.

The chief minister claimed that he would seek cooperation of Arab and other developed countries for "funding my pending projects."

(Kashmir Observer, August 12, 1999)

Before The Hon'ble Court Of Principal District Judge at Baramulla

Caveat No...../2022

In the matter of:

Jammu and Kashmir Bank Limited
Through its Managing Director & CEO,
Corporate Headquarters, M.A. Road, Srinagar.
...Caveator

Versus

Public At Large
...Non-Caveators

In the matter of:

CAVEAT APPLICATION

May please your Honour,

The applicant mostly humbly submits as under:-

1. That the caveator Bank has vide Order bearing Reference JKB/HRD/Rectt/2022-1307 Dated August, 10 2022 of HR- Department, initiated promotion process of its employees for Sr. Manager to Chief Manager cadre which shall commence from 13th of August 2022. Copy of said Order is placed alongside as ANNEXURE-I to this caveat application.

2. That the caveator Bank has reasonable belief that any person/employee/s of the Caveator may approach this Hon'ble Court and challenge the said Order Dated August, 10 2022 by filing suit or any other proceeding against thereto. Therefore, in the eventuality of any such proceedings being preferred by the non-caveators against the caveator Bank, the caveator Bank through its Counsel Adv. Jamsheed Abdullah, may kindly be given an opportunity of being heard for projecting the case of the caveator Bank. The caveat application has been published in two local dailies of the UT of J&K. Copies of newspaper cuttings are annexed herewith.

In the premises, it is therefore prayed that this caveat Application may be accepted and in the eventuality of suit or any other proceeding being preferred by the non-caveators challenging the said Order Dated August, 10 2022, the caveator Bank may kindly be given an opportunity of being heard through its Counsel Adv. Jamsheed Abdullah before passing any order in the case.

DIPK-NB-3140/22

Caveator Bank Through Counsel
Jamsheed Abdullah
(Advocate)

Place: Baramulla
Dated: 11.08.2022

Regd. No. A-2586



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K O V I E W

Uncertainty Over Assembly Polls

With the Election Commission of India (ECI) deferring the deadline for the final publication of electoral rolls in Jammu and Kashmir to November 25, it looks almost certain that the Assembly elections won't take place this year during the four-month harsh winter that would follow. So, in that case, the union territory is likely to have an election in April-May next year. But will the polls even be held next year? The doubts are now growing about such a prospect. For one, the centre has shown little keenness to hold polls in J&K. The exercise has got deferred due to a series of steps taken to reorganize the erstwhile state following the withdrawal of Article 370 in August 2019. Though revision of electoral is the last such exercise, it remains to be seen if it will be followed up with the polls.

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

Delimitation Commission which enhanced the number of Assembly seats in the Union Territory from 83 to 90 has altered the electoral map of the union territory. It has granted six of the seven new seats to Jammu division and only one to Kashmir. This has raised the political weight of Jammu division relative to Kashmir Valley. This could very well pave the way for a future chief minister who is from Jammu, a longstanding political plank of the BJP.

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

OTHER OPINION

Power politics

The 2003 version of the Act brought about major changes in the power sector, including delicensing of generation, open access in distribution, and independent regulators. But certain provisions needed to be amended to plug loopholes in the system. For example, the Bill proposes to enable competition in retail distribution of power by offering customers the option to choose electricity suppliers, just like they can choose telephone or internet service providers. The amendments are designed to facilitate the use of distribution networks by all licensees and the network of a distribution licensee under provisions of non-discriminatory open access. Thus a big gap in the implementation of the 2003 law is sought to be removed, as in practice, open access was limited to industrial units and cross-subsidies given by states depended on using industrial consumers to subsidise households and farmers.

Besides, the Bill also has a provision for graded and timely tariff revisions that will help provide state power utilities enough cash to be able to make timely payments to power producers. This weakens the states' arguments, as enough time is being given to adapt to the new system. The provision for "mandatory" fixing of minimum as well as maximum tariff ceilings by the "appropriate commission" to avoid predatory pricing by power distribution companies and to protect consumers is once again a move whose time had come.

The point is that power distribution continues to be the weakest link in the supply chain of the power sector. Most distribution utilities are making major losses as a consequence of expensive long-term power purchase agreements, poor infrastructure, and inefficient operations, among others. These losses, in turn, prevent them from making the investments required to improve the quality of the power supply and to prepare for the wider penetration of renewable energy. The distribution utilities' inability to pay power generators endangers their and the lenders' financial health, causing a negative domino effect on the economy. In India, this transition is all the more challenging because of the poor operational and financial condition of the distribution sector. Instead of empty rhetoric, the Centre and states should agree to abide by the recommendations of the parliamentary panel.

Financial Express

China's Long Game on Taiwan



M. K. BHADRAKUMAR

Mao Zedong (L) shakes hands with US President Richard Nixon on weeklong visit to China in Feb 1972 in a historic strategic overture

The tame ending of the saga of Nancy Pelosi's trip to Taiwan leaves many intriguing loose ends, although the world is lucky that she didn't choose to test the authenticity of the Chinese rhetoric.

Speaking of authenticity, however, a good case can be made that it was President Biden and Pelosi who might have been actually grandstanding. After all, Pelosi is entitled to top secret government briefings and would have had no doubt that it was far too risky for her to visit Taiwan at the present juncture of both heightened tensions in US-China relations as well as a complicated international environment centred around the conflict in Ukraine.

Furthermore, doesn't Pelosi enjoy easy access to Biden? They go back a long way in politics. But, apparently, in this case, they preferred using megaphone. It stretches credibility.

The big question is, what is the real purpose behind such brouhaha over a contrived setting? Three things come to mind. First and foremost, Washington has tested Beijing's cheekiness to seize the Ukraine conflict as a window of opportunity to annex Taiwan. Although China has repeatedly affirmed that the two situations — Ukraine and Taiwan — have nothing in common, Beijing's intentions have been under close scrutiny in the US.

Frankly, therefore, the denouement is not wholly convincing — Pelosi's apparent decision to stand down. The New York Times still insists that "administration officials say they now expect (Pelosi) will include a stop in Taiwan, despite China's increasingly sharp warnings in recent days that a visit to the self-governing island would provoke a response, perhaps a military one." Interestingly, Global Times also does not exclude such a possibility — "It is still possible that Pelosi wants to make a risky and dangerous move by trying to land at a Taiwan airport..."

The only logical conclusion out of empirical evidence is that left to itself, Beijing is not looking for an alibi to invade Taiwan, but fundamentally adheres to its stated policy of "peaceful reunification." That said, Washington was effectively left in no doubt that Beijing was issuing much the same "red line" warnings that Moscow also had issued about Ukraine, which the Biden Administration decided to ignore.

Beijing prefers to believe, though, that Pelosi's change of plan "could be a result of communication" between her and the White House, the Pentagon and the US Joint Chiefs of Staff.

Second, China also chooses to believe that President Xi Jinping's stern warning to President Biden during their phone conversation

— "those who play with fire will perish by it" — impacted Biden profoundly, which means that the latter ought to know that he has to exercise caution when it comes to Taiwan.

In a conversation of two hours and 20 minutes, Biden and Xi would have discussed issues at some length. Yet, despite the tensions rising to a crescendo, the Chinese readout conveyed an appreciable degree of satisfaction.

The senior US official in the White House who gave a background press call also concluded saying, "the two leaders very specifically tasked their teams to follow up on a number of these areas. There was an exchange at the end about how much work they'd created for their teams in terms of following up on the specific pieces, and again, a conversation

with the passage of time.

Within the US itself, even hawkish opinion-makers on China criticised Pelosi's move. Former President Donald Trump was devastating: "Why is Nancy Pelosi getting involved with China and Taiwan other than to make trouble and more money, possibly involving insider trading and information, for her cheatin' husband?"

"Everything she touches turns to Chaos, Disruption, and 'Crap'... the China mess is the last thing she should be involved in — she will only make it worse. Crazy Nancy just inserts herself and causes great friction and hatred. She is such a mess!"

To be sure, given the recession and the spectre of economic collapse, and the political

“All the bravado notwithstanding, the US is in no position to fight a war with China today. On the contrary, it is certainly not Beijing's game plan to seize Taiwan by force when things are going so well for its strategy of peaceful unification. The pressure is really on Washington, as the US' decline and the shift in relative comprehensive national power vis-a-vis China may only become more pronounced with the passage of time

about a face-to-face meeting being worked out between the teams.

"So I would say that... there was very much a clear, affirmative agenda that was put forward and agreed to... by the leaders for the teams to work toward. That's a really important piece to keep in mind that was, frankly, a pretty significant part of the conversation today."

What assurances, if any, Biden held out to Xi we do not know. Without question, the main outcome of the call is that the door opens "to follow up to find a mutually agreeable time" for a face-to-face meeting between Biden and Xi. Conceivably, such a meeting may suit Biden before the US mid-term elections. However, from the Chinese side, there has been no indication — so far at least — regarding a possible meeting between Xi and Biden.

The senior US official conspicuously played down the "direct and honest conversation" between Biden and Xi regarding Taiwan issue, and detailed how the phone call was "in the works for quite some time" before National Security Advisor Jake Sullivan proposed the idea to Yang Jiechi at their meeting in Luxembourg on June 13.

Finally, the geopolitical context cannot be overlooked. All the bravado notwithstanding, the US is in no position to fight a war with China today. On the contrary, it is certainly not Beijing's game plan to seize Taiwan by force when things are going so well for its strategy of peaceful unification. The pressure is really on Washington, as the US' decline and the shift in relative comprehensive national power vis-a-vis China may only become more pronounced

turmoil that may ensue, none of the US' European allies (including the UK) is enthusiastic today about a war with China. The Biden Administration is in no position to rally their support for what would have to be a far more punishing sanctions regime against China.

In fact, the US will face complete isolation in the international community for precipitating such a risky misadventure that could bring the roof down on the world economy. China is an engine of growth for the world economy.

In retrospect, the Taiwanese-American journalist Brian Hioe had an interesting "take" when he told Amy Goodman at Democracy Now! in an interview last Wednesday that it is a "a very good question" as to how the authorities in Taipei are reacting to the seamless speculations as to how such a contrived standoff with China over Taiwan with no rational end in view, as a spinoff from the disarray in US domestic politics.

Brian Hioe said: "I think what is noteworthy is the Tsai administration has not made a politically strong statement on the possibilities of the visit... Tsai administration would actually play it low-key... How much of a red carpet will be rolled out for Pelosi? I don't know." Taipei probably anticipated that it could as well turn out to be a non-event.

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 India Punchline



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Corporatising India Post

It is really unfortunate that it has been proposed to corporatise various arms of India Post much against the wishes of nearly 5-lakh postal employees. Indian postal service has lived through the change of times, connecting to the nook and corner of India through its last mile service. For over 150 years, it has been the backbone of the na-

tion's communication network. And, if communication means in India have grown up by leaps and bounds over the years and become hi-tech, our postal services have played a striking and substantial role, and are solely responsible for the same.

Even after the advent of the internet, our postal service continues to remain largely relevant and im-

portant, and occupies a special place in the hearts of millions of Indians. When the Covid-19 pandemic was at its devastating peak, the department heroically stepped in to deliver medicines and PPE kits to health workers in the absence of private transportation facilities due to the lockdown. This proves how efficient, fast and reliable India Post services were even

in trying times. The department's services primarily come under 'social responsibilities' and not under 'commercial services.'

Ranganathan Sivakumar
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MINDFUL FRIDAYS

SELF-AWARENESS

A TOOL TO BETTER MENTAL HEALTH

Wasim Kakroo

"Apne mun me dhoob ke pa ja
suraage zindagi
Tu agar mera nahi bunta
Na bun
Apna yun bun"

Imagine introducing yourself to another person without mentioning your friends or family or any other external elements. Focus exclusively on yourself, including how you feel and act, your strengths and weaknesses, and what makes you happy or upset.

This exercise is about gauging our level of self-awareness as individuals.

Understanding your own needs, desires, flaws, habits, and everything else that makes you the distinctive individual that you are is what is meant by self-awareness, also known as self-knowledge or self-introspection. The more self-aware you are, the more easily you can adjust to life's changes. We can perceive ourselves as separate and distinct persons when we have a deeper awareness of who we are. This gives us the ability to adapt, build on our strengths, and pinpoint areas where we might need some improvements. Goal-setting begins by being more aware of oneself.

According to research, self-awareness directly correlates with both emotional intelligence and success. You can take into account your strengths, limitations, and motivators while defining goals, which helps you to set them. By choosing to pursue the possibilities that most closely match your skill set, preferences, and tendencies, it enables you to lead yourself in the right direction. It facilitates the identification of situations and persons that set off our triggers and helps us foresee our own responses. It enables us to adjust our behaviors in a way that can increase our success both at personal as well as at interpersonal level.

Knowing ourselves better permits us to adjust, create new habits, and acquire new abilities. Additionally, it enables us to be more accepting of our weaknesses so



Picture Credits: UC Berkeley

that, once we do, we may decide to come up with plans and strategies to build our resilience.

When we are self-aware, we can pay attention to our thoughts and feelings and recognise when we need to refocus our attention on finding solutions. Some other times we'll realise there are external things we have no control over. It is possible to get better at reflecting on what is taking place and to come up with other angles from which to look at the issue.

Occasionally, we need to adjust our attitude to recognise that there are moments when we have no control over the course of events and that we need to put more emphasis on taking care of ourselves. This in no way implies that we are giving up. Instead, we can get ready for the times when we can make a solid comeback. While waiting for the right time to change, we can modify our mindset to deal with the circumstance and get ready.

When we are worn out, it is more difficult to keep up our efforts. Our brain keeps track of our energy levels and determines how much we can use and when we need to refuel. It will give priority to vital bodily processes, and when we have more energy, we can devote it to other energy-demanding activities. Thus, in order to work properly, it is crucial to maintain our energy levels.

We can learn from our experiences as we become more self-aware. The more self-aware we are, the easier it is to see what would spur change and advancement in our lives. Additionally, we are better equipped to solicit and consider criticism as we evaluate the data from the learning viewpoint. Applying the knowledge helps us get better and

eventually become masters of the talents we desire to learn. We can empathise with others and comprehend their behavior when we have a good enough awareness of ourselves.



The more self-aware we are, the easier it is to see what would spur change and advancement in our lives. Additionally, we are better equipped to solicit and consider criticism as we evaluate the data from the learning viewpoint. Applying the knowledge helps us get better and eventually become masters of the talents we desire to learn

Ways to build self-compassion: Some techniques that can help in developing and/or increasing self-awareness include:

1. Disengage from technology: Taking time away from technology and giving ourselves the chance to spend some time alone helps us feel less stressed. To understand ourselves and to ground ourselves, we must learn to feel at ease in our own company.
2. Contemplate for a while: Writing our thoughts down in a notebook is an excellent way to process our thoughts and emotions, according to research. It includes spending time concentrating to fully comprehend the situation without self-judgment. It aids in idea clarification and to understand feelings.
3. Self help books: Reading self help books can help us widen our understanding of life and ourselves at a much bet-

ter level and hence increase our self-awareness.

4. Art work: Artwork where the creator conjures up images to bring up awareness of the childish imagination can help in self-discovery and healing.
5. Practice mindfulness: Practice mindfulness by paying attention to the current moment with all of your senses—notice noises, scents, sights, thoughts, and feelings. It entails being receptive to the experience without avoiding or resisting it.
6. Increase your understanding of emotions: The boundaries of my language mean the limits of my world, according to philosopher Ludwig Wittgenstein.

Beyond "happy" or "sad," emotions trigger strong bodily and behavioral reactions. Your brain responds positively to verbalizing your emotions; on the other hand, being unable to do so can lead to stress. You can develop greater self awareness by expanding your emotional vocabulary every day.

7. Practice self-compassion: Exercise self-compassion by treating yourself as you would your best friend when going through a challenging period. It involves expressing kindness and understanding when dealing with challenging ideas and emotions.

It implies that we are capable of making errors like all other humans. As we increase our self-awareness, we will learn how to control our emotions and put strategies into practise to overcome obstacles in a positive way. Additionally, it enables us to retain our social network, which is essential for being healthy and feeling a sense of belonging.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a consultant clinical psychologist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196.

How "What I Eat In A Day" Videos Can Impact Mental Health

... and how to be smarter about viewing them.

Gia Marson, Ed.D.

What Exactly Are "What I Eat in a Day" Videos?

These are short video clips of individuals discussing narratives about the food they eat in their day-to-day life. Creators of these videos range from the everyday person to athletes, celebrities, models, nutritionists, doctors, personal trainers, and others. They are commonly found on YouTube, Instagram, and TikTok.

The hashtag #WhatIEatInADay on social media platforms has billions of views, and many individual YouTube videos have millions of views. Unfortunately, the trend of posting daily and the pervasiveness of these videos may make them seem even more numerous and important than they actually are.

"A reliable way to make people believe in falsehoods is frequent repetition, because familiarity is not easily distinguished from truth. Authoritarian institutions and marketers have always known this fact." —Daniel Kahneman

According to statistics, those between the ages of 15 and 35 have the highest engagement with YouTube, TikTok, and Instagram. This is also the age group for which eating disorders are most common. A 2020 study, for example, highlighted the negative impact of social media on thoughts about food and eating in middle school students:

"... a clear pattern of association was found between social media usage and disordered eating cognitions and behaviors with this exploratory study confirming that these relationships occur at younger-age than previously investigated." (Wilksch et al.)

And using social media platforms for health information is on the rise for all age groups, including middle-aged and older-adult populations.

What Are the Risks of "What I Eat in a Day" Videos?

While there is no harm in using social media to find meal-preparation tips, recipe ideas, or fulfill a genuine curiosity about how a favorite athlete fuels up before a big event, in some cases, these videos may pose risks to individuals'

physical and mental health. They may increase your anxiety about eating well and whether your own habits measure up. In addition:

1. They may provide inappropriate nutrition information.

Many "what I eat in a day" videos are created by individuals who have no professional background or qualifications in nutrition or health. This means they may not be providing information that is credible, scientifically based, or follows responsible nutritional guidelines. This may promote unhealthy or even dangerous eating habits.

One possible solution: View only videos from licensed dietitians, licensed therapists, or medical doctors. In many states, the terms "therapist" and "nutritionist" are not licensed terms. If you are taking advice from someone, do your due diligence to confirm that they have the education, training, and experience required for sharing expertise.

But keep in mind that if the information in the video is making you feel bad rather than good—even if it's coming from a person who is licensed—consider your reason for watching. Compassion works better than shame or guilt as a motivator—and you deserve to be treated well.

2. They may be unrealistic.

"What I eat in a day" videos may share only part of an individual's diet during one small fraction of their life. Yet you may walk away thinking this video depicts a consistent way of eating that is sustainable and that it accounts for all the hours off-camera. Very likely, that is not true.

One possible solution: Recognize that eating well means listening to your body's nutritional needs as they shift from day to day. Notice how you might need more one day and a bit less the next.

Also, observe how your preferences change over time. Listen to your hunger and fullness cues, and pay attention to what brings you pleasure. Intuitive eating, not following someone else's body's needs or preferences, is a research-supported strategy for balanced eating and whole health.



3. They typically fail to acknowledge individual differences.

Those in these videos frequently omit the fact that everyone is different and has their own unique nutritional needs based on a wide variety of individual factors. Influencers may create the belief that there is only one type of diet to achieve a certain body shape or meet nutritional and health goals. That is a dangerous myth to hold on to. After all, your body's needs are not exactly like anyone else's.

One possible solution: Read articles published by academics at research universities. Learn how genetics and factors related to epigenetics impact weight and eating disorders to get a more accurate understanding of the subject matters discussed.

4. They encourage unhealthy comparisons.

These videos make it easy for us to compare how we look with someone who is ge-

netically different. When we undertake this faulty thinking, especially to emulate those we admire or wish to look or be like, it can create guilt and anxiety, which can lead us to reject our bodies.

Unfortunately, attempting to change yourself by mimicking someone else's way of eating can lead to being dangerously underweight or to binge eating. That makes videos showing what one person eats particularly worrying for those with or who have a history of disordered eating. Any messages that reinforce the notion that there is one right way to look are problematic and not backed by science.

One possible solution: Make a family tree, including family photos and important non-physical characteristics of each person. See the range of body types in your family going back a few generations, as well as what made each one unique. Whether you are biologically related to prior generations, it is helpful to accept that there is a wide range of healthy

body sizes. Notice ways that you are similar and different from others as a process for respecting your link to others as well as to your individuality.

5. They may be triggering if you are vulnerable to an eating disorder or are in recovery from one.

Watching "what I eat in a day" videos can bring about an increase in urges to diet, binge eat, cut out foods or food groups, overexercise, or engage in other unhealthy eating behaviors. Some influencers sharing their food choices may have an eating disorder and not be aware of it. Others may claim they have recovered from an eating disorder, but they may still be struggling with disordered thinking and eating habits. Either way, they may be inadvertently sharing harmful advice.

One possible solution: If you have an eating disorder now or had one in the past, proceed with extreme caution before watching these videos. If the internal voice of your eating disorder gets louder during or after watching, find a new interest to follow as if your life depends on it—because it does. Consult someone on your treatment team or write out what advice you would give to a friend who felt triggered by these videos. Recovery from an eating disorder will give your life back, don't treat risks lightly.

Remember to View the Videos as Fun or Inspiring—Not Factual

If you watch these videos, it is essential to take the information as creative content that is not meant to be considered the absolute truth. Eating is an imperfect process and everyone's habits change over time. Remind yourself that you don't know the nuanced, complex, human story behind the video clip.

Regardless of the narrator's history, you are not like anyone else. Therefore, it is important not to change your eating habits based on videos that do not take your biology, age, genetics, health, health history, and nutritional needs into account.

The honest, personal lessons you have learned about your body's needs are your best guide. Accept what it takes to fully nourish yourself.

Tourism Secretary Launches TAFI's J&K Chapter

Hopes New Beginning Will Open New Horizons To Promote J&K Tourism Worldwide



Observer News Service

Srinagar: Secretary Tourism, Sarmad Hafeez inaugurated the Travel Agents Federation of India's (TAFI) 12th Chapter in Jammu and Kashmir here.

Speaking at the launch, Sarmad Hafeez reiterated that tourism in Jammu and Kashmir has done exceedingly well in the past couple of years with several new initiatives taken to boost the tourism sector in the Union Territory.

He said the J&K Government recently launched a new policy of home stays wherein the department is targeting to enhance the bed capacity by 25,000 beds at different tourist resorts and locations across the UT.

He added that Jammu & Kashmir is known for its hospitality all over the world and urged the TAFI to help in disseminating a positive message to the outside world and showcase Kashmir to the outside world in a proper context.

He also congratulated the J&K Chapter and its new team and hoped that the relationship would open new horizons to promote tourism of Jammu and Kashmir.

Noted travel operator, Manzoor Pakhtoon was, on the occasion, unanimously elected as the first president of 12th Chapter of TAFI for Jammu and Kashmir Chapter.

In his address, President TAFI, Ajay Prakash termed the opening of 12th Chapter

of TAFI in J&K as a historic day and added that with the launch of a new chapter a vibrant, active and contributing chapter has come into being.

He said that Jammu and Kashmir has witnessed a phenomenal tourist season this year which can be long term rather than short term by focusing on sustainability and promotion to the outside world.

On the occasion, he congratulated and welcomed the new chapter from J&K into the TAFI team.

Manzoor Pakhtoon, the newly elected president of TAFI's J&K Chapter, in his address said that it is a proud moment for the travel and tour players and said that all the tourism players have to be one and united to promote J&K tourism.

He hoped that on the issues related to trade, TAFI will be at forefront to play its part in any manner it can.

On the occasion, a presentation was also played wherein different tourist destinations and locations were showcased to the TAFI members.

The launch ceremony was jointly organized by the Department of Tourism and the TAFI.

National General Secretary, TAFI, Abbas Moin, presidents of other 11 chapters of TAFI, newly elected TAFI J&K Chapter members, officers of Tourism Department, heads of Travel & Tour operators and others were present on the occasion.

J&K Bank Aims To Achieve Business Of Rs 4 Lakh Cr In Next 5 Yrs: MD & CEO

Press Trust Of India

Srinagar: Jammu and Kashmir Bank has set a long-term goal of achieving Rs 4,00,000 crore business in the next five years with annual profit of Rs 4,000 crore, a top company official has said.

J&K Bank MD & CEO Baldev Prakash said the long-term objectives are backed by well thought out strategies and monitorable execution plans that would be periodically reviewed to ensure achievement of all interim milestones.

Prakash said the bank is also working on short-term goals like fixing monthly targets for each business line.

"In the longer term, we have set out a target for ourselves to achieve business of Rs 4 lakh crore in the next five years with an annual profit of Rs 4,000 crore. We are aiming to bring our gross NPA to below 4 per cent with a net NPA figure to one per cent level. The long-term target for our Return on Assets (RoA) is above 1 per cent," he said.

Prakash further said that, "the broader objective would be to improve Bank's market share from 0.63 per cent to 0.75 per cent in the country, while maintaining the dominance in the UTs of J&K and Ladakh."

On the speculations about the bank's merger with a nationalised bank, Prakash said, "It's purely a figment of some wild imagination."

"With stronger fundamentals and improving key parameters, J&K Bank is moving ahead on a sustainable growth path. We have already rolled out our short to long-term plans, whose results would be evident for all the stakeholders in the next 2-3 years.

"And all I want to say is that



as the Bank flourishes to regain its glory, you would see all these rumours silently being laid to rest," Prakash told PTI in an emailed interview.

Speculations were rife that J&K Bank might be merged with a larger bank like the State Bank of India in the wake of arrest for former chairman Parvez Ahmad for alleged malpractices.

J&K Bank said its profits for the quarter ending June 30 had risen by 59 per cent compared to corresponding period last fiscal.

Prakash said J&K Bank has formulated a business plan for FY 2022-23 well in advance for a proactive head start with monthly targets for each business line set for the first time.

"In our business plan for the current financial year, we have made a 'Mission 2.22 lakh crore' statement where we envisage to top a total deposits figure of Rs 1.25 lakh crore, while the target for total advances is set at above Rs 95,000 crore," Prakash said.

He said while the focus on maintaining the liability mix with over 55 per cent CASA ratio continues, improving

quality, yield and diversification of Asset portfolio shall be pursued vigorously.

Prakash said the bank has set its eyes on Rest of India (ROI) business growth in terms of scaling up business operations with focus on retail, PSUs and good-rated corporate borrowers.

"We are aiming to improve the share of rest of India in the overall loan book of the Bank to 50 per cent through the re-oriented business strategy to not only increase our business but also to diversify the concentration risk in our core-geography i.e. J&K.

"We see pricing and innovation in products as our main tools to help us reshape our Rest of India business story as planned," he added.

Prakash said in Jammu and Kashmir and Ladakh, the bank was sharpening focus on under-served areas of economy, especially housing that "we see as a major sector for finance in the longer term - with a plan to double our funding to the sector by 2025 - besides MSME and tourism."

Innovations in Agri-allied activities are also opening new vistas for enterprising entrepreneurship and finance, he said.

Rajiv Gandhi Assassination Case: Convict Nalini moves SC Seeking Premature Release

Press Trust of India

New Delhi: Nalini Sriharan, serving life sentence in the Rajiv Gandhi assassination case, has moved the Supreme Court seeking her premature release.

Nalini has challenged the June 17 order of the Madras High Court, which rejected her plea for early release, and cited the apex court judgement ordering the release of co-convict A G Perarivalan while seeking to be set free.

The high court had on June 17 rejected the petitions of Nalini Sriharan and Ravichandran, both convicted in the former Prime Minister Rajiv Gandhi assassination case, to order their release without even the consent of the state's governor.

The High Courts do not have the power under Article 226 of the Constitution to do so, unlike the Supreme Court which enjoyed the special power under Article 142, the high court had said while rejecting their pleas.

Invoking its extraordinary power under Article 142 of the Constitution, the top court had on May 18 ordered the release of Perarivalan, who had served over 30 years in jail, and said

the Tamil Nadu governor ought not to have sent the "binding" advice made by the state cabinet for his release to the president.

The apex court had said the advice of the state cabinet is binding on the governor in matters related to commutation/remission of sentences under Article 161 of the Constitution.

Under article 142, the top court may issue any verdict or order necessary to provide "complete justice".

Gandhi was assassinated on the night of May 21, 1991 at Sriperumbudur in Tamil Nadu by a woman suicide bomber, identified as Dhanu, at a poll rally.

In its May 1999 order, the top court had upheld the death sentence of four convicts Perarivalan, Murugan, Santhan and Nalini.

However, in 2014, it commuted the death sentence of Perarivalan to life imprisonment along with those of Santhan and Murugan on the ground of an 11-year delay in deciding their mercy petitions. Nalini's death sentence was commuted to life imprisonment in 2001 on the consideration that she has a daughter.

J&K Reports 637 Covid-19 Cases, One Death

Agencies

Srinagar: Jammu and Kashmir reported 637 fresh covid-19 cases even as there was one death due to the virus during the last 24 hours, officials said on Thursday.

They said that 112 cases were reported from Jammu division and 525 from Kashmir Valley, taking the overall tally to 472011. Among the cases, 172874 are from Jammu division and 299137 from Kashmir Valley. Providing district wise details

of the cases, they said, Jammu reported 65 cases, Udhampur 3, Rajouri 5, Doda 11, Kathua 3, Samba 4, Kishtwar 13, Poonch 2, Ramban 6, Reasi 0, Srinagar 174, Baramulla 178, Budgam 58, Pulwama 22, Kupwara 28, Anantnag 16, Bandipora 9, Ganderbal 6, Kulgam 32 and Shopian 2. There was one death, from Kashmir Valley, during the time. So far 4777 people have succumbed to the virus and among them include 2346 from Jammu division and 2431 from the Valley.

HDFC Bank Launches Rising Bankers Program With Amity Global Business School

Agencies

Srinagar: HDFC Bank in association with Amity Global Business School (AGBS) has launched an 8-month certification program known as 'Rising Bankers' for aspiring bankers. The programme aims to turn young graduates into well-trained, customer-facing personnel. It involves on-campus learning, an internship, and a full-time job opportunity at the Bank on successful completion of the certification.

The program is accepting applications from candidates across the country looking to get real-world experience and

earn while they earn. Through this program HDFC Bank will create a pipeline of qualified talent who will offer a consistent, high-quality customer service experience across geographies and languages in the country.

The program will train candidates in all facets of banking operations in a working environment. The 8-month course will entail a 5-month stint at the state-of-the-art facility at Amity Global Business School campus in Noida, where candidates will attend residential classroom sessions. This will be followed by a 3-month paid internship at any

HDFC Bank branch across India.

On successful completion of this intensive program, the students will be employed with HDFC Bank as a Customer Care Executive or Customer Experience Executive with a starting salary of Rs 3 lakh per annum. Furthermore, they will be awarded a PG Diploma in Customer Experience Management from AGBS.

"The Rising Bankers program is one such avenue that will enable us to nurture fresh talent today to develop them as young leaders of tomorrow," said Vinay Razzdan, Chief Human Resource Officer, HDFC Bank.

French Air Force Contingent Makes Stopover In India

Press Trust of India

New Delhi: A French Air and Space Force contingent, including three Rafale jets, made a strategically crucial stopover at the IAF's Sullur base in Tamil Nadu as part of a mega military operation it carried out in the Pacific Ocean.

The support provided by the Indian Air Force to the French force reflected the implementation of the reciprocal logistics support agreement signed by France and India in 2018 to boost military cooperation.

A French readout said on Thursday that the cooperation with the Indian Air Force

demonstrated a high level of mutual trust and interoperability between the two sides.

It said the French contingent was hosted for a technical stopover at Air Force Station Sullur on August 10 and 11 during a long-distance deployment from metropolitan France to the Pacific Ocean.

The French Air and Space Force is carrying out a major long-range mission in the Indo-Pacific, code-named Pegase 22, from August 10 to September 18.

"The first stage of this mission aims to demonstrate France's capacity for long-distance air power projection by deploying an Air Force contingent

from metropolitan France to the French territory of New Caledonia in the Pacific Ocean in less than 72 hours (10th-12th August)," the statement said.

"To achieve this unprecedented 16,600-km deployment, the Air Force contingent made a technical stopover in India, at Air Force Station Sullur," it said.

The contingent comprises three Rafale jets and support aircraft.

"Landing at Air Force Station Sullur on August 10th evening, it flew out in the early hours of 11th August after refuelling, en route to New Caledonia," the readout noted.

"The operation demonstrated a high level of mutual trust and

interoperability between the French and Indian Air Forces, which has been further boosted by the fact that both Air Forces now fly Rafale jets," it said.

The readout mentioned the cooperation between the two air forces illustrated the "concrete" implementation of the reciprocal logistics support agreement.

"France is a resident power of the Indo-Pacific, and this ambitious long-distance air power projection demonstrates our commitment to the region and our partners," French Ambassador Emmanuel Lenain said, lauding the IAF's role in the successful operation.

CONTD. FROM FRONT PAGE

4 Soldiers Killed In

challenged the two terrorists who lobbed grenades while attempting to gain entry inside the post. However, alert troops cordoned the area and engaged them in a firefight, he added.

Anand said in the ensuing gunfight, the two were neutralised.

Six soldiers of the Army were injured in the operation and of them, four succumbed to injuries while repulsing the suicide attack, he added.

The slain Army personnel were identified as Subedar Rajendra Prasad (of Maligoven village in Rajasthan's Jhunjhunu district), Rifleman Lakshmanan D (of T Pudupatti village in Madurai district of Tamil Nadu), Rifleman Nishant Malik (of Adarsh Nagar, PO- Hansi, District - Hissar in Haryana) and Rifleman Manoj Kumar (of Shahjahanpur village in Haryana's Faridabad), Anand said.

"The Indian Army salutes the bravehearts for their supreme sacrifice in the line of duty, upholding the highest tradition of the force. The nation will always remain indebted to them for their supreme sacrifice and devotion to duty," he added.

According to eyewitnesses, the first gunshot was heard around 2 am when the militants attempted to breach the external fence of the army camp.

The attack marks the return of 'fidayeen' to Jammu and Kashmir after more than three years. The last such strike took place on February 14, 2019 at Srinagar-Jammu highway in Pulwama district of south Kashmir, in which 40 CRPF personnel were killed.

There was an intelligence input about the presence of militants from the JeM in the region and police and other security agencies were carrying out operations in various parts of the

district, police said.

Security forces and the police had been put on alert following intelligence inputs on suspected movement of militants in the Rajouri belt, prompting them to launch a combing operation in Darhal and Nowshera belt on Wednesday.

"Terrorists came close to 7-feet high fencing wall of the 11 Raj Rifles camp and hurled a grenade on a sentry post," Senior Superintendent of Police (Rajouri) Mohammad Aslam said. Due to the grenade blast, one sentry personnel died on the spot, he said.

He said the police had inputs about the movement of militants and a cordon and search operation was going on since yesterday. There were also inputs regarding such movements in Thanamandi, Kandi Bhudal and border areas too.

Asked whether the pattern of militants to engineer a 'fidayeen' attack was similar to the Uri strike, Aslam said 'fidayeen' are meant to cause major casualties. In 2016, 4 JeM terrorists attacked a brigade headquarters of the Army near the Line of Control (LoC) in Uri killing 19 soldiers.

"They wanted to do it here too. But troops bravely fought and neutralised and did not allow them to reach the barracks. They were neutralised before reaching these places."

Aslam said the intruders appear to be foreign nationals but investigations will give further leads.

"After investigations, we can also say whether the attack was carried out by a recently infiltrated group of terrorists."

"We cannot rule out the presence of other terrorists in Rajouri. We are exercising alertness. Cordon and search operations are going on in the areas," he said.

JeM militants had earlier unsuccessfully attempted to carry out a 'fidayeen' attack on April 22 in Jammu when Prime Minister Narendra Modi was scheduled to be in town. However, the two militants were killed in a chance encounter with the CISF near the Sunjawan Army camp. An officer of the paramilitary force was also killed.

An Army spokesperson tweeted that Army chief General Manoj Pande and all ranks "salute the supreme sacrifice" of three soldiers who laid down their lives in the line of duty in Rajouri and offer deepest condolences to the bereaved families.

Former J&K chief minister Omar Abdullah offered his condolences and said "very sorry to hear about the death in the line of duty of three soldiers following a militant attack in Rajouri."

Senior BJP leader Davinder Singh Rana expressed his anguish and tweeted, "I salute the bravehearts martyred soldiers who laid their lives for the Nation. Pakistan a crumbling nation is desperate n is using regulars to create disharmony in J&K but will never succeed".

LG Condemns 'Despicable'

despicable terrorist attack in Rajouri; tributes to brave soldiers who made supreme sacrifice. Heartfelt condolences to the families of the bravehearts martyred in the attack. We shall deal with evil designs of terrorists and their backers in a befitting manner."

LG Hails SPM's

"A towering man of ideas and ideals, Dr. Mookerjee laid the foundation

for the industrial development of the country by setting up three most significant industrial undertakings, and formulated policies which prepared the ground for future," he added.

According to the spokesperson, the LG said that in order to make the country self-sufficient in essential goods including defence, Dr. Mookerjee encouraged private investment, supported private enterprises with suitable administrative regulations for speedy industrialization.

The LG, he said, recalled the indispensable contributions of Mookerjee for the complete integration of Jammu and Kashmir with India.

"In August 2019, Prime Minister Narendra Modi paid the biggest tribute to Dr. Mookerjee's vision, his struggle and sacrifice by effecting total integration of Jammu Kashmir with the rest of country. He restored the human dignity and social justice in J&K, which is now walking on a new journey of development," Sinha said.

"Despite all the obstacles, we have achieved several milestones. We have been able to empower the underprivileged, established social equality, brought industrial development, ushered a new era for young men and women to realize their dreams and aspirations," he added.

As per the spokesperson, the LG further said that the tremendous participation in National Anthem Singing competition across J&K, while 8000 school children displaying the National Flag under 'Har Ghar Tiranga' campaign in Tral Pulwama is the true reflection of the new J&K.

He said that the LG asked the people to remember the contribution of great freedom fighters of Indian Independence.

"With the determined efforts of the

Government and active contribution of common people, we will make J&K the most developed and top performer UT in the country," Sinha said.

On the occasion, the spokesperson said, the LG paid floral tributes to freedom fighters and honored the family members of the bravehearts of J&K Police and Security Forces who have made supreme sacrifice in service of the nation.

The LG, he said, also hoisted a 100 feet high Tricolor and appealed the people to participate in 'Har Ghar Tiranga' campaign, bring home the national flag with honour and pride.

Govt Abolishes

the General Administration Department," the spokesperson added.

Two Feared

daughter, are feared dead in the incident. They have been identified as Shamima Begum, wife of Shabir Ahmed and their daughter Rozia Banoo.

Reports said that flash floods also caused damages to property and washed away cars and bikes in its swathe.

Aug-5 Now Day

to eradicating corruption and increasing public accountability and service delivery, besides promotion of activities related to digital governance and reduction of human interface in delivery of public services.

"The IEC activities on increasing accountability and transparency in public offices shall also be conducted at all District/HoD/Administrative offices during the celebrations," he added.

Lights, Camera

situation in the Valley, Dhar said that if they think of the situation, then people won't be able to do anything.

Dhar said the multiplex is a token of honour to the great Bollywood actors like Raj Kapoor who came to Kashmir and shot the movie—Barsaat.

"Then a number of actors came here for shooting. I think over 30 percent of the shooting of the classic films were shot in Kashmir," he said.

Before the armed militancy erupted in the valley, a number of classic movies were shot in places like Gulmarg, Pahalgam and Srinagar. However post-militancy, a number of cinemas were tracked by the militants and they remained shut till date.

A number of these cinemas halls have been occupied by the paramilitary troops.

Dhar said that the multiplex will have three big screens out of which two will be operational in September while the third will be opened in October.

He further said, the multiplex will have all the facilities available and will be open for anyone.

All cinema halls were closed down in the Valley when insurgency broke out in year 1989. Some of the theatres that remained shut in Srinagar included Regal, Palladium, Khayam, Firdous, Neelam, Shiraz, Khayam, Broadway and Shah Cinema.

The government made several attempts to re-open the cinemas in the valley, but failed to do so owing to the situation.

Sources said the idea of allowing construction of multiplexes on proprietary land in Kashmir had come up during the rule of former J&K Governor Satya Pal Malik.

'Impressed' By PM's Work, Ex-Cong MLA Swaran Lata Joins BJP

Press Trust Of India

JAMMU: Former Congress legislator Swaran Lata on Thursday joined the BJP and said she took the decision after being "impressed" by working style of Prime Minister Narendra Modi. Lata, who was vice-chairperson of social welfare board during the National Conference-Congress coalition government that ruled Jammu and Kashmir from 2009 to 2014, had left Congress and joined the National Conference in December 2018. She joined the BJP in the presence of J&K BJP general secretary (organisation) Ashok Kaul, Jammu MP Jugal Kishore Sharma, and former deputy chief minister Kavinder Gupta, among other leaders, at the party headquarters here. Lata said she is impressed by the dedicated working of PM Modi, and she has gotten firm belief that the nation will reach new

heights in a short span of time. "Had the nation got Modi ji as prime minister two decades ago, we would have been a super power much earlier," she said. Lata was elected MLA on a Congress ticket in the 1987 J&K polls from the reserved Bar Brahama constituency in Jammu district. While welcoming the former MLA, Kaul said that now, everybody is recognizing the dedicated and constant efforts of BJP and its activists in strengthening the nation. He said that every activist of the party works with the principle of nation first in mind and the prime minister has himself established the highest benchmark of serving the society and the nation selflessly. MP Sharma welcomed Lata into the party fold and said that going by its selfless policies the party is increasing base day and night along the length and breadth of the nation.

Kashmiri Youth Found Dead Under Mysterious Circumstances In New Delhi

Agencies

SRINAGAR: A 27-year-old youth from Pattan area North Kashmir's Baramulla district was found dead under mysterious circumstances in Delhi on Thursday, officials said here. News agency KNO quoting an official reported that the youth identified as Aadil Ahmad Bhat son of Manzoor Ahmad Bhat of Hanjiwera Pattan was found dead at his rented accommodation in Delhi. He said that his body has been

sent for post-mortem and police are waiting for the arrival of his relatives. "We are investigating the circumstances under which the incident took place," a police officer from Delhi told KNO over phone. He said that the deceased working in Delhi for the last several years after completing his education. "A case under relevant sections of law has been registered while further investigation has been taken up," the official said.

Govt Launches Key Digital Initiatives For Corruption Free J&K, Empowerment Of Citizens

Observer News Service

SRINAGAR: The Union Territory administration has taken many digital initiatives to provide corruption-free governance in J&K and empower citizens to report any wrongdoings in the departments across Jammu and Kashmir, an official spokesperson said Thursday. Ensuring seamless governance, he said, the General Administration Department, through Information Technology Department, has successfully rolled out e-office in all the administrative departments of Civil Secretariat and office of Heads of Departments. "This has resulted in speedy disposal of official business, made real-time file tracking possible thereby enhancing accountability for avoiding any undue delay in disposal of cases," he said. "The administrative accountability has been established by having access to pendency at any level through the launch of e-office. More so, it has also helped in stripping of expenditure incurred on the practice of physical movement of files," he added. For facilitating human resource management, the spokesperson said, Electronic Vigilance Clearance System (VCS) for issuance of e-vigilance clearances through online mode has been implemented. This, he said, has simplified the process of seeking NoC and vigilance clearance and has made it time-bound, efficient and transparent. The issuance of vigilance clearance has become time bound with disposal within 7-10 days time. "This has not only eased the process/procedure of promotions/deputations but has minimized person to person contact. The system enables real-time checking of pendency and enables employees to track status of their vigilance clearance for any follow-up," he added. Similarly, the spokesperson said, online portal for e-filing of property returns (PRS-Portal) mandates filing of property returns by every government employee under Employees Conduct Rules as well as J&K Public Men and Public Servants Declaration of Assets & other Provisions Act, 1983. The portal facilitates access and monitoring of the property details of all the employees, especially while processing vigilance clearance in their favour, besides,

assisting the ACB in expeditiously investigating the cases of dispropionate assets. Likewise, Mobile Application 'Satark Nagrik' and Departmental Vigilance Officers Portal of J&K Anti-Corruption Bureau is one of the comprehensive measures of LG administration for ensuring transparent, accountable, and responsive governance. An official said that this mobile application is facilitating seamless flow of information about corruption and enables citizens to submit their grievances with ease and mobility. Any citizen having an android based device can download the application from play store. A unique ID number is allotted at the time of registration of grievance which later can be used to track the status of grievance. Similarly, the Departmental Vigilance Officers (DVO) Portal has been designed to enable an online communication channel with the DVOs of various departments. In certain cases, the complaints are related to ongoing works, current recruitments, and payments yet to be made against contracts etc. By referring these matters to DVOs, violations/shortcomings can immediately be rectified and loss to the state exchequer is prevented. Government has directed the officers to ensure that offline processing of cases for the services offered online should be dispensed with completely and switchover to online mode for better monitoring and transparency in public dealings of the Revenue Department, a mechanism of issuing passbooks to people containing information on all their legal land possessions has been evolved. The UT Administration has set the 15th of August as the deadline for completion of the process. The administration has successfully implemented innovative initiatives for financial discipline which inter

Jammu City Records Highest Rainfall In 26 Years



Press Trust Of India

JAMMU: Jammu city recorded 189.6 mm rain in 24 hours, the highest downpour in a day in almost 26 years, causing landslides and flash floods, meteorological department officials said on Thursday. There were flash floods in most of the rivers, including Tawi and Chenab, which inundated low-lying areas and damaged infrastructure. Two landslides were reported -- in Panjirthi and Circular Road -- causing damage to road, a building and some vehicles, the officials said. The flash floods damaged small bridges in Kalika Colony, washed out a wall of Satsang Garh, a spiritual centre, and a

vehicle in Buntalab, they said. Hundreds of houses in several colonies in low-lying areas were inundated and traffic came to a halt due to waterlogging, prompting the district administration to sound a flood alert, they said. According to the MeT department, this is the highest 24-hour rainfall in August for Jammu city since 1996. The city had recorded 218.4 mm of rainfall on August 23, 1996. The all-time highest rainfall, 228.6 mm, in Jammu city was recorded on August 5, 1926, it said. The Jammu-Srinagar national highway was closed for traffic due to landslides and mudslides, triggered by heavy rains in Ramban. Reasi received 152.5 mm in 24 hours, followed by Udhampur (121.6 mm) and Samba (105 mm), the officials said. Katra town, which serves as the base camp for pilgrims visiting the Vaishno Devi temple in Reasi district, recorded a 77.8 mm rainfall in 24 hours, they said. Burmal in Kathua received 77.5 mm rainfall. At 11 am, river Tawi -- its gauge being monitored near Birkram Chowk -- was flowing at 9.5 feet, 4.5 feet below the 'alert level'. At the same time at Salmay Bridge in Udhampur, it was flowing at 8.2 feet, 6.56 ft below the alert level, they said. Water in river Chenab at Akhnora was at 26.4 feet. The alert level for the site is 32 feet, they said.

CS Asks Officers To Make I-Day A Festive Occasion Across J&K

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta on Thursday chaired a high-level meeting of senior civil and security officers to review the final arrangements for the 75th Independence Day to be celebrated as 'Azadi Ka Amrit Mahotsav'. The meeting was attended by Additional Chief Secretary Home, RK Goyal; General Officer in Command 15 Corps, Lt General ADS Aujla, Director General of Police (CID), Administrative Secretaries of Housing & Urban Development Department, Higher Education Department, General Administration Department, School Education Department, Power Development Department, Rural Development and Panchayat Raj, Hospitality & Protocol, Culture and Tourism, Additional Director General of Police Kashmir, Inspectors General of Police, Traffic J&K, CRPF & BSF, Director Hospitality & Protocol, Director School Education Kashmir, Director SKICC, Commissioner Srinagar Municipal Corporation and Director Information & Public Relations. While as Financial Commissioner Revenue, Divisional Commissioner Kashmir, Director School Education Jammu and Deputy Commissioner Jammu attended the meeting through video conferencing from Jammu. While reviewing the preparedness of the I-day event, he said that the main event would be held at Sher-i-Kashmir Cricket Stadium where the chief guest hoist the national flag.



Reviewing the security in and-around the main venue, Dr Mehta directed for heightened security at all the locations besides foolproof security in and around the main venue. The Traffic department was directed to identify space for parking of vehicles near the venues for hassle free movement of people towards the venue. Calling upon the officers to make the event a festive occasion, the Chief Secretary asked the concerned officers that all government offices and buildings should hoist the flag on August 15 which is celebrated as the country's Independence Day. Dr Mehta directed the Higher Education Department and School Education Department that all the universities, colleges, schools and other educational institutions should hoist flags and conduct various sporting, cultural and other events. He also asked the Rural Development & Panchayat Raj Institutions to ensure that the main I-Day event would be organized at all Panchayats, Blocks, Patwar Khans and other places of the Union Territory. Besides he directed the Housing & Urban Development Department that all the arrangements should be put in place for all Urban Local Bodies so that the 75th Independence Day would be celebrated with due fervour. He said that all District Development Council members would also participate in their respective districts and directed for the concerned department to facilitate DDCs if need arises. Besides, he instructed the concerned officers to make arrangements for the Independence Day at Amrit Sarovars also. He also told the meeting participants that top three best DDCs and SSPs will be awarded both in Jammu and Kashmir divisions for their outstanding performances.

Govt Bars 5 Doctors From Private Practice

Agencies

SRINAGAR: Pending inquiry against them, the Government on Thursday barred five doctors from doing private practice in Jammu and Kashmir with immediate effect. The doctors include Dr Tufail Ahmad Lone (SDH Pattan), Dr Noorudin Shah (PCR Srinagar), Dr Mudasar Shahdar (SDH Maggam), Dr Farooq Ahmad (SDH Tangmarg) and Dr Ishfaq Ahmad Parrah (PHC Hajin), according to a government order. The action against these doc-

tors has been ordered pending an inquiry into the allegations regarding the issue related to the referral of patients from Public hospitals to private hospitals for availing treatment/benefits under AB-PMJAY and SEHAT Schemes, according to an order by Principal Secretary Health and Medical Education Department. The committee has been asked to carry in-depth into the issue related to referral from Public hospitals to private hospitals for availing treatment/benefits under AB-PMJAY and SEHAT Schemes. (GNS)

Why No Elections In J&K, Tarigami Asks Centre

Press Trust Of India

SRINAGAR: Communist leader Mohammad Yousuf Tarigami on Thursday asked the Centre to take the people of the country into confidence and explain why assembly elections in Jammu and Kashmir are not being held as promised. He said while the polls are not a panacea for all the "ills" of Jammu and Kashmir under the present set up of a Union territory, an elected government would provide some respite to the people. "The present government at the Centre has gone hoarse claiming that normalcy has returned to Jammu and Kashmir and that all wrongs have been set right. Then, why are the elections being delayed?" Tarigami, who is also a spokesman of the People's Alliance for Gupkar Declaration, told PTI. "The first excuse given was that the delimitation process had to be completed before the polls. They committed harakiri (suicide) while redrawing the constituencies to follow their agenda. Even then, they are not in a position to hold the elec-

tions," he said. Tarigami said Union Home Minister Amit Shah has committed on the floor of the House to not only hold elections in Jammu and Kashmir but to also restore statehood. "If the government is not able to hold elections, it should tell the people of India the reasons for not doing so," he said. National Conference (NC) leader Omar Abdullah had on Wednesday said the BJP did not have the courage to face the voters even after revoking Article 370 and "gerrymandering" the constituencies through the delimitation commission. "Complete dilution of Art 370, bifurcation & downgrading of J&K state, gerrymandering of constituencies through a tame delimitation commission, curtailing movement & activities of parties like @JKNC, by revoking security & STILL the BJP doesn't have the guts to face voters of J&K," Abdullah had tweeted. Assembly polls in Jammu and Kashmir are unlikely to be held this year as the Election Commission has set November 25 as the date for publication of the final electoral rolls.

SCERT Holds Workshop On Utilisation Of Atal Tinkering Labs

Observer News Service

SRINAGAR: Principal Secretary, School Education Department, B K Singh on Thursday asked teachers to make Atal Tinkering Labs (ATL's) fully functional while asserting that scientific temper is essential for fostering a progressive society and advancing the nation in all sectors. The Principal Secretary made these comments while addressing the workshop on utilisation of ATL here. The day-long workshop was organised by SCERT inviting representatives from District Institutes of Education (DIET) and schools to find ways for full utilisation of ATL. Speaking on the occasion, the Principal Secretary, who holds additional charge of Director

State Council of Education Research and Training (SCERT), J&K, said that ATLs can prove to be the best breeding grounds for the young minds to cultivate a scientific inquiry and invention among students. "Children by nature are inquisitive; they frequently ask questions and are interested in how things operate," he said. "This outlook on life needs to be fostered, supported, and encouraged throughout the educational system", he added. Senior Academic Officer, SCERT, Dr Saima Qadir, while giving details of the workshop said the full-scale implementation of the ATL's was the Council's top-most priority. She added that the goal of today's workshop was to educate and empower the ATL representatives from the districts while also getting their feedback.



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Principal

Twin Sisters From Srinagar Bag International Gold, Silver In Wushu



Agencies

SRINAGAR: Ayra and Ansa Hassan Chisti of Tawheedabad, Bemina, students of class 11 have bagged gold and silver medals respectively in Wushu championship held in Georgia.

Ayra Hassan thanked their coach, Sports Authority of India and Wushu Authority of India who provided them a chance to show skills at international level.

"We both were selected during trials at Bhopal and went to Georgia on 31 July. Our first two fights were with Georgia and Armenia and the last fight was with my sister and managed to win gold," said Ayra Hassan, adding that she feels proud while representing India as she was representing the country for the first time. Earlier, she represented the state.

"There are several children who are interested in sports but their parents never allow them and our message to parents will be to allow and support your children in whatever field they are interested in."

Ansa Hassan also echoed the same words and said it was a proud moment to represent the country, describing it as a good experience.

Coach Asif Hussain, Coach National Institute of Sports said that while giving training to them they faced a lot of challenges as their training was starting at around 4:30 am and another session in the evening.

He said that it wasn't easy for girls to come for training too early but their parents supported them very well which made it possible for both of them to excel their talent. (KNO)

Downtown Heroes FC Win Etihad Cup



Observer News Service

SRINAGAR: Downtown Heroes FC on Wednesday emerged as winners of the Etihad Cup which was held at Iqbal Stadium, Pampore.

In the final match of the tournament, Downtown Heroes FC clashed with Kashmir United FC. The match turned out to be a keenly contested affair with both sides giving their best effort.

In the 34th minute of the

match, Salah went on to score a goal for Downtown Heroes FC. Despite Kashmir United FC trying their best to score an equaliser, they were unable to do so.

Downtown Heroes FC emerged winner by 1-0 and lifted the title. The management of the team has hailed the side for the win.

The team's coaching staff includes head coach Mohammad Hanif, assistant coach Abid Yaqoob, Zahid and manager Javaid.

Inter-District Kabaddi Tournament Begins At Sopore



Observer News Service

BARAMULLA: Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf in presence of Assistant Commissioner Revenue Peerzada Mumtaz Ahmad and DDC Member Tujjar Sopore, on Thursday kick-started Inter-District LePanga Khel Kabaddi Tournament at Tujjar Sharief, Sopore.

The event witnessed a huge crowd of spectators adding much zeal and enthusiasm to the sports event.

Tournament was organised by the local organizers wherein the inaugural match was played between Northern Lions and

Sultania Tujer. Northern Lions Nowpora Sopore emerged as the winner of the inaugural event. About 32 teams from different districts are going to participate in the tournament.

The ADDC, who was the chief guest, highly applauded the local organizers for conducting the event and said that the District Administration will undertake all necessary initiatives for providing appropriate platforms to utilize the potential of youth in a constructive and productive manner.

He added that youth of the area are taking keen interest in sports activities and underlined the need for developing sports infrastructure.

KL Rahul To Lead India Against Zimbabwe



Press Trust of India

NEW DELHI: Senior opener KL Rahul will be leading the Indian team in the three-match ODI series in Zimbabwe after being declared fit by the BCCI medical team.

Shikhar Dhawan, who was named the captain initially, will now be Rahul's deputy.

Rahul was recovering from a sports hernia surgery and was supposed to play the West Indies series before testing positive for COVID-19.

Since his recovery was taking time, he was not initially selected for the Zimbabwe tour and given time to get fully fit before the all-important Asia Cup.

However, the medical team has now given an all clear after he cleared all the requisite fitness parameters to be available for selection.

Since he is an all format first-choice deputy to regular skipper Rohit Sharma, his availability meant that Dhawan was relegated to vice-captaincy for the series.

Australia Cricketers Donate Prize Money To Sri Lanka Kids

Agencies

MELBOURNE: Australia's cricket stars have donated prize money from their recent Sri Lanka tour to help the crisis-hit nation's children, officials said on Thursday.

Cricket Australia said US\$30,000 would be donated as a gesture of support, after the men's squad witnessed long fuel queues and political demonstrations during the mid-year tour.

Soaring inflation and widespread fuel shortages have made life tough for millions of Sri Lankans.

The United Nations has declared a humanitarian crisis and widespread protests led to the ouster of the country's president and prime minister.

The visiting Australians saw the crisis firsthand.

"It was very clear to us how much day-to-day life for Sri Lankans is being impacted," captain Pat Cummins said.

The money will go to the UN children's aid agency UNICEF.



Real Madrid Win UEFA Super Cup



Agencies

HELSINKI: David Alaba and Karim Benzema scored in each half for Real Madrid to win the UEFA Super Cup with a 2-0 victory over Eintracht Frankfurt on Wednesday.

Alaba prodded the opener home from close range in the 37th minute when Casemiro cushioned Benzema's header back after a corner. The French star then sealed Madrid's record-equaling fifth Super Cup title in the 65th thanks to an assist from the lively Vinicius Junior.

It was Benzema's 324th goal for Madrid, overtaking club legend Raúf. Only Cristiano Ronaldo has more after scoring 450 goals for the club between 2009-18.

Benzema, who also joined Madrid in 2009, lifted the trophy for Madrid, his first as captain after taking over from Marcelo.

Barcelona and AC Milan are only other clubs to have won the Super Cup five times.

But the game between the Champions League winners, Madrid, and Europa League champions, Frankfurt, failed to match the spectacle of their previous meeting.

Madrid scored from a corner when Benzema and Casemiro combined to give Alaba an easy finish.

Benzema went close shortly afterward as Madrid ended the first half in the ascendancy, and Vinicius Junior tested Trapp again early in the second.

The Brazilian cut inside to set up Benzema's goal, when the French forward let fly with a direct shot past Trapp.

Babar Azam Can Dethrone Joe Root: Jayawardene



Agencies

DUBAI: Sri Lankan batting legend Mahela Jayawardene opines that star Pakistan batter Babar Azam can dethrone England batting star Joe Root from the top ranking in Test cricket.

Root has been ruling at the top of the Test batter rankings since June this year and he is in fine form over the last year or so. In 2022 itself, he has scored 927 runs in nine matches at an average of 61.80 and a best score of 176. He has scored five centuries and one fifty.

Jayawardene feels that Azam is the most likely player to claim the top spot next.

"Tough one! I would say Babar

Azam has an opportunity. He has been consistent in all three formats and it shows in his rankings. He is a naturally gifted player, plays in all conditions, he has got the game to adapt as well. It depends on the amount of cricket, who is playing when and how much but the Babar might be the guy," said Jayawardene on ICC Review.

Babar is currently the only batter who is in the top three across all formats of cricket, occupying the top spots in white-ball cricket and number 3 spot in Tests.

This year in five Tests, Babar has scored 661 runs at an average of 73.44 and a best of 196. He has scored two centuries and four half-centuries.

Ross Taylor Makes Racism Claim In New Book

Agencies

WELLINGTON: Recently retired test batsman Ross Taylor says in an autobiography released Thursday that he experienced racism during his 16-year career in New Zealand cricket.

Taylor, who is of Samoan heritage, describes racist locker room "banter" and casually racist comments from some New Zealand team officials. "Cricket in New Zealand is a pretty white sport," Taylor writes in his book, entitled "Black & White."

"For much of my career I've been an anomaly, a brown face in a vanilla line-up. That has its challenges, many of which aren't readily apparent to your teammates or the cricketing public."

The 38-year-old Taylor said many people assumed he was of Maori or Indian heritage because Pacific Island representation in New Zealand cricket is so rare. He said locker room banter sometimes was racist and hurtful but he was concerned that raising the issue might make the situation worse.

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