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### Tourism Boom Bonanza!

## More Hotels, Guests Houses Coming Up In Kashmir Valley

**Bed Capacity For Tourism Related Activity Reaches 60,000 In 2022**

Zaid Bin Shabir

**Srinagar:** Despite two back to back lockdowns bringing life to a grinding halt, the tourism infrastructure, including hotels and guest houses in Kashmir Valley have witnessed a big leap over the last three years, as the bed capacity for tourism

related activities has increased by 60,000 in the current year.

As per the data available with Kashmir Observer, over the last three years, Valley's tourism infrastructure took a beneficial leap against the previous years as the room strength in the region recorded an addition of over 1100. This was among the facts emerging from the official tourism data that was accessed by Kashmir Observer.

The official data further reveals that in Kashmir valley there are about 1500 tourism infrastructures that are registered under J&K Tourism Department and are currently



functional. Out of these 1500 infrastructures, 620 are the paying guest houses that are a new sight of attraction for the

**TENTED ACCOMMODATION AND GUEST HOUSES ARE BECOMING QUITE** popular among domestic and foreign tourists. Recently, we've seen how hotels in the valley were fully occupied and that was the time when the government thought of encouraging home stays and tents to accommodate the huge influx of tourists."

domestic and foreigner travellers arriving in Kashmir.

Talking to Kashmir Observer, Deputy Director (Registration) Tourism Kashmir, Alyaz Ahmad Nasir said that the tourism department's new registration policy has attracted more and more

people to apply for registration of new paying guest houses.

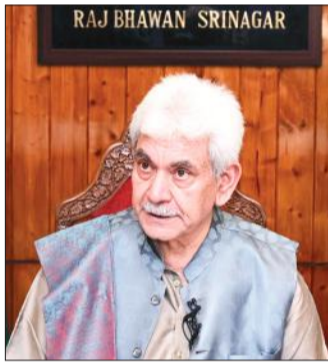
"We've taken necessary steps to ease out the registration process. The department has introduced a new scheme of approving new projects, the idea being, more and **More on P6**

## Govt Investing In Healthcare & Medical Education: LG

Observer News Service

**SRINAGAR:** Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Monday that his government is investing in healthcare and medical education so that the citizens and youth of the Union Territory have the best service and career options they deserve for a better tomorrow.

"We have radically reformed the healthcare services delivery model. In the last two years, we have acted swiftly to bridge the gaps at the district and sub-district levels and harmonized all services for speedy and effective care of the needy. People now have easy access to healthcare they need, when they need it and where they need it. Systemic improvements have led to high quality health care clearly visible in key health status indicators and national rankings," Sinha said, according to an official spokesperson.



The LG, he said, also noted that the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna (AB-PMJAY) SEHAT is playing a key role in protecting, preserving, and promoting the health of the people and even the most vulnerable sections of society are witnessing improved well-being of their families.

According to the spokesperson, till date, approximately 80% out of the total eligible 25.72 lakhs families **More on P6**



A nomad family crosses a stream through a wooden log in the picturesque meadow of Yousmarg in Central Kashmir's Budgam district on Monday. KO Photo, Abid Bhat

## Govt Okays Adoption Of Compassionate Appointment Scheme

Observer News Service

**SRINAGAR:** The Jammu and Kashmir government on Monday approved the adoption of a rehabilitation scheme that will provide compassionate appointment or monetary help to the people affected by militancy or enemy action along Line of Control (LoC) or International Border.

The decision in this

regard was taken in the Administrative Council (AC) meeting held on Monday under the chairmanship of the Lieutenant Governor, Manoj Sinha, an official spokesperson said. The meeting, he said, approved the adoption of Jammu and Kashmir Rehabilitation Assistance Scheme, 2022.

The spokesperson said that the decision is aimed at promoting equity, **More on P6**

## Imran Khan Charged With Terrorism, Faces Arrest

Agenceis

**Lahore:** Pakistani police have filed terrorism charges against Imran Khan over comments he made in a speech at the weekend, stoking political tensions as the former prime minister's loyalists vow to resist efforts to arrest him.

Mr Khan's lawyers said they would challenge the charges and hundreds of his supporters gathered outside his home in Islamabad, denouncing what



they called an effort by prime minister Shehbaz Sharif to silence his main political rival. "The terrorism-related charges against Imran Khan

are completely biased," said Iftikhar Durrani, a senior leader from Khan's Pakistan Tehreek-e-Insaf party. "We are going to court to contest these charges."

[ Ousted Imran Khan wages legal campaign to bolster comeback bid in Pakistan ]

Mr Khan said at a rally at the weekend that his supporters "won't spare" the officials responsible for detaining Shahbaz Gill, one of his allies, this month. The police alleged Mr Khan **More on P6**

## Police Files Case After Soldiers 'Thrash' Civilian

Observer News Service

**Srinagar:** Police on Monday filed a case and started investigations after a video showing army men beating a civilian at Nowgam here went viral on social media websites triggering widespread outrage.

The purported video was shared by many political leaders on micro-blogging websites like Facebook and Twitter demanding action against the army personnel involved in beating the civilian.

Subsequently, the Srinagar police said that they have registered an FIR into the incident. "Today afternoon an incident came to notice wherein some army personnel in

uniform reportedly beat one civilian while other personnel present also got involved in minor fight at Nowgam Chowk," a police spokesperson said in a handout issued Monday evening.

He further added that "On receipt of this information, cognisance of incident was taken and a case under FIR number 116/2022 under sections 323,341 of IPC was registered in Nowgam PS. Investigation has been taken up."

Meanwhile, Army in a statement said that the viral video showing altercation between Army and civilians seems to be an old one.

"Chinar Corps is checking the veracity of the video. Prima facie it **More on P6**

**RS. 4200 CR INVESTMENT IN MEDI-CITY WILL ALSO INCREASE THE NUMBER** of beds and MBBS seats in the UT of Jammu Kashmir. Proposed hospitals, paramedical college and super specialty hospitals will add 1,000 MBBS seats, bringing huge relief to the youth planning for a career in medical studies."

### SHORT TAKES

#### Two Civilians Injured In Anantnag Blast

Two civilians were injured on Monday in a grenade blast in Sangam area of South Kashmir's Anantnag district. Amir Ahmad Lone and Shakeel Ahmad Lone received splinter injuries when unknown militants lobbed a grenade towards Central Reserve Police Force (CRPF) personnel in Sangam area of the district on Monday evening, reports said. The grenade, reports said, missed the intended target and exploded on the roadside leaving the two civilians injured. Both the injured were removed to a nearby **More on P6**

#### 131 Test Positive As Cases Dip In J&K

Jammu and Kashmir reported on Monday 131 fresh cases of novel Coronavirus while no new fatality was reported from the Union Territory during the last 24 hours. According to officials, 117 new cases of Covid-19 were detected in Kashmir Valley and the remaining 14 from Jammu division, taking the total number of people infected since the onset of the pandemic in J&K to 476175. In the Valley, they said, Baramulla registered the highest 37 new cases of virus, followed by Srinagar with 24, Kupwara 17, Ganderbal 15, Budgam 12, **More on P6**

#### 'Hybrid Terrorist' Held Over Budgam Attack

Police on Monday claimed to have arrested one more hybrid militant of Lashkar-e-Taiba in connection with an attack on minorities in central Kashmir's Budgam district. Suhail Ahmad Malik of Panzan Chadoora was arrested and incriminating material of LeT and one hand grenade was recovered from his possession, a police spokesperson said Monday. Malik's arrest, he said, came during the investigation of **More on P6**

#### Student Found Dead In Poonch

A youth was found dead on Monday under mysterious circumstances in Mendhar area of Poonch district. 24-year-old Abdul Jabar, a student, was found dead in a field near Sonia Wali Bawali in Mendhar on Monday morning under mysterious circumstances, reports said. The youth was reportedly at his relative's house before his body was spotted in a field near the graveyard. The body was later shifted by police to the sub-district hospital Mendhar for conducting medico-legal formalities. According to police, **More on P6**

#### SIA Charges 4 JeM Associates In NIA Court

State Investigation Agency Kashmir on Monday presented a charge sheet against four associates of Jaish-e-Mohammad (JeM) militant outfit in the designated NIA court here. The charge sheet was filed in a case (FIR No 05/2022) under relevant sections of law, a police officer said, as per news agency GNS. He said that the case was lodged at Police Station CIK/JIC Srinagar earlier this year following some credible inputs regarding the **More on P6**

#### Rusted Grenade Defused In Samba

A rusted grenade was defused by a bomb disposal squad in Samba district of Jammu and Kashmir on Monday, officials said. The grenade was found lying in a dried up stream by some farmers working in their fields nearby at Swankha village in Vijaypur, they said. They informed police and the explosive device was subsequently defused by the experts without causing any damage, officials said.

Switching Careers? Here's How to Write a Strong Resume.

Harvard Business Review

Switching career paths and trying something completely new can open you up to exciting opportunities, help you learn new things, and even earn you more money. But it's not always easy — especially if you're looking to move into an entirely different field. Apart from doing your research and unearthing opportunities, there's one essential thing you need to focus on before you make the leap: updating your resume.

1) Honesty is the best policy.

Trying to align your previous work experiences with the technical skills you require for a job in a different industry may not be the right strategy. Instead, be open about your work history, and explain the circumstances that led you to

make a change.

2) If you want employers to notice you, use keywords.

Research shows that artificial intelligence (AI) is now being used to match the language job descriptions (JD) to the language on resumes. To get recognized by both the bots and the hiring managers, you need to use keywords that highlight the skills required for the new role. Even if you lack some of the harder skills, try to identify a few transferable skills listed in the description that you can also include on your resume — for example, good communication, strong collaborator, emotional intelligence, etc. For example, if a JD asks for "strong leadership skills," be sure to include the phrase "leadership" or "lead" on your resume when describing how you managed a small team of interns, or led a specific project.

Start with a personal statement.

This is a short description — a few lines — about who you are, your reasons for changing your career, your new goals, how your previous experience can be transferred to the new industry, and why you're perfect for the job. Think of this as an elevator pitch to impress the recruiters. Recruiting managers told us that words like "accomplished," "achieved," "adaptable," "analytical," "curious," "creative," "reflective," "strategic," and "team player" all stood out to them. While you should explain in detail the reasons for your career change in your cover letter, your personal statement is the space to reaffirm your motivations.

Showcase your skills.

On a traditional resume, most people highlight their job experience upfront to help recruiters get a sense of their work history. However, when changing careers, the hiring managers reviewing your applications may not always be familiar with the roles and responsibilities of a different industry. So, while crafting your resume, prioritize highlighting the skills you've learned throughout your career, not just your job titles. Again, we recommend focusing on transferable skills that are valuable across industries. These are typically softer skills like problem-solving, communication style, collaboration, and openness to feedback, among others. Hard skills, or technical skills, are those that are specific to the industry or task at hand. These are the skills required to do your job well, such as Excel, data

analysis, coding, copyediting, or proficiency in software or technology. If your previous roles required hard skills that overlap with the role you're applying for, or if you've taken courses to help you acquire them, include this as well. The goal here is to highlight the transferable and hard skills you possess that are important and relevant to the new role. When you demonstrate your skills, focus on the impact they made in each role, rather than just explaining the day-to-day work you did.

Highlight relevant work experience.

Below your skills, you can include a more traditional description of your relevant work history. Trim this section down to include only the experiences that showcase your most important expertise. Aim to highlight roles and responsibilities that prove you are capable of doing this new job, and that offer the hiring manager a well-rounded story of your journey. As you write your work history, don't just focus on the daily tasks. Instead, emphasize your accomplishments as well as your responsibilities in that specific role. This is important because potential employers may want to know what you can bring to the table, and simply regurgitating your job duties doesn't show them that. Our research suggests using numbers and statistics whenever possible. If you increased sales by a certain percentage, mention that. For example: "Praised by management for my ability to upsell products to customers, leading to a 21% increase in sales at our store." When you write what you accomplished, don't hes-

itate to use action words or verbs like "managed," "coordinated," "learned," and "oversaw." For example: "Learned to quickly build rapport and trust with customers and was recognized as a top-performing employee in the team three times in 2022." Finally, if you have a year or two of employment gaps, explain why. You can write about any freelance projects or temporary work you might have done during the time. Maybe you had to take a break for personal reasons, like taking care of an ailing parent or your own health. Be honest about the circumstances and explain what you learned from the experience. For example: "While I was unemployed, I took classes and received certification in XYZ." List all relevant education experience. List your educational qualification in reverse chronological order, with the most recent first. Add your degree, diplomas, or any other certifications that may be relevant to the role. Include details about the modules from any courses you've completed to show that you have a more comprehensive understanding of subjects or skills that may be pertinent to the position you're interested in. Career transitions can take time and preparation. While an arduous process in the beginning, taking the time to tailor your resume is one way to become more strategic about making a move, and present yourself as a self-aware, confident, and strong candidate to potential employers. Use the templates and examples above to help you make it past those first rounds of the hiring process, and impress hiring managers across industries.

UNION TERRITORY OF JAMMU AND KASHMIR, OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI DEPARTMENT (PHE) MECHANICAL RURAL DIVISION BALGARDEN SRINAGAR TELE: 0194-2473956, E-Mail: xenphemrd@gmail.com

NOTICE INVITING TENDER Fresh e-NIT No. PHE/MRD/TS 68 OF 08/2022 Dated:- 20-08-2022

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Mechanical Rural Division Balgarden Srinagar, invites e-tenders from reputed and resourceful Bidders/ Firms/Companies/Joint Ventures/Consortiums between bidder/firm and Financier of all classes registered in JK-PWD/CPWD/Railways or any other state Government or GST Registration for Elect/Mech. Works for "Supply, Installation, Testing and Commissioning of Electro-Mechanical equipment and Construction of Pump House/Panel room/Operator room etc. at various Water Supply Schemes (under JMM) of Jal Shakti (PHE) Mechanical Rural Division Balgarden Srinagar".

Table with 7 columns: Sr No, Particulars of the work, Estimated Cost (Lacs), Tender fee (in Rs), Earnest money Deposit, Bid Validity, Time of Completion of work (days)

Position of funds: Approved Under Jal Jeevan Mission (JJM) Status of AAA: As per FORM-I The tender inviting authority is Executive Engineer, Jal Shakti (PHE) Mechanical Rural Division, Balgarden, Srinagar. The awarding authority is District Jal Jeevan Mission (DJJM) Budgam.

Table with 2 columns: Critical Dates, Details (Publish Date, Document Download, etc.)

- 1. Bid documents can be accessed and downloaded from the website www.jktenders.gov.in
2. The pre-bid meeting will be held in the office chamber of the Superintending Engineer, Jal Shakti (PHE) Mechanical Circle North, Srinagar.
3. The whole bidding process shall be completed online on tender portal www.jktenders.gov.in.

No: PHE/MRD/1891-1903 Date: 20-08-2022 DDPK-8370/22

Sd/- Executive Engineer, Jal Shakti (PHE) Mech. Rural Division, Srinagar.

FORM I SCHEME WISE LIST OF WORKS OF DISTRICT BUDDGAM

Table with 8 columns: Sr No, Name of Water Supply Scheme, Description of work, District, Estimated cost (in Lacs), Tender Fee, Time of completion (Days), Status of AAA

Sd/- Executive Engineer, Jal Shakti (PHE) Mech. Rural Division, Srinagar.

India's Solar, Wind Energy Potential Likely To Dip Due To Climate Change: Study

Press Trust Of India

Solar and wind potential in India are likely to face a negative trend in the future due to climate change, according to a new study by Pune-based Indian Institute of Tropical Meteorology. The researchers used state-of-the-art climate models devised by the Intergovernmental Panel on Climate Change (IPCC) to analyse the wind and solar projections for the renewable energy sector over the Indian subcontinent.

rent Science recently.

Regional analysis of wind potential indicates that the frequency of high energy producing wind speeds will decrease, whereas low energy producing wind speeds are likely to increase in the future.

"Solar projections for the future indicate that solar radiation will decrease during all seasons over most of the Indian landmass. For future investments in the solar power sector, central and south-central India must be considered during pre-monsoon months, as the potential loss is minimal in these regions," it said.

"The present study shows that the renewable energy fields of solar and wind potential in India are likely to face a negative trend in the future... Expanded and more efficient networks of wind and solar farms are needed to increase renewable energy production," the report read.

TENDER NOTICE IREL, MK invites Request For Proposal for the following items / job descriptions: Tender No. Description GEM/2022/B/2414441 High Tension Roll Separator with mandatory spares

Public Notice I want to change the name of my Hotel bearing Tourism registration number with date as Reg/1/50/TOP (30/07/1989) From Hotel Classic, Langanbal Pahalgam to welcome Resort Pahalgam, Langabal Pahalgam.

آہ حاجی عاشق حسین بچو نہ رہے میرا انتہائی دکھ کے ساتھ دی جاتی ہے کہ میرا انتہائی دکھ حاجی عاشق حسین بچو نہ رہا حاجی محمد شفیع ساکنہ بیرون کالجی دروازہ رعناواری سرینگر 22 اگست 2022 بروز سوموار کو اپنا تک انتقال کر گئے۔ (اننا لله وانا اليه راجعون)۔ مرحوم شریف انیس ملنار، موم اصلو کے پانڈ اور ایچے کردار کے مالک تھے۔ اللہ تعالیٰ مرحوم کو جنت الفردوس میں اعلیٰ مقام اور درجات عطا کرے۔ مرحوم کی انتہائی فاتحہ خوانی 25 اگست 2022 بروز جمعرات کو بوقت صبح 10:30 بجے ان کے آبائی مقبرہ واقع ملہ کھانڈ دیک زرگن ٹیکری سرینگر میں انجام دی جائے گی۔ سوگواراں محمد شفیع بچو inf

SRINAGAR MUNICIPAL CORPORATION

Mr. Mohammad Iqbal Sofi, S/o Ghulam Qadir Sofi, S/A Kralkhud Habba Kadal Sgr. (Through Ward Officer, Ward No. 05 SMC).

Subject:-NOTICE OF DEMOLITION UNDER SECTION 258 (2) OF MUNICIPAL CORPORATION ACT 2000.

Whereas, an application has been received from inhabitants of the area through Javid Ahmad S/o Ghulam Nabi Bhat & Ors wherein it has been complained that two structures raised on the land falling under Khasra No. 2056, Khawat No. 208, Khata No. 628 have been raised long back and the said structures are now in deteriorated and damaged condition which have become a public nuisance to the thoroughfare of the general public passing through the said vicinity.

Whereas, report has been sought from the erstwhile Ward Officer Ward No. 05 SMC vide No. SMC/W-05/46-48, dated:- 30-03-2021, wherein he has confirmed that the structure in question is in dilapidated condition and has expressed apprehension of collapsing of said structure any time which could become cause for threat to human life and property;

Whereas, technical opinion has also sought from Joint Commissioner (Works)/ Superintending Engineer, SMC vide his No. SMC/JCW/SE/799-801, dated:- 24-05-2021 stated therein that the building/ structure in question may collapse any time which will cause threat to human life & property;

Whereas fresh status report has also been sought from present Ward Officer, Ward No.05 vide No. SMC/W-05/179-80, dated:- 06-08-2022 wherein it has also been reported that the structure is in dilapidated condition and there is apprehension that it may collapse any time;

Now, therefore, in order to observe the mandate of Law & in pursuance of section 258 sub section (2) Srinagar Municipal Corporation Act. 2000, the undersigned is hereby authorized to direct you to demolish/ pull down the dilapidated structure referred herein above at your risk and cost within a period of 15 days from the date of issuance of notice to avoid any threat to public life and property. In case of failure, necessary action shall be initiated against you under relevant provisions of law.

By Order. DDPK-NB-3360/22 No. SMC/Enf/10026-34 Dated:- 17/08/2022

Sd/- Chief Enforcement Officer, Srinagar Municipal Corporation

## 4 Residential Houses Damaged In Bemina blaze

Agencies

Srinagar: Four residential houses were partially damaged in a fire incident in Nundresh Colony A in Bemina area of Srinagar this afternoon.

Reports said that four residential houses belonging to Ghulam Qadir Sheikh, Mohd Maqbool Bala and Tariq Ahmad Bala, Nasir Ahmad Farooqi, Abdul Ahad Lone

and Parveena Akhtar were partially damaged after fire broke out from a residential house in Nundresh Colony A.

They said that F&ES with the help of police and locals doused off the flames to prevent any further damages.

Meanwhile, police have taken cognizance of the incident and investigation is underway to ascertain the cause of fire. KNO

## J&K Youth Can Become Climate Change Leaders: KU VC

Observer News Service

Srinagar: Vice-Chancellor University of Kashmir Prof Nilofer Khan on Monday inaugurated a programme organised to establish a Youth Forum in Jammu and Kashmir that would pursue the goals of sustainable development in the Indian Himalayan Region (IHR).

The programme was organised by J&K Chapter of Himalayan Knowledge Network (HKN), an initiative coordinated by G.B.Pant National Institute of Himalayan Environment, Uttarakhand, with the support from National Mission on Himalayan Studies, under the aegis of Ministry of Environment, Forest and Climate Change, Government of India.

In her presidential address, Prof Nilofer said any academic or research activity is incomplete with the involvement of students and youth.

"It is the ideas from our youth that we, at the institutional level, must cash in on for better policy formulation on critical issues concerning the environment conservation in the Indian Himalayan Region," she said, adding that given their potential, the youth from Jammu and Kashmir can become future climate change leaders to realise the "wider mandate" that initiatives like HKN aim to fulfill.

Dean Research KU

Prof Irshad A Nawchoo and Registrar Dr Nisar A Mir also shared the dais as special guests and highlighted how student-driven programmes can bring about a discernible change at grassroots by going into communities to raise awareness on environment conservation and related issues.

Nodal person for J&K Chapter of HKN, Prof Zafar A Reshi—the chief coordinator of the programme—said the Youth Forum initiative aims to make youth of J&K UT active partners in programmes, policies and decision-making related to sustainable development in accordance with the emphasis laid by Niti Aayog for sustainable development in the IHR.

He said the J&K Chapter of HKN has identified two key areas, including water resources management and biodiversity conservation, to engage youth and address the related issues and concerns.

"The idea is to listen to youth, their perceptions, choices and needs related to the environment and incorporate the same in policy formulation," Prof Reshi said in his welcome address.

Prof Zahoor A Kaloo, Head Department of Botany also spoke on the occasion, while Prof Manzoor A Shah, Director DIQA, conducted proceedings of the event and also delivered a vote of thanks.

## Sufi Cultural Event Held At Tagore Hall



Observer News Service

Srinagar: To highlight the teachings of Sufis and Rishis, a Sufi Cultural event organised by the Kaavish Foundation in collaboration with District Administration Srinagar was held at Tagore Hall on Monday.

Divisional Commissioner, Kashmir, Pandurang K Pole was the chief Guest on the occasion, while Deputy Commissioner Srinagar, Mohammad Aijaz Asad attended the function as Guest of Honour.

Besides, Director Kaavish foundation, Sufi Arvind Guru, senior scholars and students from various universities and colleges from all across were also present on the occasion.

During the Sufi event students presented various Sufi cultural items highlighting the rich Sufi cultural treasure of the J&K valuing our heritage.

Speaking as Chief Guest, the Div Com said that Sufism is a way of realisation of inner self and our Sufis and Rishis have shown us the path towards that goal. He said that Sufism propagates the doctrine of love, compassion, peace, development for mankind, irrespective of any biases and prejudices. He further said we must understand the essentials of Sufism as this gives us an idea of what is beneficial for humankind.

The Deputy Commissioner in his address said Sufism is an ideology which believes in co-existence, spirituality, brotherhood and love for all irrespective of caste, region and religion.

Programme Officer, ICDS, Chief Agriculture Officer, District Youth Services & Sports Officer, District Social Welfare Officer and other concerned also attended the Sufi Event.

## Use Of Mobile Phones While Driving Goes On Unabated In City

SSP Traffic says in 2022, 3,643 people fined for using mobile phones while driving

Syed Mohammad Burhan

Srinagar: The increase in the number of road incidents in the city has raised alarm bells among city residents. While the number of vehicles on the roads is more than ever before, driving down the city roads is becoming difficult by the day.

While many drivers do adhere to traffic norms and regulations, many are seen floating traffic norms in the light of the day.

Although according to traffic rules, the use of mobile phones while driving vehicles is strictly banned, yet the practice goes on unabated in the city.

In Srinagar City, a large number of people use mobile phones while driving their vehicles thus violating traffic norms. It is not only the drivers of private vehicles, who use mobile phones while driving, those of the buses also indulge in this practice.

While city dwellers have a reason to worry, the authorities say they are doing their bit to make people adhere to traffic



norms.

Speaking to Kashmir Observer, SSP Traffic Srinagar Muzaffar Ahmad Shah said it is impossible to impose fine on every single offender and the Traffic Department has been trying their level best to inculcate driving sense among people.

He said everybody should adhere to traffic norms at least for their own safety.

Replying to a question on the unabated use of mobile phones in the city, he said in the year 2022, the Traffic Police in the city has issued around 1,60,000 challans

for various traffic offenses out of which 3,643 have been issued for using mobile phones while driving.

He said that the fine issuing procedure makes it difficult to challan every offender.

"While issuing an online fine to the offender we have click a picture whilst driving, which is difficult in many cases, so it is not possible to fine every offender"

He further said that a drive will also be launched shortly against all those floating traffic norms.

## Protesting FAA Candidates March To BJP Office

Syed Mohammad Burhan

Srinagar: Scores of candidates who qualified the Finance Account Assistant (FAA) exam held by the Jammu & Kashmir Service Selection Board (JKSSB) on Monday marched to the BJP office protesting alleged scrapping of the exam.

In a bid to persuade the administration not to scrap the exam, the FAA candidates marched from Press colony to the BJP office at Jawahar Nagar and staged

a sit-in protest.

The candidates raised slogans against the Service Selection Board (JKSSB) and urged the administration to ensure justice.

BJP leader Altaf Thakur spoke to the protesting candidates and assured justice will be done and the guilty will not be spared.

Later, the protestors marched back to the Press Enclave.

It is pertinent to mention, the protests were sparked by the rumors that the FAA selection list may be scrapped as it alleged

that some candidates may have cheated in the exam. The protesting candidates have been braving summer heat and heavy rains saying they are undeterred by the weather conditions.

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

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

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

**HIGHWAY STATUS**

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



**HIJRI CALENDAR**

24 Muharram  
**1444**

PRAYERS	
FAJR	4:27
ZUHR	12:35
ASR	5:17
Magrib	7:16
ISHA	8:41

### This Day In History

- 1441 - Holland & Hanzesteden sign cease fire treaty
- 1514 - Battle of Chaldiran ended with a decisive victory for the Sultan Selim I, Ottoman Empire, over the Shah Ismail I, Safavids founder.
- Discovery
- 1789 - French Revolution: The National Assembly proclaims freedom of religious opinions
- 1799 - Napoleon leaves Egypt for France en route to seize power.
- 1866 - Treaty of Prague ends Austro-Prussian war
- 1911 - British Prime Minister H. H. Asquith holds secret meeting about British strategy in case of war with Germany
- 1914 - Japan declares war on Germany in World War I
- 1915 - Tsar Nicolaas II takes control of Russian Army
- 1921 - Austria and the US formally end war; the US does the same with Germany on the 25th, and Hungary on the 29th
- 1924 - Mars' closest approach to Earth since 10th century
- 1933 - Mahatma Gandhi released from Indian jail following another hunger strike
- 1939 - Nazi Germany and the Soviet Union agree the Molotov-Ribbentrop non-aggression pact and secretly divide Poland between themselves, setting the stage for World War II
- 1942 - World War II: last cavalry charge in history takes place at Isbushenskij, Russia; the Italian Savoia Cavalleria charges Soviet infantry
- 1943 - Red army recaptures Charkow
- 1944 - Allied troops capture Marseille, France
- 1952 - Arab League security pact goes into effect
- 1960 - World's largest frog (3.3 kg) caught (Equatorial Guinea)
- 1961 - US lunar probe Ranger 1 reaches 190 km from Earth, falls back
- 1974 - Zaheer Abbas scores 240 Pakistan v England at The Cricket Oval
- 1975 - Communists take over Laos
- 1976 - Heavy earthquake strikes China, 1,000s die
- 1978 - Iranian students occupies Iranian embassy at Wassenaar
- 1979 - Iranian army opens offensive against Kurds
- 1982 - USSR performs nuclear test at Eastern Kazakhstan/Semipalinsk USSR

### From KO Archives

## Gunmen loot Budgam village

Mushtaq Aftab

**C**HADURA (BUDGAM)- Police are on the lookout for some unidentified gunmen who 'raided' several houses in a village here to extort money. They decamped with the booty ranging between Rs five and Rs 2,000. In another case, where a shopkeeper was relieved of Rs 8,800, an FIR No 2472 was lodged with the police on Friday.

According to reports, unidentified 'gunmen swooped on Chil Yech village in this district at about 8 p.m. on Sunday. They forced their entry into several residential houses asking the inmates not to leave their premises. Then they went on relieving them of whatever they had in cash on hand. Reports identified the victims as Muhammad, Yousuf Wani, Muhammad Shafi, Abdur Rahman Dar, Jahangir Alam, Jalal-ud-din Paul, Fayaz Ahmad Sofi, Nazir Ahmad Paray, Ghulam Rasool Guiri, Amma Paray and Abdul Rasheed Gujri. The gunmen managed their escape under the cover of darkness. Villagers lodged a complaint with the police who launched a manhunt to nab the gunmen.

Earlier, on Friday, some unidentified gunmen waylaid Abdul Ahad Sheikh, of Danchera, when he was on his way back home from Utligam in Beerwah area. They relieved him of Rs 8,800. An FIR was lodged with police at Beerwah on the same day. However, no arrest has been made so far. Unidentified gunmen also snatched Rs 400 from a shopkeeper of Utligam on the same day.

KASHMIR  
OBSERVER

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KO VIEW

## Stalemate in Ladakh

Foreign minister S Jaishankar on Sunday admitted that the ties between India and China are going through a “very difficult phase.” He said China has disregarded the agreements going back to the 1990s which prohibited bringing mass troops in the border area. He acknowledged that the lingering stand-off has not been resolved and that it was casting a shadow. Earlier speaking Jaishankar noted that it would be difficult “for the Asian century to happen if India and China could not come together.” This struck a chord in China. The Chinese Foreign Ministry spokesperson Wang Wenbin echoed Jaishankar’s sentiment saying that “a Chinese leader said once if China and India cannot achieve sound development, then an Asian century cannot happen.” He said that a true Asia Pacific century or Asian century can come only when China and India can and other countries can achieve sound development.

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

India wants China to go back to the status quo ante as it existed in April 2020 but Beijing is in no mood to do so. On the contrary, the People’s Liberation Army has enhanced its military profile on the border by deploying thousands of its soldiers and equipment. In recent years China has reportedly more than doubled its total number of airbases, air defence positions and heliports near the Indian border.

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

OTHER OPINION

## Reining in overreach

While such norms were laid down for legacy laws governing taxes such as central excise, that are now subsumed into the GST, CBIC felt the need to issue fresh guidelines. The summons checklist, for instance, takes note of routine issuance of summons to top officials of firms even for procuring records available on the GST portal, and specifies that CXOs and MDs of any firm must not “generally” be summoned in the first instance, but only when their involvement in tax evasion is clearly indicated. An approval process that requires officers to record reasons for issuing summons has been mooted to ensure that the power is exercised judiciously, even as they have been advised to consider where simple letters may suffice.

The norms spelt out for arrest and bail for GST offences, that stem from a Supreme Court judgment, are far more exhaustive and aimed at preventing ‘routine and mechanical’ arrests. The pre-requisites laid out before an arrest include the availability of credible evidence of wrongdoing as a starting point. However, approvals to arrest would hinge on whether the intent to evade tax or wrongfully avail tax benefits is evident and mens rea or guilty mind is palpable. Mere disagreements on interpreting a tax levy should not result in an arrest, the Board has said, underlining that the power to arrest must be exercised carefully as it impinges on personal liberty. Although the CBIC took a year to respond to the apex court’s conclusion that an arrest must not be made just because it can be made, its latest diktats will assuage discomfort among GST payers about tax terror of a new variety. While the GST Council will continue to navigate the remaining clean-up of exemptions and inverted duty structures and revamp of the messy multiple tax rates with an eye on ramping up revenues from the still-evolving tax regime, easing its compliance hassles is equally critical. Taxpayers and officials can always differ on what the fine print means, and oversights or mistakes may crop up in filings that may not necessarily be mala fide. Distinguishing these from genuinely evasive ploys of a few taxpayers, and following a well-reasoned process to prosecute those who err by design, will go a long way in making the GST a truly Good and Simple Tax for businesses rather than a fresh fear factor to fret over.

The Hindu

# Integrated Management Plan for Wular

Third party monitoring is must to see  
Rs 150 Crores are utilized properly

Dr Raja Muzaffar Bhat

On August 3rd of this month, the Chief Secretary Dr Arun Kumar Mehta chaired the second meeting of the State Wetland Authority (SWA) for the Union territory of Jammu & Kashmir. Chief Secretary Dr Mehta is also the Chairperson of this authority which has been constituted under the Wetland Conservation & Management Rules 2017. Principal Secretary, Jal Shakti Department, Principal Secretary, Housing & Urban Development Department, Commissioner/Secretary, Forest, Ecology & Environment Department, and Commissioner/Secretary, Tourism Department along with Principal Chief Conservator of Forest (PCCF) and concerned HoDs participated in the meeting.

The Department of Forest, Ecology and Environment had sent a proposal to the Government for Wular lake conservation which was approved by the wetland authority. During the meeting, the Wular lake was designated as a wetland in terms of the Environment (Protection) Act, 1986. Pertinently, the Wular lake is spread over 13,000 hectares (13 square kms) of area which is a designated Ramsar Site of international importance since 1991.

However, Wular is marred by large scale encroachments and siltation. The unscientific waste disposal on the banks of Wular by several municipal institutions and local population are major challenges that need to be addressed.

### Role of SWA

Wetlands are the most threatened ecosystem as per the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services- IPBES. At its 27th session in 2013, the United Nations Environment Programme (UNEP) Governing Council authorized the Executive Director, within available resources, to provide the secretariat and administrative arrangements for the IPBES secretariat. Current staff of the IPBES secretariat are employed by UNEP. As per IPBES, the major threats to wetlands are due to reclamation and degradation activities like drainage and landfill, pollution, hydrological alteration, over-exploitation resulting in loss of biodiversity and disruption in ecosystem services provided by them. According to UNESCO, the threat to wetlands will have an adverse impact on 40% of the world’s flora and fauna that live or breed in wetlands. The wetlands in Kashmir valley particularly Wular, Kreenchu Chandhara, Shalbugh and Anchar are under serious threat. The queen of wetlands (Hokersar or Hokera) has dried up during last few years due to apathy of the Government. In spite of huge rainfall this summer, the water level has not increased in this wetland which is also a Ramsar site. In other states and UTs the situation is similar and that is the reason that in every state and union territory of India a State Wetland Authority (SWA) has been constituted under Wetland Conservation & Management Rules 2017. The SWA has to develop a comprehensive list of activities to be regulated and permitted within notified wetlands and their zone of influence. The SWA can also take up following activities

Recommend additional prohibited activities for specified wetlands.

Define strategies for better use of wetlands.

Recommend measures for wetland conservation and for raising awareness among its stakeholders and local communities with respect to the importance of wetlands.

### NGT’s Intervention

Last year, in November, the Chief Secretary had assured the National Green Tribunal (NGT) that the execution of action plans will be overseen and monitored on a regular basis by the Government as the tribunal had issued a detailed judgement on conservation of Wular, Hokersar and Kreechu Chanhara wetlands. This author had moved to NGT as authorities instead of acting and facilitating the conservation work were themselves destroying the Wular, Hokersar and Kreechu Chandhara wetlands. The petition was filed in 2018 and a detailed judgement was issued by the Principal Bench of the NGT on 25.11.2021. The tribunal directed the Govt of J&K to prepare an action plan in respect of all the three wetlands within a month which was prepared by the Wildlife



Feature Image Caption: Picture of Wular Lake for representational purposes only

**“The executing agency must make voluntary disclosure of the funds being spent and the technologies that will be put into use. The entire work should be scientific and should match up to international standards**

Conservation Department. The order dated 22.7.2021 sought personal appearance of the Chief Secretary J&K and action plan preparation. The order reads:

“Let an action plan in respect of each of the wetlands be prepared within one month for action in a time bound manner, with budgetary support and identified accountable persons. The plan may include among others remedial action against weed infestation, sewage discharges, solid waste disposal, encroachments etc. This may be overseen by the Chief Secretary, J&K in view of the significance of the matter and continued violation of orders of the Hon’ble Supreme Court, noted earlier. The Chief Secretary, J&K to remain present in person on the next date, by video conferencing, with compliance status as on 31.10.2021”

Chief Secretary Dr A K Mehta appeared before the NGT wherein he was directed to consider the suggestions of this author (petitioner). The suggestions I had made were to involve local preachers, NGOs, theatre groups and religious leaders in creating awareness on the conservation of wetlands. In addition to it I had suggested holding monthly meetings on Waste Management in Wetland areas by Regional Wildlife Warden Kashmir Wildlife Department, Mission Director SBM Gramteen (Rural Sanitation Deptt) J&K and Director ULB (Urban Local Bodies). It was also sug-

gested that the Chairpersons of District Development Councils (DDCs) Budgam, Bandipora & Pulwama and Principal Secretary Rural Development J&K Govt be taken on board while executing Solid and Liquid Waste Management Programmes in Wetland villages/areas. The suggestions also sought directions to be issued for measures for monitoring and assessment to determine whether the condition of wetlands is improving, neutral or declining and report to this effect be submitted to the Tribunal.

In response to this, NGT Principal Bench in its written order stated that they have noted the stand of the Chief Secretary, J&K that the execution of action plans will be overseen regularly by Secretary Environment & Forest, J&K as well as by the Chief Secretary, J&K personally at least once in a month for further continuous action.

“As regards the suggestions of the applicant, the same may be duly considered by the Chief Secretary, J&K, to the extent not already considered,” the bench said.

According to Regional Wildlife Warden Raashid Naqash, as part of approved Management Action Plan (MAP) Rs 3 crores have been approved for eight wetlands this year under Compensatory Afforestation Fund Management and Planning Authority (CAMPA). Out of this Rs 1 crore has been provided for Hokersar as well.

### Conclusion

As J&K Wetland Authority has approved Rs 150 Crore Integrated Management Plan for Conservation of Wular lake to promote an integrated and multi-disciplinary approach for conservation and management of the water body, it is impressed upon the Chief Secretary to ensure third party monitoring of the entire programme so that the funds are spend judiciously with better transparency and accountability. The executing agency must make voluntary disclosure of the funds being spent and the technologies that will be put into use. The entire work should be scientific and should match up to international standards. Focus should be on integrated solid and liquid waste management and Govt must hire services of veteran limnologists and wetland specialists to execute the project.

*Views expressed in the article are the author’s own and do not necessarily represent the editorial stance of Kashmir Observer  
Dr Raja Muzaffar Bhat is an Acumen Fellow.  
He is also Anant Fellow for Climate Action*



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## Firm Hand on Freebies

The SC’s recommendation for setting up an expert body to address the issue of ‘freebies’ shows how serious and firm the Apex court has been in recent days in dealing with this evil issue. The culture of freebies practised and perfected by various political parties in India, feigning as ‘populist schemes’, has largely indoctrinated the rural

voters and has affected a well-rounded welfare ideology. Dole-outs are nothing short of bribes, and that a government has no imperium to create private assets out of public funds. Free distribution of goods is not a substitute for a truer welfare model that seeks to achieve growth through enhancing productive resources in the economy. Conventional wisdom

dictates that unbridled populism and widespread corruption are not only endemic to politics, but are antithetical to economic growth and human development. States in India need higher per capita income, not higher per capita usage of free goods and services. And, we need politicians and political parties to view us as ‘citizens’ and not just as ‘voters’ willing

to reward those who offer maximum ‘mult’ schemes. The Election Commission of India, must prohibit political parties from announcing freebies in their election manifestos and treat them as a violation of the model code of conduct.

Ranganathan Sivakumar

# NAYYARA NOOR

## Powerhouse of Ghazals



Rakhshanda Jalil

**N**ews of the passing of Nayyara Noor began to trickle in during the last watches of Saturday night. Those of us who happened to be awake, and active on social media at that hour, posted the usual heart emojis and rushed to find her playlist on YouTube, Audible, Spotify, etc. As her soaring, lilting voice filled my silent room at 3:30 am, I found myself wondering: How did people remember singers once they were gone in the olden times? Now, with technology providing instant recall, a voice is a living presence; but in an age when music was memory, how did one pay homage to a lost voice? And, for that matter, can a voice or a song, once heard, be perfectly preserved in memory with nary a change in tone and tenor caused by time?

As I sit down to write this tribute, I find myself flooded with memories. In trying to recall my earliest memory of Nayyara Noor, I find myself drawn back in time. Newly married and setting up our own home with limited funds, we had virtually no furniture but we did have a rickety old tape recorder. Someone had gifted us an EMI cassette jointly produced by Faiz Ahmad Faiz's talented son-in-law Shoaib Hashmi and the recording company as a birthday gift for the poet in 1976; it bore the legend: Nayyara Sings Faiz. After all these years, I have a visual memory of its cover and a near-perfect recall of how her voice filled our almost-empty flat, entering the nooks and crannies of our imagination, conjuring brilliantly colourful word pictures, more than making up for the absence of material possessions in our modest home. The splendour of her voice and the treasure that was Faiz's poetry combined to fill our life with an abundance of riches as we played that cassette over and over again, day in and day out; it even travelled with us on long drives so it could be played ceaselessly in our dinky Maruti car!

Perhaps it would be no exaggeration to say that nearly every song in that cassette is associated with a vivid memory of those halcyon days, especially 'Barkha barse chhat pe' which she sang with Sheheryar Zaidi, whom she married. While each of the 12 pieces remains indelibly etched in my memory, looking back it is hard to say

if an enduring love for Faiz was born when this cassette played ceaselessly around me or that love was nurtured by Nayyara Noor's voice as she sang 'Uttho ab maati se uttho', 'Aaj bazaar mein', 'Tum mere paas raho', 'Ye dhoop kinara', 'Ye haath salamat hain jab tak', 'Aaiye arz guzarain', each more lilting than the other, each transporting us to magical realms of immense possibilities. Then there was Faiz's haunting dirge-like ghazal, 'Hum ke tehre ajnabi itni madaraton ke baad/ Phir baneingey ashana kitni mulaqaton ke baad' (We who have remained strangers after so many hospitalities/After how many meetings will we become acquaintances) with its dauntingly long behr (metre) that I initially mistook for a romantic ghazal. Written in 1974 after Faiz's return from Dhaka and his first visit to Bangladesh since the creation of the new country, to us in India it revealed an immense loss and a powerful acknowledgement of a great betrayal.

With the advent of new technology, one began to see Nayyara Noor and also hear her. While her public performances began to diminish, the number of recordings from her old PTV days began to increase exponentially on the internet. And there she was, simply dressed in a salwar kameez, with eyes demurely downcast behind those outside glasses and looking, if anything, more like a senior secondary school teacher than a concert singer. A far cry from the opulent diamond-dripping, sequin saree-clad begums who had hitherto ruled the ghazal circuit, she was starkly simple, unadorned, almost austere. What is more, she would be seated in the tashahhud posture, usually associated with the namaaz, with her knees folded beneath her as she sat erect and unsupported, her hands by her side as unlike other ghazal singers, she never played the harmonium as she sang. Bereft of the faintest whiff of ada, a word that covers the gamut of expressions from charm to coquetry and which is considered the hallmark of concert singers, Nayyara Noor showed an entire generation of ghazal lovers the power and beauty of singing poetry adorned by nothing save a melodious voice.

*The article was originally published by The Indian Express*

“With the advent of new technology, one began to see Nayyara Noor and also hear her. While her public performances began to diminish, the number of recordings from her old PTV days began to increase exponentially on the internet”

## The Sleep Well Routine

By Beth Skwarecki

**A**re you low on energy? Thinking about taking supplements? Wearing blue-blocking glasses in the evening? Before you get into the biohacky quick fixes, how about you try the boring, obvious, and effective thing: getting some dang sleep.

Most adults need seven to nine hours of sleep, on average, each night. This varies, so you might be a seven-hour person or a nine-hour person. (Young people usually need even more; older adults may be okay with less.) So if you're feeling tired all the time, the first thing you should ask yourself is: How much time do I spend in bed? If it's not at least that seven hours, it's not enough.

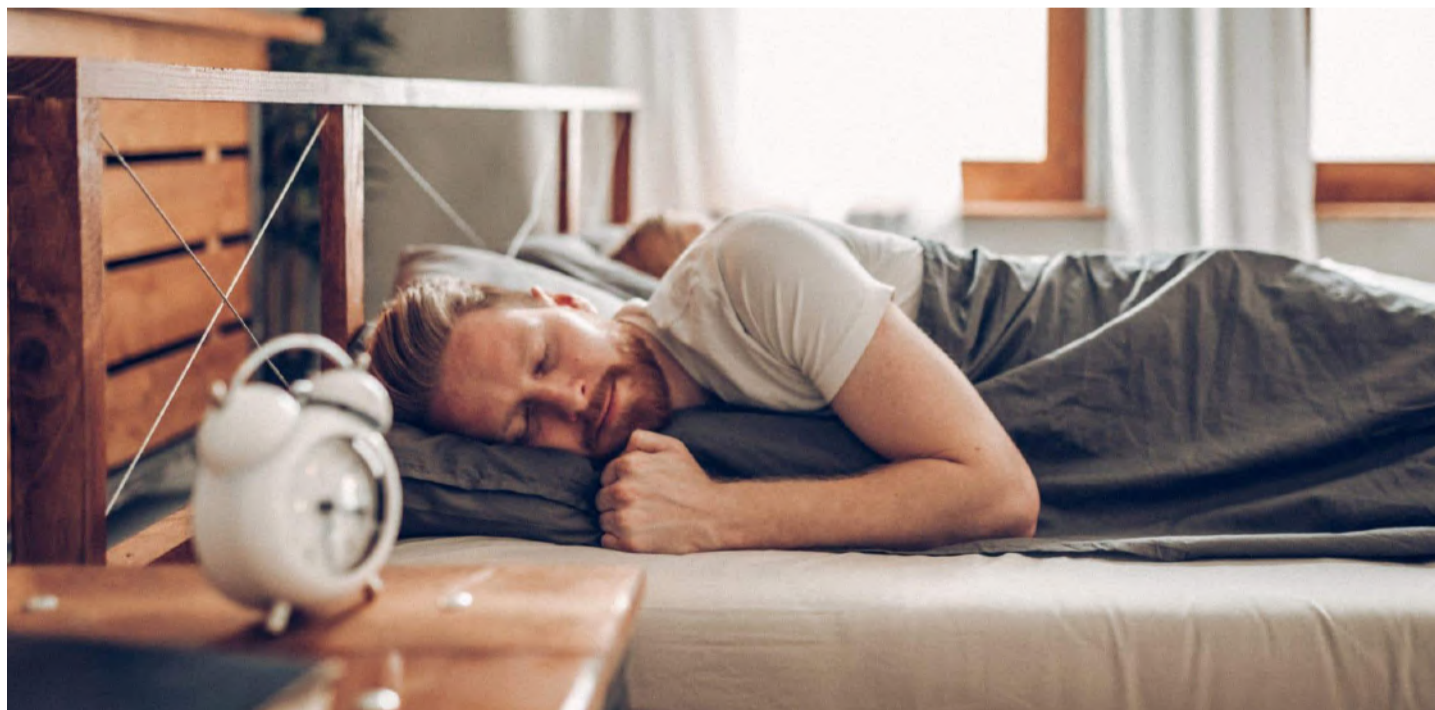
If you have trouble waking up on time but easily fall asleep when you're sitting quietly (like watching a movie), you probably just don't get enough sleep. And if you know you should sleep more, but you can't seem to figure out how, here are the basics of sleep hygiene you need to master.

### HOW TO STICK TO A SLEEP SCHEDULE

First priority here is setting a wake-up time that you can stick to every day. Consistency is important here: don't set the alarm for 6 a.m. on weekdays and sleep until noon on weekends. If you can't be perfectly consistent—such as if you work shifts—adjust as needed, but try to do your best.

Next comes setting a bedtime. Figure out what time you need to hit the hay to get enough sleep before your alarm goes off. Then work backward from that to figure out when to start changing into jammies and whatever else your nighttime routine involves.

Crucial to both steps is prioritizing sleep. If you've been having trouble getting enough sleep lately, give yourself a couple of weeks to make your bedtime and wake-up time (and nine or so hours in between) the highest priority appointment in your calendar. Don't go out late, and don't stay up revenge procrastinating. There will be time for occasional indulgences once you get your sleep schedule fixed.



### INCLUDE THESE THINGS IN YOUR BEDTIME ROUTINE

Okay, so what goes into that routine? You can decide on the specifics, but sleep experts recommend that you include the following:

- ▶ At least 30 minutes dedicated to winding down. Don't expect to switch off the lights and instantly be able to zonk out.
- ▶ No screens right before bedtime. No, not even with blue-blocking glasses. Those glasses don't actually block very much blue light anyway. Videos and social media keep your brain awake and unrelaxed, so they don't really have a place in your wind-down time anyway.
- ▶ Dim the lights. A cool, dark bedroom makes it easier to fall asleep and stay asleep.
- ▶ Do something relaxing. Read a chill book. Take a luxurious bath. Do some

breathing exercises. Whatever works for you.

Sticking to this routine will help you stick to your sleep schedule (you can't be halfway through a movie at 10 p.m. if you refrained from starting it at 9 p.m.), and it will help you get into a relaxed mood for sleeping.

### DO AWAKE THINGS AT AWAKE TIMES

Your body expects bright lights and meals when it's daytime, so providing those things at appropriate times will help keep your internal clock on track.

- ▶ Get plenty of sunlight in the morning. (In the winter, a light box may help.)
- ▶ Exercise. You can combine this with sunlight by going for a morning or lunchtime walk. But any type of exercise will help you to sleep better.
- ▶ Eat meals. We sleep best when we eat during the daytime; if breakfast fits your schedule, consider making it

a regular thing. But at the very least, don't eat right before bed.

### AVOID CAFFEINE AND ALCOHOL IN THE EVENINGS

Caffeine keeps you up, and it lingers longer than we realize. If you have a 200-milligram cup of coffee at noon, you may still have about 100 milligrams in your system at 5 p.m. and 50 at 10 p.m.

The speed with which we break down caffeine varies from person to person, but in general: It's affecting you more than you realize. If you think of yourself as a person who "can have an energy drink and then fall right to sleep" you are probably (a) in denial—hey, you're the one who clicked on an article about getting better sleep—and/or (b) you have built up a massive caffeine tolerance because you drink so much of the stuff to stay awake, which in turn is because you don't get enough sleep so you're tired all the time. Do yourself a favor and break the cycle.

An easy way to back off is to give yourself a cutoff time. No caffeine after 5 p.m., let's say. Once that's part of your routine, walk it back to 2 p.m. or noon.

Alcohol is another chemical that affects our sleep. Drinking before bed may make you feel sleepy, but it tends to disrupt the quality of sleep. If you aren't convinced, just start keeping a sleep diary—on paper is fine if you don't have a sleep-tracking gadget—and see if you don't get more and better sleep on the nights you don't drink.

### MAKE YOUR BEDROOM A DARK LITTLE CAVE

A welcoming, cozy bed will help you get to sleep faster. Make it dark, with blackout curtains or an eye mask, if needed. Make it quiet, with a white noise machine or earplugs if you can't completely silence your surroundings. And make it a comfortable temperature. Most people prefer a cool environment, around 66 degrees, but again this varies from person to person.

Comfortable sheets and pillows can help. If you're always tossing and turning, try to figure out if there's something that physically bothers you. (A new mattress might not be in the budget, but a firmer or softer pillow is an easy fix.)

### EXPERIMENT

While the tips here are the basic things you should at least try, you may not need every single aspect to be textbook. I freeze if my room is set to 66 degrees, for example, so I keep the thermostat a tick warmer and I make sure I always have a warm duvet, even in summertime.

You may find that you can bend certain rules but not others. I always have a crappy night's sleep if I've been drinking, but late meals don't bother me. Once you're getting a solid night's sleep on the regular, you can start playing with the routine.

And if you're doing everything you can for good sleep hygiene and you still feel tired all the time, consider seeking medical help in case you have sleep apnea or another condition that could be affecting your sleep or energy levels.

—Life Hacker





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