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Turkish Burger

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Weather Vagaries

Study Underway For Flood Hazard Risk Assessment In Kashmir

Auqib Javeed

Srinagar: Eight years after devastating floods hit the Kashmir Valley, the Jal Shakti, previously known as Irrigation & Flood Control Department is carrying out a study for assessing the flood hazard risk wherein an Integrated Forecasting System (IFS) coupled with a Decision Support System will be made for effective and prompt response for any flood related disaster in the Union Territory.

According to the government, the consultancy for this assignment has been outsourced to



M/S RMS Pvt. Ltd.

The department has said this in a detailed status report

submitted before the High Court (HC) of Jammu & Kashmir and Ladakh regarding framing of

THE OUTCOME OF THESE STUDIES SHALL LAY FOUNDATION for future strategies to be adopted for Comprehensive Flood Management in Kashmir Valley which is aimed to help us in mitigating floods of 1, 15, 000 Cusecs at Sangam as witnessed during 2014."

scheme for flood control and improvement of embankments of river Jhelum.

The status report was filed by Principal Secretary, Irrigation & Flood Control (I&FC) in pursuance to the directions of the High Court order.

The government submitted

that under long term measures, several studies are underway and are likely to be completed within the next six months.

"The outcome of these studies shall lay foundation for future strategies to be adopted for Comprehensive Flood Management in Kashmir Valley

which is aimed to help us in mitigating floods of 1, 15, 000 Cusecs at Sangam as witnessed during 2014," the status report reads, a copy of which lies with Kashmir Observer.

The government submitted that the Jal Shakti department through the Project Management Unit of Jhelum: Tawi food Recovery project (JTFRP) has undertaken Morphological Study of River Jhelum for the Flood mitigation.

"The study is currently going on wherein a 2D-Hydrodynamic model is being made and the various **More on P6**

4 Earthquakes Jolt Kashmir In 6 Hours

Press Trust Of India

Srinagar: Four earthquakes jolted Jammu and Kashmir in less than six hours on Tuesday, officials said.

No loss of life or damage to property was reported, they said.

The epicenter of the first quake, which occurred at 2.20 am, was 61 km east of Katra area in Jammu region, they said.

The officials said the quake hit at latitude 33.07 degrees north and longitude 75.58 degrees east at a depth of 10 km.

The second earthquake of 2.6 magnitude occurred 9.5 km north east of Doda in Jammu region at 3.21 am, they said. The quake hit at latitude 33.23 degrees north and longitude 75.56 degrees east at a depth of 5 km.

The third quake of 2.8 magnitude occurred **More on P6**

Two Shot Dead On LoC In Rajouri: Army

Press Trust Of India

Jammu: Two infiltrators were killed as the Army foiled an infiltration attempt along the Line of Control (LoC) in Rajouri district of Jammu and Kashmir, officials said on Tuesday.

The infiltration attempt in Naushera sector was made on the intervening night of Monday and Tuesday, a defence spokesman said.

The reconnaissance of the general area of the attempted infiltration site is in progress. In reconnaissance by quadcopter, two

bodies of infiltrators have been observed, the spokesman said.

He said the area is being scanned further.

According to officials, a group of suspected militants tried to sneak into Pukharni village of Laam in Naushera under the cover of darkness from across the border.

One of the militants stepped over a landmine causing an explosion around 10 pm on Monday, they said.

Army troops, who were observing the movement of the militants, laid a **More on P6**



A nomad boy runs to prevent his flock of sheep from leaving the vast Tosa Maidan meadow in central Kashmir's Budgam district on Tuesday. KO Photo, Abid Bhat

3 IAF Officers Sacked For Missile Misfire

Agenceis

New Delhi: Three officers of the Indian Air Force were sacked on Tuesday for the March 9 accidental firing of a Brahmos missile that landed in Pakistan.

An official statement said the services of the officers were terminated after a Court of Inquiry (CoI) found that deviation from the Standard Operating Procedures (SOP) by them led to the accidental firing of the missile.

Following the incident, the Defence Ministry described it as "deeply regrettable" while Pakistan lodged a strong protest over it.

"A BrahMos missile was accidentally fired on March 9. A Court of Inquiry (CoI), set up to establish the facts of the case, including fixing responsibility for the incident, **More on P6**



File Photo

Court Dismisses Kashmiri Bizman Watali's Bail Plea

Press Trust Of India

New Delhi: The Delhi High Court Tuesday dismissed a plea by Kashmiri businessman Zahoor Shah Watali, arrested by the NIA in connection with a militant funding case, seeking bail on the ground of the spread of

the COVID-19 pandemic. Watali had approached the high court challenging a trial court's order which had denied him bail in the case last year but had taken note of his medical condition that he was suffering from various ailments including diabetes, hyperthyroidism, **More on P6**

LG Sinha For Max Awareness Among Youth For Training, Financial Assistance Programs

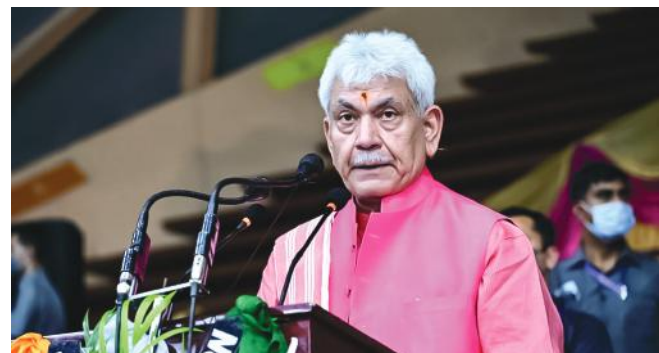
Move Beyond Past, Think About Future: LG

Observer News Service

SRINAGAR: Lieutenant Governor, Manoj Sinha on Tuesday asked people to move beyond past rhetoric to save the future of youth and next generation in Jammu and Kashmir.

"The world is moving fast and if we remain confined to the past practices, the future of the youth and next generation will get devastated," Sinha said while addressing a gathering at Ganderbal.

"I believe that many things have changed in the past three years. The youth are getting involved in drug abuse and it is a time to push them towards the field of sports. J&K has the highest sports budget compared to the largest states of the country." "This year, we have set a target



GREATER DEVOLUTION OF FUNDS, functions and functionaries has empowered PRIs and brought transparency through decentralised planning and effective monitoring."

that 35 lakh youth will participate in the games and 13 national games are being held in Jammu and Kashmir this year," he said,

adding that education, health and sports would help in creating a good atmosphere within Jammu and Kashmir. **More on P6**

1989 ABDUCTION CASE

Court Issues Warrant Against Rubaiya Sayeed

Press Trust Of India

Jammu: A special court here on Tuesday issued a bailable warrant against Rubaiya Sayeed, the daughter of former Jammu and Kashmir chief minister Mufti Mohammad Sayeed, after she did not appear for cross-examination in a case related to her abduction by the JKLF in 1989.

Jammu Kashmir Liberation Front (JKLF) chief Yasin Malik, one of the accused in the case, appeared before the court from Delhi's Tihar Jail via video conference.

He once again insisted on his physical appearance while turning down the court's offer of legal aid or amicus, standing counsel for the CBI Monika Kohli said.

On July 15, Rubaiya had identified Malik and three others as the ones who took her captive.

Rubaiya was abducted near Lal Ded Hospital on December 8, 1989 when her father was the Union home minister and freed from captivity five days later on December 13 after the then V P Singh government, supported by the BJP at the Centre, released five militants in exchange.

Rubaiya, who stays in Tamil Nadu, is listed as a prosecution witness by the CBI, which took over investigation into the case in early 1990.

"Rubaiya had to appear before the court for cross-examination (on Tuesday) but she remained absent. The court has issued a bailable warrant against her to appear before the court on the **More on P6**

S H O R T T A K E S

BJP Leader Found Hanging From Tree

A BJP leader was found hanging from a tree under mysterious circumstances in Jammu and Kashmir's Kathua district on Tuesday, officials said. A villager saw the body of Som Raj hanging from a tree at some distance from his house in Hiranagar town in the morning and informed the police, they said. The body, which had blood marks, was sent to a hospital for post-mortem, the officials said. Sources said Raj was missing for the past three days. Police have lodged a case and initiated investigation, the officials said. **More on P6**

Policeman Kills Pregnant Wife In Kathua

A Special Police Officer (SPO) on Tuesday allegedly bludgeoned his pregnant wife to death in Kathua district of Jammu and Kashmir, officials said. Accused SPO Mohan Lal is absconding, they said, adding his house was set ablaze by some angry villagers. Senior Superintendent of Police, Kathua, Ramesh Chander Kotwal said special teams have been formed to arrest the accused. The incident happened at Dharaita village in the Billawar area when Lal, who is **More on P6**

Electric Shock Leaves Woman Dead

A woman on Tuesday was electrocuted to death at her home in Shopian district of South Kashmir. Kulsoma Akhtar, wife of Muhammad Rafiq Reshi was repairing an electric heater at her native village Bemnipora in the district when she received an electric shock, reports said. The impact of electric shock was so severe that it left the woman dead on the spot. Meanwhile, Police have registered a case under relevant sections of law in this regard. (ONS)



J&K Reports 269 New Corona Cases

Jammu and Kashmir registered 269 fresh COVID-19 cases on Tuesday, taking the infection tally in the union territory to 4,76,444 while no fresh death due to the Coronavirus was reported, officials said here. As many as 51 cases were reported from Jammu division and 218 cases from Kashmir valley, they said. The death toll due to the virus was 4,779 as no fresh death was reported from the union territory, the officials said. There are 2,213 active cases of the disease in the union territory, while the number of recoveries has reached 4,69,452, they said. **More on P6**

House Collapse Kills Father, Son

A man and his son were killed after their house collapsed in Sanasar area of the mountainous Ramban district of Jammu and Kashmir, reports said Tuesday. Baldev Raj and his son Bunty were killed on the spot when their house collapsed during repair work in Sanasar area of the district on Monday evening, reports said. Their bodies were retrieved from the debris of the house by the rescuers who rushed to the spot after receiving information. Also, another person identified as Ravinder Kumar **More on P6**

Govt Shifts 3 JKAS Officers

The Jammu and Kashmir government on Tuesday ordered transfer of three JKAS officers in the interest of administration with immediate effect. Multi-M-Farid-ud-din, JKAS, awaiting orders of adjustment in the General Administration Department, has been posted as Secretary, Royal Spring Golf Course, relieving Bakshi Javaid Humayun of the additional charge of the post, according to a government order. Khurshid Ahmad Shah, JKAS, Additional District Development Commissioner, Ganderbal, has been transferred and posted **More on P6**

Why You Should Really Stop Charging Your Phone Overnight

Adrian Kingsley-Hughes | ZDNet

What's the best way to charge an iPhone to get the longest possible battery life? I asked myself this question and decided to do some experimenting to find out. Before going to sleep, I used to do what millions of other people do: I put my iPhone on to charge overnight.

But why do we do this?

An iPhone can go from zero to 50% charge in about 30 minutes using a 20W charger, and then go to being fully charged in under two hours. Given that an iPhone can charge up so rapidly, it doesn't make sense that we hook it up to a charger for eight hours a day. That works out to a third of its lifetime. Now, Apple has baked Optimized Battery Charging into iOS, which stops the iPhone from charging once the battery hits 80% and only adds the final 20% in time for you to wake up in the morning. But this still means that the iPhone is attached to power all night. And it's still charging, albeit at a slower rate. This is how it stays at 80%.

Heat.

Heat is a killer of batteries. While there's nothing you can do about the normal wear and tear that a battery experiences from being charged and discharged, heat is something you can do something about. When your iPhone is connected to a charger, it gets warm -- warmer than if it isn't connected, and even though that increase might only be a few degrees above room temperature, doing this overnight, every night, doesn't seem smart to me.

So, I've radically changed how I charge my iPhone. Rather than charge it at night, I give it a charge or two during the day. This is the charging schedule that works for me: I put it on for 30 to 45 minutes in the morning after I get up (I also charge up my Apple Watch at the same time). Then I charge it around mid-afternoon for another 30 minutes or so to bring it to that 80% mark, which usually will be enough to see me through to the next morning. Note that if I'm going to be spending a lot of time in the car or out and about, I'll also use a car charger or carry a power bank with me. This system works well, and I believe it puts less stress on the iPhone's battery (time will tell) as well as the charger. It also makes me plan where I need my chargers, so I'm not just relying on a bedside charger. And when I'm at home, working on the road, or traveling, this charging regimen hasn't let me down. Because people always ask, I still charge using a cable rather



than wireless, and I use a 20W Anker Nano USB-C charger. For portable power banks, I've been using the candy-bar sized Anker 511 5,000mAh Power Bank and the larger 10,000mAh Anker PowerCore 10000 Redux. Both are portable, rugged, reliable, and fantastic power banks. Just don't forget to bring a charging cable! As for in-car charging, nothing beats the super-fast, super-powerful 130W LinkOn USB-C charger, sporting both 100W and 30W USB-C ports.

Update

There are so many good comments here that I feel it's worth taking some time to respond to some of the main themes. Several people have commented that "the battery does not charge all night," if you leave the device connected to a charger. Even with the Optimized Battery Charging feature enabled on an iPhone, it's still charging during the night. Why? Because even when it's just sitting on the nightstand the

iPhone is using battery, and it's being topped up to stay at that 80% point. You can observe the charging/discharging on iOS chart by going Settings > Battery. Leave the iPhone off charge and it will lose charge overnight. When charging with Optimized Battery Charging enabled it will fast charge to 80% and then stay there until the final charge is added. It's only able to stay at that 80% because the battery is being topped up slowly. And no, the iPhone doesn't run off the power being supplied to it over the cord, this is why the battery has to charge up a few percent before it will start up when completely flat. If you have a USB power meter handy, you can watch the iPhone draw charge periodically to keep the battery topped up. Another point in this argument is that it doesn't matter how you charge the battery, and that Optimized Battery Charging somehow is a fix all for battery issues. But let's look at what Apple says about this feature: With iOS 13 and later, Optimized Battery Charging is de-

signed to reduce the wear on your battery and improve its lifespan by reducing the time your iPhone spends fully charged. When the feature is enabled, your iPhone will delay charging past 80% in certain situations.

It reduces wear on the battery by limiting the amount of time the battery spends fully charged. It's a good mechanism, but by manually taking control of the charging, I find that I can choose to not push my battery into that fully charged place. There's also confusion in the comments about how many recharge cycles Apple rates the iPhone's battery as being good for before it's considered worn. For the iPhone, it's not 1000 or 2000 recharge cycles, but 500.

"A normal battery is designed to retain up to 80% of its original capacity at 500 complete charge cycles when operating under normal conditions."

I also want to pick up on a point made several times about chargers, and how smart they are with all their double over-charge protections and all that. Absolutely, modern chargers are good, with Apple's chargers probably being some of the very best. And even third-party switch mode power supplies are both very efficient and smart in that they can handle a variety of charging protocols. But I've seen the sketchy chargers that people use. I've also seen chargers "crash" and behave weirdly, which is why it's a good idea to occasionally unplug or switch off chargers so they "reboot" the chip that controls how they operate. It's also worth bearing in mind that when it comes to chargers and the devices they charge up, the chargers, despite the brains that control charging protocols and watch out for overvoltage and overheating and such, are the dumber part of the equation.

While on the subject of chargers, a few people mentioned using slower 5W chargers to charge their devices. If you're someone who wants to charge overnight then this might be the better way to do it because it completely eliminates the issues associated with overheating and keeping the battery at 100% for extended periods.

Modern lithium-ion batteries are also incredibly smart, and they have safeguards in place against both overcharging and overdischarging (overdischarge is a very big deal because if you allow a lithium-ion battery to discharge below a certain voltage, it won't usually recharge by normal means). The final point I want to make here is that charging is complex, and manufacturers are all boasting about how fast the battery charges and how long the battery lasts, and this is causing some manufacturers to do things that aren't that smart (I'm looking at you, Android handset makers). But what hasn't changed are the habits and beliefs of the end users.

Charging overnight used to be a necessity. Now it's a habit. But it seems to be a hard one to kick.

Government of Jammu & Kashmir UT.
OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION BARAMULLA.

NOTICE INVITING TENDERS
e-NIT No:- 77/5911-20/2022-23/RnB/Bla Dated 16.08.2022

For and on behalf of the Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on Percentage basis from approved and eligible Contractors Regd. With J&K UT Govt. CPWD, Railways and other State/Central Governments for each of the following works:-

S. No	Name of Work	Est. Cost (Rs. in Lacs)	Earnest money. (In Rs.)	Cost of T/Doc. (In Rs.)	Time of	Class of Contractor	Major Head of Account	Position of AAA	Position of funds
1.	Construction of cement concrete drain from H/O Ab Ahad Beigh to Nallah at fatehpura Baramulla	6.00	12000/-	300/-	30 days	C&D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
2.	development of inner links at Ward No 02, 03, 04 with construction of cement concrete drain from Railway Bridge to Employment Exchange at Kanispora A	9.95	19900/-	600/-	30 days	C&D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
3.	Construction of cement concrete drain at Bilal Colony Kralhar Kanispora B	7.00	14000/-	300/-	30 days	C&D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
4.	Construction of cement concrete drain at Sadiq Colony Kralhar	7.00	14000/-	300/-	30 days	C&D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
5.	Construction of RCC Culvert near Shop of Nazir Ahmad Dar to onwards at Ward No 03 at Kralhar Baramulla	4.30	8600/-	200/-	45 days	DEE	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
6.	Up-gradation of Khobinar road with P/wall at Binner A	11.65	23200/-	600/-	30 days	B, C & D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
7.	Upgd. Of road with drain and P/wall from H/O Mohd Ramzan Khan to onwards via Venkura road at Binner A	11.65	23200/-	600/-	30 days	B, C & D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
8.	Improvement of road by way of P/L soling Grade Ist from Mini Stadium to Kalayban at Heewan B	4.55	9100/-	200/-	20 days	DEE	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
9.	Construction of Quarter Store at PHC Palhalan B	7.00	14000/-	300/-	60 days	C&D	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available
10.	Construction of road by way of P/L WBM G-II from Khatri Mohalla to onwards at Bangdara	4.70	9400/-	200/-	20 days	DEE	Capex Budget 2022-23 (Area Development Fund) PRI Grants	Accorded	Available

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per the scheduled date given below.

1	Date of issue of Tender Notice	16.08.2022
2	Period of downloading of bidding documents	From 17.08.2022 to 26.08.2022 4:00PM
3	Big Submission Start date	18.08.2022
4	Big Submission End Date	26.08.2022 upto 4:00PM
5	Date and time of Opening of Bids (Online)	27.08.2022 upto 11:00AM in the office of the Executive Engineer R&B Division Baramulla

2. Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 mentioning there in the name of work/ NIT No. in the name of Executive Engineer R&B Division Baramulla (tender inviting authority) as the cost of the tender document.

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

4. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site at the office of the Executive Engineer, R&B Division Baramulla.

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

6. The bidder shall be debarred for tendering process if:-

- Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
- Failure of Successful bidder to furnish the required performance security within the specified time limit.
- Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

7. Instruction to bidders regarding e-tendering process.

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

7.2. To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.

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

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

7.5. Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid be submitted physically by the bidder who is declared as LI immediately after opening of financial bid.

7.6. Bidder shall upload a Self-Certified Performance declaration (Annexed format) in support of performance in respect of Works executed/ under execution by the agency during the year 2021-22

7.7. Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.

8. The tender/ bid is liable to rejection if it does not fulfill requirements as laid down in NIT.

9. All other terms conditions are as per PWD Form 25 (Double agreement Form).

No. 5911-20
 Dated 16.08.2022

DIPK-8453/22
 Executive Engineer
 R&B Division Baramulla

NORTHERN RAILWAY
E-AUCTION NOTICE

The Senior Divisional Commercial Manager/Freight, Northern Railway, Firozpur for and on behalf of President of India invites **E-Auction** for leasing of SLR space in various trains originating from various stations over Firozpur Division having carrying capacity of 3.9/4 tonnes for a period of two years. The details are as under:

Admin Unit/Zone	FEROZPUR DIVISION-COMMERCIAL/NORTHERN RLY.
Catalogue Published on	22.08.2022
Auction Catalogue No.	FZRPARCEL15
Auction Start (All Lots)	07.09.2022 10:00 hrs.
Auction close Date/Time	07.09.2022 at 15:20 hrs.
Auction Type	Close Ended

Website particulars where complete details of auction can be seen by registered bidders: E-Auction Module of www.ireps.gov.in

Lot No. / Category:

12470-SLR-F1-JAT-CNB-22-1, 22430-SLR-F1-PTK-DLI-22-1, 14601-SLR-R1-FZR-HMH-22-1, 14614-SLR-R1-FZR-SASN-22-1, 19416-SLR-F1-SVDK-ADI-22-1, 15652-SLR-R1-JAT-GHY-22-1, 12920-SLR-F1-SVDK-DADN-22-1, 19108-SLR-F1-UHP-BVC-22-1, 14616-SLR-F1-ASR-LKU-22-1, 15654-SLR-F1-JAT-GHY-22-1, 14601-SLR-F2-FZR-HMH-22-1, 14601-SLR-F1-FZR-HMH-22-1, 22446-SLR-F1-ASR-CNB-22-1, 14508-SLR-F2-FKA-DLI-22-1, 14508-SLR-F1-FKA-DLI-22-1, 12422-SLR-F1-ASR-NED-22-1, 22942-SLR-F1-UHP-INDB-22-1, 12550-SLR-F1-JAT-DURG-22-2, 15654-SLR-F2-JAT-GHY-22-1, 14630-SLR-R1-FZR-CDG-22-1, 19028-SLR-F1-JAT-BDTS-22-1, 12752-SLR-F1-JAT-NED-22-1, 18102-SLR-R1-JAT-TATA-22-1, 14508-SLR-R1-FKA-DLI-22-1, 12414-SLR-F1-JAT-AII-22-1, 12408-SLR-F1-ASR-NJP-22-1, 19612-SLR-F1-ASR-AII-22-1, 22480-SLR-F1-LNK-NDLS-22-1, 19614-SLR-F1-ASR-AII-22-1, 22486-SLR-F1-MOGA-NDLS-22-1

2159/2022

Serving Customers with a Smile

PUBLIC NOTICE

The name of my daughter has been wrongly spelled in school records as Bareeda Altaf D/o Mohd Altaf Bhat while the correct spelling is Bareeda Altaf D/o **Mohammad Altaf** which needs to be corrected. If anybody having any objection in this regard he/she may file his/her objection in the office of the Principal Good Will Institute Of Education Ratnipora Pulwama within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Altaf Bhat
 F/o Bareeda Altaf
 R/O Gulbugh Ratnipora

laa

PUBLIC NOTICE

In Passport bearing No. J7893846 my name is wrongly written as Tooba Owais D/O Owais Shafi Wani and Shabeeda Nabi instead of Tooba Owais D/O Owais Wani and Shabeeda as per Matric certificate, now I want to correct the same. If anybody has any objection in this regard may contact Passport Office Srinagar within 07 days from publication of this notice. After that no objection will be entertained.

Tooba Owais
 R/O: Owais Wani
 D/O: Bilal Colony Qamarwari, Srinagar.

inf

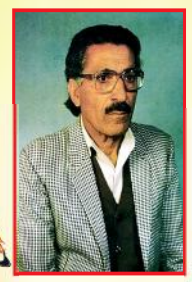
PUBLIC NOTICE

In Passport bearing No. J7896316 my name is wrongly written as Zohraan Owais S/O Owais Shafi Wani and Shabeeda Nabi instead of Zohraan Owais S/O Owais Wani and Shabeeda Owais as per Matric certificate, now I want to correct the same. If anybody has any objection in this regard may contact Passport Office Srinagar within 07 days from publication of this notice. After that no objection will be entertained.

Zohraan Owais
 S/O: Owais Wani
 R/O: Bilal Colony Qamarwari, Srinagar.

inf

REMEMBERED ON
22nd DEATH ANNIVERSARY


LATE NISHAT ANSARI
 (Writer, Poet, Critic & Educationist)
 Born: 28-10-1930 | Died: 25-8-2000

زندگانی تھی تیری ہتھاب سے تانہ تر
 خوب تر قاہج کے تارے سے تھی میرا ستر
 مٹی ایساں صحر مرقہ فرداں ہو تیرا
 نور سے معمور ناکی شیشاں ہو تیرا
 آساں تیری لہہ پہ شہیم اٹھانی کرے
 ہزہ نورستہ اس گھر گی گھبھانی کرے

ANSARI FAMILY
 Delina Baramulla

آہ! حاجی عاشق حسین بیچونہ رہے

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ میرا نخت جگر حاجی عاشق حسین بیچو ولد حاجی محمد شفیع سائمن بیرونی کالجی دروازہ رعناواری سرینگر 22 اگست 2022 بروز سوموار کو اپنا تک انتقال کر گئے۔ (ان اللہ وَاَنَا لِرَبِّیْ وَآلِیْہِ وَآرِہِیْمِ حَاشِدٌ)۔ مرحوم شریف النفس، مہنکار، صوم الصلوٰۃ کے پابند اور اچھے کردار کے مالک تھے۔ اللہ تعالیٰ مرحوم کو جنت الفردوس میں اعلیٰ مقام اور درجات عطا کرے۔ مرحوم کی اجتماعی فاتحہ خوانی 25 اگست 2022 بروز جمعرات کو بوقت صبح 10:30 بجے ان کے آبائی مقبرہ واقع ملد کھاوند یک زرگن فیکٹری سرینگر میں انجام دی جائے گی۔

نوٹ: مستورات سے گزارش ہے کہ اپنے ساتھ میوہ وغیرہ نہ لائیں۔

سوگواراں
 محمد شفیع بیچو

inf

Pay Rent Or Vacate Shops: Waqf Board Chairperson To Shopkeepers

Agencies

Srinagar: Waqf Board chairperson, Darkshan Andrabi on Tuesday asked the shopkeepers holding Waqf shops to pay rent as per the new assessment or vacate the shops so that the aspiration of unemployed youth could be accommodated.

"We have fixed new rent for the shops. We appeal to the shopkeepers holding the Waqf shops to pay rent at earliest," Andrabi said.

She said that the shopkeepers and trade bodies should stop doing drama for not paying the rent and

if they are reluctant to pay the rent, then they should vacate the shops at earliest.

"We have a large number of youth, who are unemployed and involved in drug addiction. We will give them a chance to earn a livelihood. At least 3000 youth having MBA and other degrees are ready to pay rent as per the new assessment. If the shopkeepers are reluctant to pay the rent, the youth would be given a chance to earn the bread and butter for their families," she said, adding that the rent has to be paid as per the new assessment only.

Admin Provides Assistance To Fire Victims Of Nund Reshi Colony

Observer News Service

Srinagar: On the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad, a team of District Administration, Srinagar on Tuesday visited Nundreshi Colony sector A in Bemina area of the District to provide immediate assistance to the fire victims whose residential houses were damaged in a massive fire incident on Monday.

The team assessed the damages caused due to the fire incident and expressed sympathy with the affected families on loss of property.

On the occasion an immediate assistance in the form of 30 blankets, 18 mattresses, 18 bed sheets and 6 kitchen sets, in addition Rs 30000 were also provided to all 06 affected families each Rs 5000 out of Red Cross of District Administration Srinagar.

SKUAST Organizes Workshop On Lumpy Skin Disease

Observer News Service

Srinagar: A Workshop on Lumpy Skin Disease was organized by SKUAST on Tuesday at Vice Chancellors secretariat. The Vice-Chancellor Prof Nazir Ahmad Ganai was the Chief Guest in the inaugural session of the workshop. The inaugural session was attended by Prof. Dil Mohammad Makhdoomi -Director Extension, Prof Haroon Naik-Director Project Planning and Monitoring, Prof Tariq Ahmad Masoodi, Registrar, Prof Tufail Ahmad Bandy-Dean Faculty of Veterinary Sciences, Prof. Shabir Ahmad Wani- Dean Horticulture, Nodal officer of LSD-Department of Animal and Sheep Husbandry Kashmir, Animal/ Veterinary Scientists working in KVKs of the University, stakeholders and scientist of the Directorate of Extension.

The Vice chancellor Prof Nazir Ahmad Ganai in his address appreciated the efforts of the Director Extension for timely issuance of disease specific advisory and conduct of workshop. Prof Ganai sensitized the participants about the importance of prophylactic measures for preventing the spread of the disease. He instructed for framing an intra-disciplinary team of scientists for a cohesive approach in dealing with the situation.

"Strategic tools for control



and eradication of the disease are the first and foremost requisite" he said. He also directed for generating a google form for getting the baseline data regarding the hotspots and affected areas at village level/Mohalla level and circulate the link through Animal Husbandry Department and KVKs to stakeholders/farmers. He enjoined upon the participants to be proactive in the field and take recommended precautions for control of the disease.

Prof. Dil Mohammad Makhdoomi, Director Extension

SKUAST-K presented an overview of the workshop and delivered a detailed lecture regarding common clinical signs and symptoms with prevention and control measures of the LSD. During the workshop extension literature in the form of a folder on LSD was also distributed among the participants. Later a brainstorming session was held regarding the subject between Scientists of the Faculty of Veterinary Sciences and stakeholders of the workshop. The session ended with a vote of thanks by Prof. Mohammad Anwar Bhat.

Srinagar Smart City Advisory Forum Holds Meeting

Observer News Service

Srinagar: A Meeting of Srinagar Smart City Advisory Forum (SS-CAF) was held on Tuesday.

The meeting was attended by Member of Parliament (LS), Mayor of the Srinagar city, Commissioner SMC/ CEO SSCL, Chief Engineer PW(R&B) Department, VC SDA, ACEO SSCL, SSP Traffic, Chief Engineer SSCL, GM P&UD SSCL, Officers of various other departments; along with traders' fraternity, technical experts, and members of civil society.

At the outset, CEO Srinagar

Smart City, Athar Aamir Khan made a detailed presentation on the various projects under Smart City Mission including River Front Development, Water Transport, Road redevelopment, ICC, ITMS, Urban mobility, city beautification, central business district up-gradation, Heritage conservation and Downtown Renewal, Cycle Tracks, Walkways, Integrated Solid Waste Management, Brari Nambal development, Dal Lake front development, etc.

Detailed discussion was also held regarding the various projects taken up by SSCL. Thereafter, valuable suggestions,

views and inputs were shared by all the participants which were duly noted by the Srinagar Smart City team.

Meanwhile, the participants extended their unending support to SSCL for successful and timely completion of the projects.

The meeting ended with a vote of thanks to all participants and an acknowledgment for the active support of all the line departments, various organizations, traders' fraternity and members of civil society and handwork of the Srinagar Smart City Limited team.

NORTHERN RAILWAY		
E-TENDER NOTICE		
Sr.DEN-HQ/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date-12.09.2022 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to www.ireps.gov.in .		
Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date / Time
18.08.2022	29.08.2022	12.09.2022 / 15:00 Hrs.
Sr. No.	Tender No.	Details of Tender
1	157-2022-23-ADEN4-FZR	TRR (P) of 7.80 Km BG Track from SL 0.400 to 8.200 laid with 52 Kg Rails with 60 Kg 90 UTS Rails (LVR) between KKP & WDJ stations and TRR (S) of 2.80 Km BG Track of Yard Lines laid with 52 Kg Rails 72 UTS with 52 Kg 90 UTS Rails (LWR) at Bariwala, Muktsar and Lakhehwal Stations in C/w raising speed on KKP-FKA section on Firozpur Division.
Advertised Value (Rs.)	Earnest Money	Validity of Offer
4237224.13/-	84800/-	60 Days
		Period of Completion
		10 Months
Note 1: Before bidding, bidders to check for any corrigendum issued against tender. Tender Notice No.: 770-W/169/NA/FZR/2022-23 Date: 18.08.2022 2139/22		
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No: JKHC/Mktg/2022-23/ 156

Dated: 20/08/2022

EXPRESSION OF INTEREST

The J & K Handicrafts (S&E) Corporation deals in Arts and Crafts of Jammu and Kashmir through a chain of Showrooms in the main cities of the Country. The Main Showroom is housed in the Heritage Emporium Building, an iconic landmark of the City at Emporium Garden Premises, Residency Road Srinagar. Since the Jammu & Kashmir Handicrafts and Handlooms represent UT's heritage and have fascinated art-lovers worldwide for its exquisite workmanship and utility, the Tourists, High-end Customers, Business Tycoons, Govt Guests/VIPs always pay a visit to the Historic Heritage Emporium Building due to its Pristine glory, landscape and to have a full view of Arts & crafts of J&K under one roof.

The Premises have a 2 floor Heritage Main Gate Building with a huge space to offer any other services to the visitors. The Corporation intends to utilize the space for a "CRAFT CAFÉ / Art Café" where connoisseurs can enjoy art over Coffee or Snacks alongwith enlivening the dining space to art & craft related activities. The idea is Emporium being a paradise for those who love J&K art and wish to enjoy it with a Cuppa, they can not only enjoy, but even buy the products on display in the place.

The Corporation invites offers from well reputed National/ International brands/ Art business fraternity/ Creative agencies in the said businesses/field for the same for a period of 5 years extendable two more years depends upon the performance. The CRAFT CAFÉ will be provided exclusive Space for parking and other ancillary services. The CRAFT CAFÉ furniture has to be compatible with the Royal Kashmiri Craft with wall decorations/ displays/ shelves and lighting reflecting the Kashmiri Craft look and feel. The Corporation's Artefacts/Products have to be displayed inside the CRAFT CAFÉ for visitor's knowledge. In nutshell, every corner of this Café should speak the language of art. No change in outer-appearance shall be allowed. The signboards must be of Heritage/ antique look. Bids will be decided on the basis of Name & Fame of Brand and quality- cum-Cost basis. The bidders have to present their conceptual idea in a presentation before the Management. Before quoting the offers, the interested parties can visit our office for on-spot inspection/ assessment of the space/premises on offer. The Management reserves the right to accept or reject any or all offers without assigning any reason thereof.

Other terms & conditions will be finalized with the successful bidder.

The EOI along-with interior/exterior pics is also available at www.jksec.com

DIPK-NB-3372/22

Manager Marketing
JKHC

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- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

PRAYERS	
FAJR	4 :30
ZUHR	12:35
ASR	5:15
Magrib	7:11
ISHA	8: 40

This Day In History

- 1608- 1st English convoy lands at Surat, India
- 1690- Job Charnock sets up East India Company HQ camp by Kalikata village (modern Calcutta)
- 1704- Battle of Málaga: largest naval battle in the War of the Spanish Succession; Tactically indecisive but a Grand Alliance strategic victory
- 1789- French Revolution: The National Assembly proclaims freedom of speech
- 1814- British forces capture Washington, D.C. and destroy many landmarks (War of 1812)
- 1891- Thomas Edison patents motion picture camera
- 1904- Battle of Liao-Yang-200,000 Japanese against 150,000 Russian, Japanese tactical victory
- 1912- District of Alaska becomes an organized incorporated territory of the United States
- 1914- Battle of Bergen: Germans defeat Belgian/ British troops
- 1914- German troops occupy Namur, Belgium
- 1920- With British approval, Greece is encouraged to take offensive action against Turkish nationalists in Asia Minor
- 1921- Battle of Sakarav Valley begins between Turkey & Greece
- 1929- Turkey & Persia sign friendship treaty
- 1931- France & USSR sign neutrality/no attack treaty
- 1937- In the Spanish Civil War, the Basque Army surrenders to the Italian Corpo Truppe Volontarie following the Santoña Agreement.
- 1939- Germany & USSR sign 10-year non-aggression pact
- 1949- North Atlantic Treaty Organization (NATO) goes into effect
- 1966- USSR launches Luna 11 for orbit around Moon
- 1968- France becomes the world's fifth thermo-nuclear power with a detonation on Mururoa Atoll in the South Pacific
- 1976- Soyuz 21 returns to Earth
- 1978- USSR performs underground nuclear test
- 1979- UN's Vienna office begins issuing postage stamps
- 1985- STS 51-I mission scrubbed at T-5m because of bad weather
- 1991- Mikhail Gorbachev resigns as head of USSR Communist Party
- 1992- Diplomatic relations are established between the People's Republic of China and South Korea.
- 1993- Mars Observer comes closest to Mars
- 1994- Israel & PLO initialed accord giving autonomy to Palestinians in West Bank in education, health, taxation, social welfare & tourism
- 1995- Microsoft debuts Windows 95
- 1997- Gordon Spence discovers 2²⁹⁷⁶²²¹⁻¹ (36th known Mersenne prime)

From KO Archives

NC To Support Whoever Forms The Next Govt: Farooq

New Delhi - The Jammu and Kashmir chief Minister Dr. Farooq Abdullah today said his National conference would extend support to whichever group that comes to power at the Centre after the Lok Sabha polls. We will support the group that will form the government at the Centre as we are totally dependent on the Central Government, he said in an interview to Aaj Tak.

Abdullah, who had recently shared dias with Prime Minister Atal Bihari Vajpayee during the release of the election manifesto of National Democratic Alliance (NDA), said his party did not have any tie-up with BJP in the state. We don't have any seat sharing arrangement with BJP, he said, adding we are contesting against BJP and the BJP is fighting against us.

The national Conference leader was critical of the Centre for being silent on the continuing cross-border terrorism and infiltration of militants with arms.

(Kashmir Observer, August 24, 1999)

KASHMIR
OBSERVER

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K O V I E W

Farmers Return

Hundreds of farmers from different reached Delhi on Monday to participate in a 'mahapanchayat' called by the Samyukta Kisan Morcha at Jantar Mantar, forcing the union government to beef up security at Delhi borders, including Singhu and Ghazipur. The farmer organizations have been demanding proper implementation of minimum support price (MSP) for crops. They have also sought the withdrawal of cases registered against the farmers during their year-long protest against the farm laws. Earlier on Sunday, farmer leader Rakesh Tikait was detained by the police at the Ghazipur border as he tried to enter the national capital to take part in the 'mahapanchayat'. One of the farmers' main demand is a legal guarantee for MSP. Rising unemployment is also one of the major issues. They are also seeking removal of the union minister Ajay Kumar Mishra whose son is an accused in the violence that took place last year in October in which four farmers and a journalist were among eight people killed. In addition, farmers are also demanding the withdrawal of cases against the protesters last year.

In November last year, Prime Minister Narendra Modi withdrew the three controversial laws following a year-long protest by the farmers against. Modi said the Acts were in the best interests of the nation and targeted to benefit large and small farmers, but it appeared the government had not been able to convince a section of the farmers and therefore, they were being withdrawn. The prime minister also promised that a committee of state and central representatives, farmers, and experts would be set up to make the minimum support price (MSP) mechanism more transparent and effective.

The protest was against the three farm laws: Farmers' Produce Trade and Commerce (Promotion and Facilitation) Act, 2020; the Farmers Empowerment and Protection Agreement on Price Assurance and Farm Services Act 2020 and the Essential Commodities (Amendment) Act, 2020. While the centre defended the laws as major reforms in the agriculture sector that will remove the middlemen and allow farmers to sell their produce anywhere in the country, the farmers contended that the legislations would eliminate the safety cushion of MSP and do away with the "mandi" system. They also feared that the laws would bring on the scene the corporates who would monopolize the trade and feel empowered to determine the market prices.

As the renewed farmer protests indicate, the farmers are not happy and remain skeptical about the government's intentions to meet their demand, especially the legal guarantee on MSP. It remains to be seen how the government responds to the fresh protests. The best course for it would be to engage the farmers and take firm steps to address their demands, something the government has already agreed to.

O T H E R O P I N I O N

Correct CUET Snags

However, technical glitches have meant that instead of serving its stated purpose of simplifying the admission process to undergraduate courses, the new examinations have added to the stress of the youngsters. Server failures, admission cards being issued at the last minute and lack of clarity over examination centres have thrown unflattering light on the lack of preparedness of the National Testing Agency, the authority that conducts the CUET. Cancellations and rescheduling of the tests mean that the CUET will not be over before the last week of this month. Consequently, the admission procedure to the universities will stretch into September. This will, no doubt, have a spiraling effect on undergraduate timetables. The pandemic had upset academic schedules in the past two years. But the NTA must take much of the blame for this year's delay.

With an aspirant being allowed to appear in up to nine papers, resulting in more than 50,000 subject combinations, the CUET — conducted in more than 550 cities in the country and 13 foreign centres — is a much bigger exercise than the entry tests to the IITs or medical institutions. Over 1.4 million students have registered for admissions to undergraduate courses in 44 central universities, 12 state universities, 11 deemed, and 19 private universities. A lot of preparation should have gone into conducting an operation of this scale. For instance, the pivot to online education during the pandemic had shown up the country's digital deficits. The experiences of the past two years had given enough indications of the challenges the country's IT architecture would face in conducting the CUET. It's now apparent that the smooth conduct of the CUET will require an upgrade in the IT systems of at least the network of centres where the examinations are held. No time must be lost in making such improvements.

The CUET for post-graduate courses is scheduled to be held in the second week of September. Several academicians have questioned the MCQ format of these examinations. In an Idea Exchange with this paper, the Vice Chancellor of JNU, Santishree Dhulipudi Pandit, underlined that admission tests to masters-level programmes should assess the critical capacities of an aspirant and requested the government to rethink the format. The education ministry should take note of concerns such as hers. The CUET is a work in progress: The learnings from this year's experiences must not be lost on the NTA and other educational authorities.

Indian Express

Not Hysterical

A Menstrual Disorder Suffered By Billions Of Women Is Still Dismissed Lightly

Nikita Chatterjee,
Behan Box

I always suspected there was something wrong with the way I experience my periods. There were many days that I would feel the onset of PMS symptoms at least 10 days prematurely — bloating, mood swings, fits of rage. On some days I would be extremely motivated, on others I would find it hard to get the day started. There were times when I would isolate myself to prevent myself from bursting into tears or screaming at people. I always wrote off my symptoms as PMS, never questioning my experiences.

It was on Instagram that I first heard of Premenstrual Dysphoric Disorder (PMDD), and intuitively realised that this is what I was experiencing. The disorder has been defined in the Diagnostic and Statistical Manual (DSM-IV) of the American Psychiatric Association as "a cyclical, hormone-based mood disorder with symptoms arising during the luteal phase of the menstrual cycle [day 14 of the cycle] and subsiding within a few days of menstruation".

What I, and many of the women I spoke to, did not know was that PMDD is a serious condition that impacts 60 million worldwide and that it is reported by nearly 5.5% of women and AFAB (Assigned Female at Birth) individuals who are of reproductive age.

It is also a debilitating condition, as I detail later, which is barely recognised in India and many parts of the world: a global study by IAMPD of 591 patients diagnosed with PMDD published in BMC Psychiatry revealed that 34% attempted suicide.

However, I never went to a doctor because I could still deal with the symptoms. Things changed dramatically after my father passed away unexpectedly in April 2021. I then started experiencing a low I never felt before. These feelings were further triggered during periods and over the coming months, they worsened. On my birthday last year, I could barely function. I had bad meltdowns, could not talk to people, it was hard to even get out of bed and go to work.

At my lowest low, I forced myself to speak to a doctor who finally diagnosed me with PMDD.

Dismissed As PMS

Poor awareness of the disorder and paucity of treatment options meant that on average, patients waited 12 years and visited at least 6.15 providers before receiving a diagnosis of PMDD, reported BMC Psychiatry.

"PMDD is a severe negative reaction in the brain to the natural rise and fall of estrogen and progesterone. It is a suspected cellular disorder in the brain. Symptoms can worsen over time and/or around reproductive events such as menarche (the first menstrual cycle), pregnancy, birth, miscarriage, and perimenopause," states the International Association for Pre-Menstrual Disorders (IAMPD), a global research collective comprising those dealing with the syndrome states.

Delhi-based gynecologist Amodita Ahuja tells me that PMDD is an aggravated form of PMS with some sharp differences. "PMS is something most women experience in their daily life, with a variety of symptoms ranging from 55 to 125 symptoms. These include feelings of bloating, fatigue, fluctuating moods, headaches, and cramps that generally last 2-3 days and then subside with the period. PMDD symptoms, on the other hand, are generally experienced 14 days before the start of the period. They are also more pronounced and take a physical, mental, and emotional toll on women leaving them unable to perform everyday activities. This may induce feelings of depression or anxiety," she said.

PMDD, which falls in the DSM-IV Category of "Other Depressive Disorders", is unique because it is cyclic in nature. It can be diagnosed when a minimum of five symptoms are recorded during the premenstrual phase of the cycle or day 14 of the cycle. The symptoms generally worsen as menstruation closes in and they stop at the onset of the cycle or a few days after the cycle ends.

"PMDD is an emotional distress disorder, it is almost like a temporary kind of depression that sets in during a certain phase of the menstrual cycle and then lifts when the cycle is over. It's different from other depression symptoms in a sense because it can cause symptoms such as restlessness, anxiety, catatonia, and irritability amongst other symptoms" says Nithya Rao, a counseling psychologist and the co-founder of Heart it Out, a counseling service based in Bangalore that also provides online consultations and therapy.

'Finally, A Name For What I Was Suffering'

Anuhya Korrapati is a doctoral scholar at Christ University in Bengaluru and has experienced PMDD for years. Now the joint secre-

tary at Indian Institute of Health Management Research (IHEPA) and a youth advisory board member at IAMPD, she recalls that her experiences of PMDD were often dismissed by doctors.

"I always had symptoms of PMS growing up, which I knew was unique since I was a serious athlete who competed in several competitions including state- and national level competitions," she said. "As I grew older, my experiences and symptoms of PMDD began to worsen though I didn't know about the disorder then. When I approached doctors in India, my symptoms were always dismissed as PMS. I developed my own coping mechanisms. I started drinking more and this only worsened my condition. I eventually moved to the UK for my second Masters. Then as a result of a sudden Vitamin D deficiency, my periods became more irregular which further aggravated the symptoms. It was then that I went to a doctor, who unofficially diagnosed me with PMDD."

The diagnosis that came after three months of tracking of symptoms, she said, came as a huge relief — finally she could put a name to her condition.

Among the earliest social media mentions of PMDD came from Shehla Rashid, a PhD student at JNU, who shared her story on Twitter.

"I always experience PMS. I find myself feeling upset or crying for no reason. The next day, I would get my period and I realized that it was happening because of that," she told me. "One night though, I was having a really bad episode. I was in so much pain, that all I could think about was killing myself and ending it all. I started reading into methods to make it as quick and painless for me. I fell asleep that night and when I woke up the next day, I started my period."

Rashid said she was disturbed enough by the experience to Google "periods and suicide" and stumbled upon PMDD. Her symptoms included acute psychological and physical symptoms. "My digestive system was completely thrown off, I would experience gastric issues and I would throw up. It was horrible. The diagnosis in itself was a relief but it brought with it another set of issues — at the time no one in India had spoken out publicly about PMDD, and there were few doctors in the country who knew about it," said Rashid. Her symptoms were later confirmed by a doctor.

It was after considerable search that she found support on social media and IAMPD too reached out to her with help and resources. "As a student activist, I experience a lot of trolling on a daily basis. However, this was one space where I got support from all sections, both left-wing and right-wing," she said.

Diagnosing PMDD

Korrapati tells me there is a lack of awareness in the medical fraternity about PMDD; it was only recently added to the International Classification of Diseases (ICD) created by the World Health Organization to code, classify and diagnose diseases. "Globally doctors are expected to undergo continuous examinations even after they get a degree so that they learn about new diseases or new lines of treatments. In India, that does not happen," she said.

Rashid had to research on her own about the treatment for PMDD. "I was fortunate to receive a lot of resources from the online space which included IAMPD," she said.

According to Ahuja, for a PMDD diagnosis, it is important to figure out if the symptoms of depression or anxiety existed before or are linked to the menstrual cycle. But there are also resources available to track the symptoms and these can be shared with qualified professionals given the limited understanding of the problem. Services include a diagnostic app or a sheet that can be downloaded and printed and has been curated by IAMPD. The materials are also available on the website of Beyond Blood, a research and advocacy body set up in 2017 centered on menstruation and mental health.

Treatment Lines

PMDD needs a comprehensive treatment plan that should ideally include a gynecologist, psychiatrist/psychologist, a lifestyle coach, and a dietitian, according to Ahuja. Since PMDD is linked to hormonal fluctuations, oral contraceptives may be prescribed. This stops ovulation and there will be no changes in the hormonal cycle. Counseling too is recommended to address the psychological symptoms of the condition.

Diet is also reported to have a significant impact on the condition: for example, a reduction in salt intake has been shown to reduce bloating; inclusion of Vitamin B6, magnesium, and essential fatty acids too is recommended. "It is important to recognize that the process of healing is not easy, that is why I would recommend a life coach who could help the patient incorporate all these changes in their life," said Ahuja.

Birth control pills are not always effective in PMDD. "Before my PMDD was diagnosed, I was given birth-control pills which did not work for me at all. In fact, they only worsened existing symptoms. I was forced to stop after a month. When I was diagnosed I later realized that I had progesterone intolerance, which again is something that many people experiencing PMDD have experienced," said Korrapati.

My experience was similar — I was first treated with birth control pills and serotonin. But I reacted very badly to the pill and stayed with just serotonin though it did not entirely eliminate the symptoms of PMDD.

Korrapati told me she underwent a range of therapies and finally decided to go in for chemically-induced menopause. "I took cognitive behavioral therapy which worked really well for me. I also underwent EMDR treatment [eye movement desensitisation and reprocessing, a therapy commonly used to treat patients who have experienced trauma] which was really helpful. It is important to recognise that many people suffering from PMDD have experienced trauma. This really made a difference for me in the long run. However, I still experienced a lot of difficulties and issues with PMDD. I eventually decided to undergo chemical menopause," she said.

Chemical menopause is an alternative for PMDD patients who do not respond to available treatments. IAMPD defines it as a "temporary (and reversible) menopausal state created with the use of Gonadotropin-Releasing Hormone Analogues (GnRH) — a type of drug which acts on the pituitary gland in the brain to suppress ovulation and production of ovarian hormones". By fully suppressing the menstrual cycle, the functions which lead to PMDD symptoms are eliminated.

"The key is to treat myself with kindness. I track my symptoms and I am aware of what happens during this period, and I make sure to substitute negative coping mechanisms with positive ones." Korrapati told me.

Problematic Narrative

"It is important to recognize that our current health system is completely androcentric (malecentric)," said Korrapati. "Medical research for women is centered around the ideas of beauty and pregnancy, reflective of the larger sociocultural context. A large amount of research is focused on menstruation. The second feminist wave did bring a change in the perspective and it did lead to new research and documentation but even that, in a sense, was not concise. It was not patient-centric and contributed to a very problematic narrative that downplays the experiences of women during their periods."

Doctors point out that menstrual health continues to be a deeply stigmatized topic, discouraging women from being open. "Many were encouraged to make lifestyle changes, instead of the disease being treated as a serious condition," said Ahuja.

Rashid remembered having her problems mansplained to her. "People told me that I should not be having these thoughts and gave me advice without actually understanding the issue at hand. We continue to make fun of PMS," she said.

Looking Forward

Beyond Blood has launched programmes such as the Biological Reality Project, an auto photography storytelling project wherein participants photographed themselves so they could share their experiences of issues such as PMDD, Polycystic Ovarian Syndrome (PCOS), queer and trans menstruation, and menstruation among persons with disabilities.

"The landscape of medical research is slowly changing every day," said Korrapati. "Now, there are many more studies coming up that are qualitative and patient-centric. Many are conducted by PMDD patients themselves."

Working on this piece was a unique experience for me as a young journalist because I realized the commonalities of these experiences. I found solidarity and comfort in my conversations with Anuhya Korrapati and Shehla Rashid, who come from very different backgrounds. These solidarities have helped me find hope and given me the courage to be more outspoken about my own journey with the disorder.

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 Behan Box

The author is a development practitioner, a writer and a poet who is interested in issues from the margins to the frontlines through a range of mediums



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Controlling E-waste Management

The management of e-waste is becoming a major issue for the nation. In order to control the e-waste, a few regulations were created. Recent regulations from the Central Pollution Control Board and the Indian

government drafted that electronics manufacturing businesses to register on the website and specify their yearly goals for e-waste generation and collection. By 2023, these businesses must ensure that at least 60% of their e-waste is collected and recy-

pled, with the goal of increasing that number to 70% and 80%, respectively, by 2024 and 2025. But companies that don't meet annual targets outlined in regulations don't appear to face harsh penalties. Companies that violate these rules ought to be subject

to sanctions stringently. Therefore a steering committee led by the CPCB Chairman is needed to monitor and control the overall execution of these legislation meant for consumer electronic businesses.

Vijaykumar H K

Muslim Leaders Should Focus on Social Issues

Asad Mirza

It seems as if every ruling party takes up the issues related to the Indian Muslims deliberately over the years, before any elections particularly. Further, what confounds one is why do the Muslim religious leaders try to resolve the issues facing the community near these dates only, why don't they stick to their original plans? One fails to understand the reason that why did the AIMPLB held a meeting to discuss the issue just two months before the assembly elections in some states.

The most recent example in this case is that of formulating the Model Nikahnama for the Indian Muslims, by the Muslim religious leaders, who had promised almost five years ago in 2017 that they'll draft the Model Nikahnama under the aegis of the All India Muslim Personal Law Board (AIMPLB), when they were rapped hard on the knuckles by the government on the issue of Talaq-e Bidat or the Triple Talaq.

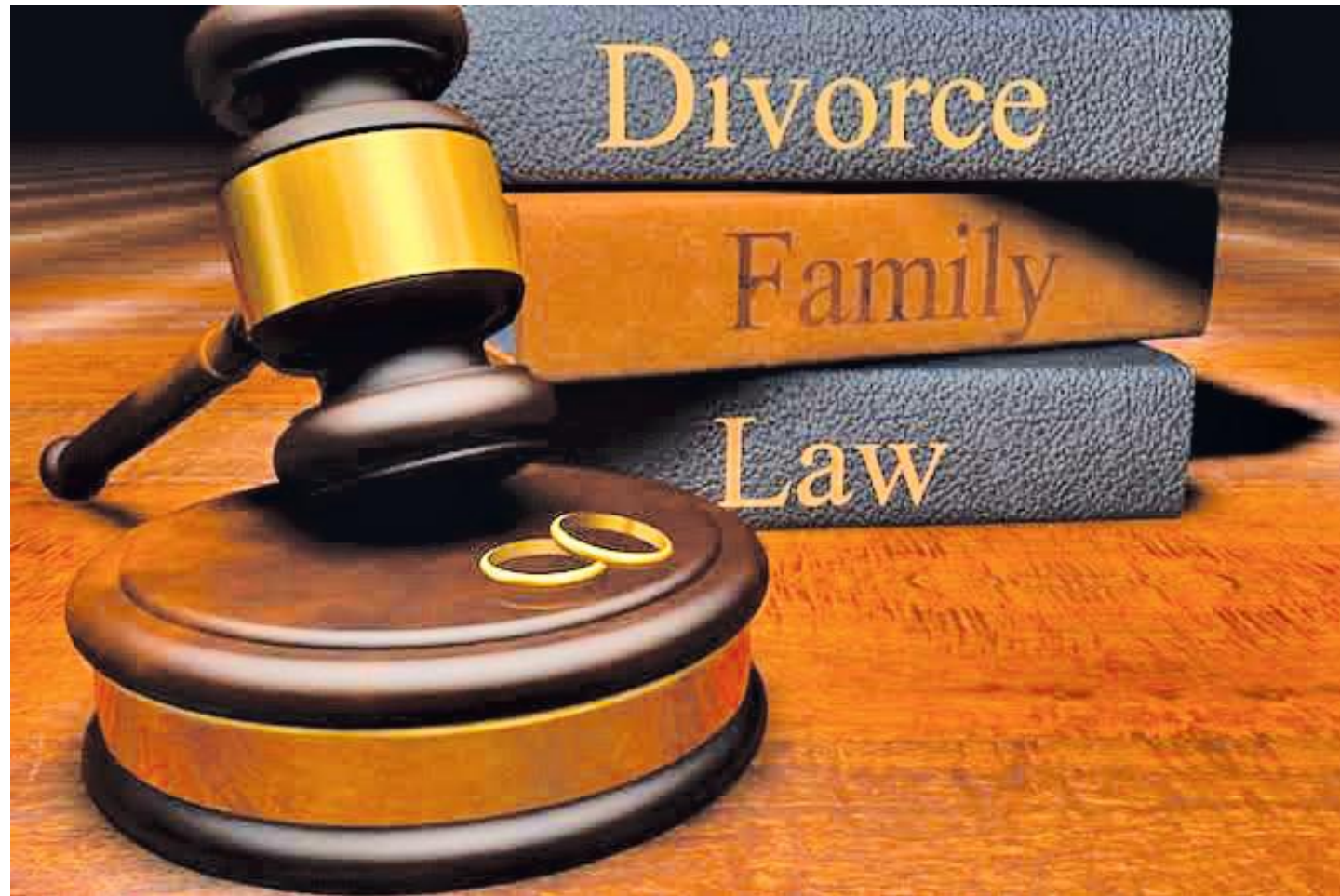
In reality the religious leaders had drafted a model Nikahnama for the first time way back in 2003. But the ideological differences amongst different sects are such that they can't agree to have a consensus on any religious issue.

Though the Supreme Court had banned the practice of Triple Talaq in 2017 and in spite of several initiatives since 2003 to find a judicious process based on Islamic Fiqh (Islamic Jurisprudence), the leaders have been unable to do so and in fact none of them uttered any word either against the SC or the government when the SC gave its verdict in 2017, as they knew within their hearts that they had wrongfully given consent to or not spoken against the Triple Talaq.

Though after 2017, very few cases of Triple Talaq have been reported, yet the practice reportedly continues unabated, as it has not been condemned or banned by the Muslim leaders. Meanwhile, instead of focussing on how to find a way out of the impasse, the religious leaders continue with their slumber and feeding the community with rhetoric-laced pills.

They claim that the drafting of a new Nikahnama is being worked upon but shy away from mentioning any firm date by which it'll be finalised. This shows their commitment to the community, their followers and particularly Islam. They are unable to sit together and thrash out a strategy against an un-Islamic practice in one sitting of the learned ones. Yet they continue with the charade of safeguarding the Muslims of India.

The AIMPLB at one of its meetings earlier this month, continued with their obduracy



“ It further makes one wonder that if the religious leaders and jurists are unable to categorically ban the instant Talaq then what is the assurance that this new proposal will make the instant Talaq go away from our society?

on not to insert a clause against instant Triple Talaq, as desired and dictated by the SC and which the Muslim Women (Protection of Rights on Marriage) Act, has made a criminal act.

Reportedly, they approached the issue in a round about manner and suggested amongst themselves to insert a clause on Talaq-e-Tafweez or delegated divorce. Thus, effectively trying to paint a picture that they haven't bowed to the government, but in fact turning a blind eye to an un-Islamic practice, and suggesting yet another one on the applicability of which they'll have no say.

The new suggestion makes the issue not

only complex but also shows their desire to hoodwink the law. The leaders have proposed to insert a new clause called Talaq-e-Tafweez based on Sharia. Talaq-e-Tafweez is one of the most important forms of divorce under Muslim Law or Sharia, as it gives to Muslim women a right to divorce their husband without going to court of law. In this form of divorce a Muslim male can delegate his power of repudiation of marriage to a third person or to his wife also, at the time of marriage.

It further makes one wonder that if the religious leaders and jurists are unable to categorically ban the instant Talaq then what is the assurance that this new proposal will

make the instant Talaq go away from our society? In fact, it makes them the butt of jokes and shows their obduracy and unwillingness to hear any sane word of advice.

Some members of the AIMPLB reportedly, even opined that Khula, the women's inalienable right to instant divorce, was a more viable alternative, so there was no need for the clause on Talaq-e-Tafweez. Thus, in toto making a mockery of the whole issue.

In reality, a Nikahnama, which is essentially a contract between a groom and a bride, is based on the logic to specify to the women with all necessary terms and conditions of the marriage being solemnised. Its sanctity and the rights given to Muslim women is

evident by the fact that the Wakeels (advocates) and two eye witnesses get the bride's consent to the marriage in absence of her parents to ensure avoiding any sort of pressure from her parents or relatives for the marriage. This is the practical and humane form of the Islamic Sharia, which tries to give every right to its women followers too, at par with her male counterparts.

But this and her other rights given to her by the Sharia, such as her Right to Inheritance in the assets and property of her father are often not followed and given to her by her male relatives. The religious leaders have also been unable to ensure that very bridegroom pays the Mehr (dower, which the husband has to pay to his wife) promised by him to his bride as soon as possible after the solemnisation of the marriage and preferably before the nuptial night.

The ponderable issue here is that when and how the old Nikahnama was given-up by the Indian Qazis. Historically, these earlier Nikahnamas used to contain every minor detail about the nuptial contract between husband and wife and very specifically listed out various rights of the wife.

Now a day, the Nikahnama, used in various Indian states varies from state to state and also from sect to sect, and is mostly a piece of paper stating the basic information about the two parties and contains no mention of the various rights and duties of both the husband and wife.

AIMPLB, which claims to be the highest decision making body of all sects of Indian Muslims should strive to get a modern Nikahnama drafted at the earliest. This should include the rights and duties of both the husband and wife and also guidance on how to ensure a long lasting marriage and if need be, then how to proceed with Talaq or divorce – a step which is dispensed most by Allah as mentioned in the Holy Quran. This document should not only have the social, economic guidance but also be guided by the Quranic teachings, otherwise it would be an effort in vain and will lead to further politicisation of the issue to be used by different political parties when it suits them.

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

Asad Mirza is a political commentator based in New Delhi. He was also associated with BBC Urdu Service and Khaleej Times of Dubai. He writes on Indian Muslims, educational, international affairs, interfaith and current affairs

THE RISE OF 'DR. GOOGLE'

The Risks Of Self-Diagnosis And Searching Symptoms Online

Taleen Lara Ashekian

Virtual health care was adopted more widely during the COVID-19 pandemic, with many people accessing health-care providers remotely. However, easy and convenient access to technology means some people may choose to bypass health care and consult Dr. Google directly, with online self-diagnosis.

Here is a common scenario: picture someone sitting at home, when suddenly their head starts pounding, their eyes start to itch and their heart rate rises. They reach for their phone or laptop to quickly Google what can possibly be wrong.

It's possible that the search results could offer accurate answers about the cause of the person's symptoms. Or the search might erroneously suggest they're well on their way to an early death.

As a researcher in the virtual care domain, I'm aware that online self-diagnosis has become very common, and that technology has shifted the way health care is delivered.

PAGING DR. GOOGLE

Online health information took on a new importance during the pandemic, when using online sources to assess COVID-19 symptoms and self-triage was encouraged. However, the act of self-diagnosis online is not new.

In 2013, it was reported that more than half of Canadians polled said they used Google search to self-diagnose. In 2020, 69 per cent of Canadians used the internet to search for

health information, and 25 per cent used online sources to track their fitness or health.

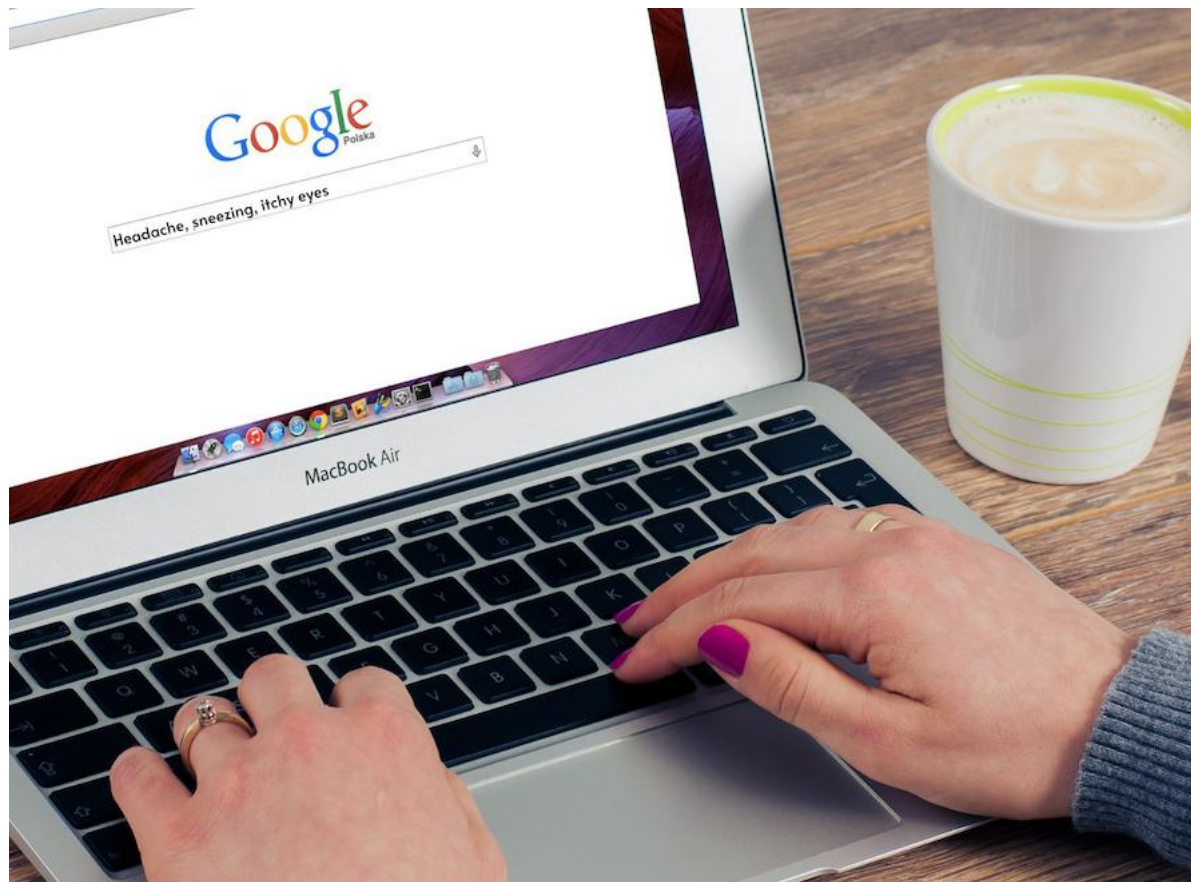
Virtual care and online self-diagnosis share some beneficial traits, such as the convenience of not having to schedule an appointment, saving travel time to the doctor's office and avoiding waiting rooms. However, the key difference between virtual care and Googling symptoms is that there is no direct communication with a physician when self-diagnosing online.

Some may choose to self-diagnose because they feel it gives them greater control over their health, while others may find it helps them better communicate symptoms to their physician. Some patients may fear misdiagnosis or medical errors.

Over time, people can get better at diagnosing using the internet. Online sources can provide information and support for a specific medical condition. They may also be useful for people with ongoing symptoms who have been unable to get a diagnosis from health-care professionals.

Using the internet to learn more about a condition after being diagnosed by a health-care provider may be useful and may decrease the stress of a diagnosis if the sites consulted are trustworthy.

However, trying to select credible sources and filter out misinformation can be an overwhelming process. Some information found online has little to no credibility. A study focusing on the spread of fake news on social media found that false information travelled faster and wider than the truth.



RISKS OF SELF-DIAGNOSIS

The risks of using online health resources include increased anxiety and fear. The term cyberchondria can be defined as someone experiencing a high amount of health anxiety from searching symptoms on the internet. Self-misdiagnosis is also a dan-

ger, especially if doing so means not seeking treatment. For example, if a person confidently self-diagnoses their stomach pains as the stomach flu, they may hesitate to believe their doctor's diagnosis of appendicitis.

There is also a risk of becoming so certain that one's self-diagnosis is

correct that it is difficult to accept a different diagnosis from a health-care professional. Misdiagnoses can even be very serious if it results in failure to detect a possible heart attack, stroke, seizure or tumour.

Further risks may include increased stress on both the patient and doctors,

ineffectively taking or mixing medications and increased costs for treatments or medicines that may not be necessary.

SOCIAL MEDIA AND MENTAL HEALTH

Social media has given people a voice to share personal health-related remedies and stories. The number of active social media users in Canada has increased by 1.1 million since 2021. This raises the question of how people may be influenced by what they see online and if it may affect health choices.

In 2018, a Canadian internet use survey examined reports of the negative effects of using social media. It revealed over 12 per cent of users reported feeling anxious or depressed, frustrated or angry, or envious of the lives of others.

Conversely, social networks have also enabled people with mental health problems to feel unity by sharing experiences and support. However, this may also have contributed to self-diagnosis (and potentially self-misdiagnosis) of mental health issues, such as anxiety and personality disorders. This can put people at physical and mental risk if it results in inappropriate treatments.

The reality is that online self-diagnosis cannot be prevented. But those consulting Dr. Google should be aware of the potential risks, confirm information found online with a health-care provider and ask health-care providers for credible online sources of information about their diagnoses.

By Arrangements with The Conversation

YRS Activists On Hunger Strike Demanding Holiday On Birth Anniversary Of Maharaja Hari Singh

Press Trust Of India

Jammu: Some activists of the Yuva Rajput Sabha (YRS) on Tuesday sat on a hunger strike here to press their demand for declaring a holiday on the birth anniversary of Maharaja Hari Singh, the last Dogra ruler of Jammu and Kashmir, on September 23.

The YRS activists led by their president Rajan Singh Happy assembled in front of Maharaja Hari Singh's statue at the Tawi bridge in the heart of the city and began the hunger strike.

They were joined by leaders of various social and political organisations, including the Shiv Sena, PDP and the Apni Party. Team Jammu chairman Zorawar Singh Jamwal also joined the protest.

Lieutenant Governor Manoj

Sinha had formed a four-member committee in January this year to look into their long-standing demand.

"We do not know the fate of the committee formed by the government on our demand for a public holiday as a tribute to our great Maharaja who was the one who made J&K the crown of India by signing the instrument of accession," Happy told reporters.

"We will decide whether to continue or end the protest hunger strike later in the day. We are prepared to fight till our last breath to compel the government to announce a holiday on September 23 on the birth anniversary of the Maharaja," he said.

Jammu and Kashmir Shiv Sena president Manish Sahni said the demand is linked to people's sentiments.

CS Takes First Hand Appraisal Of JJM Works Virtually

Observer News Service

Srinagar: In a first Chief Secretary, Dr Arun Kumar Mehta on Tuesday virtually toured the sites of a number of works being carried out under Jal Jeevan Mission (JJM). He took first hand appraisal of dozens of works being under progress in different districts of the UT under this national mission.

The meeting was also attended by Principal Secretary, Jal Shakti Department; CEO JJM; Chief Engineers of Jal Shakti Kashmir/Jammu and other concerned officers of the department.

The Chief Secretary virtually toured different sites where work was in progress and enquired from the field staff like AEs and JEs about the pace and progress of work. He also asked them about the technicalities involved in execution of

their respective works.

Dr Mehta impressed upon all these officers and officials to ensure that quality machinery is installed at all these sites including in borewells, digwells, Filtration plants, Over Head Tanks (OHTs) and other infrastructure created under the mission. He observed that there should be no compromise on quality and each item used should be as per the set specifications.

The Chief Secretary stressed on enhancing the capacity of all the field staff to efficiently manage these assets. He observed that each of them should be well aware about the quality and proportion of chemicals used for filtration of drinking water besides the best techniques of managing these infrastructure for the overall benefit of the households drinking this potable water.

J&K, New Zealand Governments To Jointly Develop Sheep Husbandry Sector In UT

Atal Dulloo Meets Delegates From NZ, Calls For Giving Thrust To Mutton Production



Observer News Service

Jammu: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo chaired a meeting with expert delegation from New Zealand in connection with survey of ruminant sector in Jammu & Kashmir.

It is pertinent to mention that a Memorandum of Cooperation has already been signed between Governments of Jammu & Kashmir and New Zealand for overhauling sheep husbandry sector in the region through transfer of technology, research and development, value addition and marketing areas.

The delegates from New Zealand included Consul General & Trade Commissioner, Ralph Hays; Director, Agribusiness Group New Zealand, Dr Stuart Ford; Science Impact Leader, AgResearch Ltd, Dr Warren King; and Senior BDM, New Zealand Trade & Enterprise, New Delhi, Sudha Palit.

In a powerpoint presentation, Technical Officer, Dr Rizwan Qureshi summarised the objectives of the collaboration. It was informed that due to past efforts, J&K has emerged as a major wool

producing region of India.

The agreement between the governments, at present, involves development of model sheep farms, collaboration in the area of fodder production, addition of value to wool and mutton products and strengthening of disease diagnostics laboratories/ vaccine production units. It also aims at other areas like education of local veterinarians, artificial insemination and improvement of production and productivity of small ruminants through genetics.

Focus is also to be laid on bridging the deficit in domestic mutton production and consumption. At present, J&K procures a major part of its consumption quota from other states.

Speaking at the occasion, the Additional Chief Secretary called for giving major thrust to mutton production in J&K. We need to work with a vision for maintaining domestic advantage in wool production with the addition of features like processing, branding and marketing also, he said.

He said, 'over the years, we aim to produce a quality breed of sheep while becoming a net

exporter of rams (male sheep) to other states'. He also assured of the government's inclination towards investing in development and improvement of farms as well.

The ACS welcomed assistance in the latest technology of artificial insemination and embryo transfer technology (ETT). Similarly, the ACS laid stress on increasing fodder production, incorporating improved disease control measures and for the capacity building of veterinarians. He also called for intervention of the experts in exploring untapped sectors like meat and carcass processing.

The visiting delegates also shared their aspirations and promised full cooperation for development of Sheep Husbandry sector in Jammu & Kashmir.

The officers present at the meeting included Secretary in Agriculture Production Department; Special Secretary, Agriculture Production Department; Director, Sheep Husbandry Kashmir; Director, Sheep Husbandry, Jammu; Director Finance/Planning, Agriculture Production Department and other concerned officers.

Over 100 Farmers Participated In CSIR-IIIM Sponsored Workshop In Baderwah



Press Trust Of India

Baderwah: Over 100 farmers associated with cultivation of commercial flowers on Tuesday participated in a workshop organised by Council of Scientific and Industrial Research (CSIR) and Indian Institute of Integrative Medicine (IIIM) here in Doda district of Jammu and Kashmir, officials said.

The interactive workshop on 'challenges, interventions and opportunities' for the farmers under CSIR Floriculture Mission was primarily aimed at informing the farmers about the capacity building, value addition and post-harvest management of high-value floricultural crops, they said.

"Baderwah has immense potential in floriculture, especially cut flowers and aromatic plants and owing to the high demand of cut and loose flowers, the mission with its various strategically devised verticals offers a unique opportunity in enhancing the economy of the Union Territory, especially areas like Baderwah, nodal scientist of CSIR floriculture mission Shahid Rasool said.

He said the verticals of the mission include the development of new floral varieties, expansion of areas under region-specific floricultural crops, integration of apiculture and floriculture and establishing effective domestic and international market linkage.

Lauding the CSIR-IIIM for organising the workshop, Deputy Commissioner, Doda, Vishesh Paul Mahajan sought the cooperation of the farmers to make Baderwah a shining success story in the field of floriculture.

"We have already proved ourselves by successfully cultivating aromatic plants and this Valley in a short span of time has emerged as the capital of lavender in the country," he said.

"I hope CSIR will continue to motivate and impart training to the farmers in length and breadth of the district so that we can encourage farmers to shift from their normal cropping patterns and increase their income in a big way.

Participating farmers expressed their gratitude to CSIR-IIIM for organising the workshop and said such an initiative will surely help open new avenues for them to increase their income by adopting value addition to their crops.

In Baderwah alone, over 1,000 farmers have been growing marigold by shifting from traditional maize cultivation and thereby meeting the demand of the flowers in temples of Jammu, Mata Vaishno Devi shrine in Reasi and the neighboring Punjab during summer months (May to September) when supply of Marigold dries up from the plains of Jammu and Punjab due to harsh weather.

CONTD. FROM FRONT PAGE

Study Underway

possible structural and non-structural measures will be studied and a comprehensive DPR for the same shall be formulated and put up to the government for approval," the status report noted.

According to the government, the consultancy for this assignment has been outsourced to MA/S Eptisa Servicios de Ingenierin, S.L (Spain).

Pertinently, the court was hearing a PIL filed by Environmental Policy Group (EPG), an Environment-Social think tank, through its Convenor, Faiz Ahmad Bakshi alleging that the Jal Shakti department miserably failed in increasing the carrying capacity of river Jhelum, Wullar and other water bodies.

The Court then passed the direction asking Principal Secretary, Jal Shakti Department to file the status report.

The government submitted that after the devastating floods of September 2014 and on subsequent instructions of Prime Minister of India, a three members group headed by Chairman, CWC was constituted by Ministry of Water Resources (MoWR, RD&GR), Govt. of India on 18 September 2014 to conduct an in-depth study and analysis of the unprecedented floods in J&K so as to make suitable recommendations along with a detailed action plan to manage the future flood threat in Kashmir Valley.

It submitted that the core group comprising of Chairman Central Water Commission, Commissioner Indus and the Director National Institute of Hydrology Roorkee recommended immediate, short term and long term measures.

Immediate Measures After 2014 Floods

The government submitted that under this, the department plugged all the breaches and restored 3316 number of spots under temporary restoration and 1235 spots under Permanent Restoration at a cost of Rs. 172.7383 Cr. and Rs. 153.4335 Crore. The department also executed numerous flood restoration works throughout the valley like Re-sectioning, Channelization of River, Nallahs, Crate Protection works, Strengthening/ Raising of embankments of both Jhelum and its tributaries for which the funds were released

Short Term Measures

The Jal Shakti department said that in the short term the measures were conceived in two phases Phase-I and Phase-II.

Phase-I

The department submitted that till the long-term food mitigation measures would get conceived and approved, a Priority Fond Management Project was formulated for urgent works wherein the main objective was to remove the immediate and the major bottlenecks in the River Jhelum & Flood Spill Channel to provide immediate relief from floods of low to moderate magnitude.

In phases-I of the project, the department used Rs. 399.29 Crore released by the central government for comprehensive plan for Flood Management Works on Jhelum

It may be noted that phase-I was supposed to be completed in the year 2018, however the department missed several deadlines and the project is yet to be completed. The department submitted that the work in the Phase-I is nearing completion with the date of completion slated as August, 2022.

The department said the after the Phase-I, the carrying capacity of Jhelum was enhanced to 31800 cuses to 41000 cuses from Sangam to Padshahi Bagh and from 27000 cuses to 32000 cuses at Ram Munshibagh in Srinagar while in North Kashmir, the carrying capacity of the Jhelum was enhanced from 20000 cusec to 22700 cuses at Nigli in Wullar, and from 31000 cusec to 35000 cusec at river Jhelum in Sopore.

Phase-II

The department said, as per the recommendations of the CW, the discharge carrying Capacity of the River Jhelum is proposed to be increased to 60,000 cusec at Sangam and 61110 cusec at Nigli Sopore.

It said the department during the execution of the Phase-I, started preparations of formulation for the DPR for Phase-II by first carrying out the Mathematical Model Studies of River Jhelum through Central Water power Research Station, Pune, at an estimated cost of Rs. 5411.54 Cr. and the same was submitted to the central government on 17 January 2019 for approval. The court has now sought a response from amicus curiae on the status report amicus curiae, Nadeem Qadri.

4 Earthquakes Jolt

29 km east of Udhampur in Jammu region at 3.44 am on Tuesday, they said. The quake hit at latitude 32.89 degrees north and longitude 75.45 degrees east at a depth of 10 km.

The fourth earthquake of 2.9 magnitude occurred 26 km south east of Udhampur at 8.03 am, they said.

It occurred at latitude 32.83 degrees north and longitude 75.40 degrees east at a depth of 5 km.

3 IAF Officers

Their services have been terminated by the central government with immediate effect. Termination orders have been served upon the officers on August 23," it said.

Though the Indian Air Force did not mention the ranks and names of the officials whose services have been terminated, it is learnt that a Group Captain is among the three.

The incident had taken place on March 9 and Pakistan had lodged its protest with India the next day.

On March 11, the Defence Ministry said the missile was fired accidentally and it landed in Pakistan.

The ministry had said then that it was caused by a technical malfunction in the course of the routine maintenance of the missile, adding the government has taken a serious view of the incident.

Separately, Defence Minister Rajnath Singh said in Parliament on March 15 that SOPs for operations, maintenance, and inspection of such systems were being reviewed.

Following the incident, Pakistan summoned India's Charge d'Affaires in Islamabad and conveyed its strong protest over the "unprovoked" violation of its airspace by the supersonic "projectile" of Indian origin.

Maj Gen Babar Iftikhar, the Director-General of the Inter-Service Public Relations (ISPR) of Pakistan, said the unarmed projectile entered the Pakistani airspace travelling 124 km.

The Pakistan foreign office said the "super-sonic flying object" entered into Pakistan from India's Suratgarh and fell to the ground near Mian Channu city, causing damage to civilian property.

The Pakistan foreign office also called for a thorough and transparent investigation into the incident and demanded that its outcome be shared with Islamabad. (PTI)

Two Shot Dead

cordon and started a search of the area on Tuesday morning.

The latest infiltration bid in Naushera sector comes close on the heels of the arrest of a Lashkar-e-Taiba (LeT) guide, who also worked for an intelligence unit of the Pakistani army, in an injured condition on Sunday.

Tabarak Hussain (32), a resident of Sabzkot village of Kotli in Pakistan-controlled Kashmir (PCK), was arrested for the second time in the past six years while trying to infiltrate into this side from across the border.

Court Dismisses

and piles.

The trial court, early this year, had directed that Watali be kept under house arrest at his Gurugram residence till further orders for his medical treatment.

On Tuesday, a bench of Justices Mukta Gupta and Anish Dayal perused the status report filed by the authorities and noted that Watali was being regularly treated and receiving prescribed medicines and that his condition was stable and satisfactory.

As on date, it cannot be said that the COVID-19 situation was still prevalent. The life returning to normalcy would even apply to prisoners who are in custody, the bench said.

While dismissing Watali's appeal against the trial court order, the bench directed that he be put under house arrest in his Gurugram residence till further orders and that he will be allowed to be taken to hospitals or diagnostic centres for conducting any tests, if recommended.

The high court further said that in case he is admitted to a hospital, the venue of house arrest will be shifted from his residence to the hospital and during that period, he will be allowed to meet only his immediate family members and lawyer.

Subsequent to the conditions mentioned in the order dated January 31, 2022, and the fact that the appellant was in custody in his own home, the appeal challenging the order dated 15 May 2021 declining bail to the appellant is rendered infructuous and is dismissed accordingly," the bench said.

The NIA arrested Watali in August 2017 for his alleged links to a Jammu and Kashmir militant financing case involving Pakistan-based Lashkar-e-Taiba (LeT) chief Hafiz Muhammad Saeed.

The agency had carried out raids on his premises and that of other suspects.

Watali, Hafiz Saeed, Hizbul Mujahideen chief Syed Salahudeen and nine others have been accused by the NIA of "conspiring to wage war against the government" and fomenting trouble in the Kashmir valley.

The NIA has said in its charge sheet that the probe was based on scientific and oral evidence, which had "conclusively established that for carrying out all these terrorist and subversive activities, the gang of the accused persons is receiving funds from Pakistani agencies through hawala conduits such as accused Zahooh Ahmad Shah Watali and others and also raising funds by generating illegal profits from LoC barter trade by doing under-invoicing and cash-dealings".

In its charge sheet, the NIA has alleged that Watali received money

from accused Syed, ISI of Pakistan, the Pakistan High Commission here, and from a source in Dubai.

Move Beyond

Hailing the stellar contribution of Panchayati Raj Institutions (PRIs) and civil society groups in the recently concluded hassle-free, smooth Amarnath yatra, LG said that his administration is steadfast in ensuring holistic, equitable and balanced development of each and every region of Jammu and Kashmir.

"Greater devolution of funds, functions and functionaries has empowered PRIs and brought transparency through decentralised planning and effective monitoring," the LG said.

"The Lt Governor observed that the UT administration is steadfast in ensuring holistic, equitable and balanced development of each and every region of Jammu and Kashmir and assured them that their genuine issues would be taken up with the concerned sections of the administration for redressal," he said.

The LG, he said, also called for maximum awareness among masses regarding various training and financial assistance programs and initiatives started under Mission Youth which offers livelihood and entrepreneurial opportunities.

He also appealed to the members of delegation to join the fight against drug abuse in the society.

Court Issues

next date of hearing on September 21," the CBI counsel said.

Kohli said Malik once again pressed for physical appearance so that he could cross-question the witnesses in the case even as the court offered him legal aid or amicus which he declined to accept.

Malik, 56, is at present lodged in the high-security Tihar Jail after he was sentenced by a special NIA court in Delhi in May. He was arrested in early 2019 in connection with the 2017 militant-funding case registered by the National Investigation Agency (NIA).

On the last hearing of the case, Rubaiya appeared in the court for the first time and identified Malik, who was present through video conference. "This is the person and his name is Yasin Malik. He was the man who threatened me that he will drag me out of the minibus if I refused to follow their diktat," Rubaiya had told the judge.

She later identified him again through the pictures that were exhibited in the court. The CBI had framed charges against 10 people, including Malik, in the case in January last year.

Malik observed a 10-day hunger

strike from July 22 after the Centre did not respond to his plea for allowing him to physically appear in the Jammu court hearing the abduction case.

On Monday, while hearing the case related to the killing of four Indian Air Force (IAF) personnel in 1990, the court offered Malik legal aid but he turned it down and insisted on his physical appearance.

After the JKLF chief declined the offer of legal aid, the court asked him to submit his stand in writing on the next date of hearing in the third week of September.

Turning down his plea for physical appearance, the court said there were clear directions from the high court for producing the accused in all cases via video conference.

In March 2020, the special court had framed charges against the JKLF chief and six others in the case related to the killing of IAF personnel on the outskirts of Srinagar in January 1990.

BJP Leader Found

Raj's family alleged that he was murdered and demanded that the government should provide justice to them.

Many BJP leaders, who visited Raj's home, demanded a probe into his death. (PTI)

Policeman Kills

posted in district police lines Kathua and was on leave for the past three days, brutally killed his wife Asha Devi (32), a mother of two daughters, following an argument over some family matter, the officials said.

The SPO fled the scene before the neighbours arrived, they said, adding some agitated people torched his house before the situation was brought under control by police.

The officials said the woman was eight months pregnant and her baby also died in her womb. (PTI)

J&K Reports 269

The officials said there were 51 confirmed cases of mucormycosis (black fungus) (PTI)

House Collapse

suffered injuries in the incident, reports said.

Kumar was removed to the hospital for treatment. (ONS)

Govt Shifts

as Regional Director, Survey and Land Records (ex-officio Settlement Officer), Baramulla, against an available vacancy. Mushtaq Ahmad, JKAS, Additional Deputy Commissioner, Shopian, has been transferred and posted as Additional District Development Commissioner, Ganderbal.

PC Pooh-Poohs PAGD Invite To Shiv Sena

Says Inviting Shiv Sena to All Party Meet insult for those who believe in sanctity of Art 370

Observer News Service

SRINAGAR: Peoples Conference led by Sajad Gani Lone Tuesday criticised Gupkar Alliance for inviting Shiv Sena to the all party meeting aimed at stopping non locals from being enlisted as voters here.

"Shiv Sena is a party whose ideological stand is indistinguishable from the BJP and inviting it to attend a meeting to stop non locals from being enlisted as voters, is a slur aimed at the people of Kashmir and an insult for those who believe in the sanctity of Article 370", a PC spokesman said in a statement here on Tuesday.

"May we with all humility at our command ask what was Shiv Sena doing in an all-party meeting supposed to protect the rights of the people of J&K? Didn't Shiv Sena support the abrogation of Article 370? Didn't Shiv Sena support the abrogation of Article 35 A? Didn't Shiv Sena chief Uddhav Thackeray describe 5 August 2019 as a historical day for India? Didn't Uddhav Thackeray say that it was a lifelong dream of the late

Bal Thackeray? Didn't Shiv Sena distribute sweets and celebrate outside their Mumbai office?" PC questioned.

He went on to ask if Farooq Abdullah was bigger than the Kashmir Cause and the Kashmiri Nationalist sentiment? "Is he at liberty to invite those who rejoiced on August 5, 2019, whilst the people of J&K were stripped of their dignity and disempowered by a brute majoritarian Hinduva brigade, with Shiv Sena being the cheerleader in chief. What is the difference between Shiv Sena and the BJP? They are ideologically indistinguishable. Their only difference is in power sharing", a PC spokesperson said

"Hunting with hounds and running with hare is an old adage which NC religiously adheres to. So here they are breaking bread with Hinduva (Shiv Sena) while projecting themselves as victim of Hinduva (BJP). They apparently have a monopoly on morality. They can sit with anybody. Those who sit with Shiv Sena now will sit with the BJP in the future as they sat with them in the past", he said.

Minister Of Railways Visits Bijnor Station

Observer News Service

SRINAGAR: Ashwini Vaishnav, Minister of Railways is on a visit to Bijnor Railway Station in Moradabad Division of Northern Railway today.

Boarding the carriage from Delhi Safdarjung Station he conducted a rear window inspection of Delhi Safdarjung-Ghaziabad-Bijnor rail line. The Minister is accompanied by Ashutosh Gangal, General Manager, Northern Railway, N.N. Singh, ADRM, Moradabad and Principal Heads of the Departments of Northern Railway and senior officers of Moradabad Division.

The Minister was briefed about the developmental projects ongoing in Moradabad Division of Northern Railway. He was also informed about the various stations falling on this section and the passenger amenities present on them. Enroute the entourage stopped at Gajraula Railway station. Here the Minister interacted with some public representatives. He keenly noted their demands.

On reaching Bijnor station, he inspected the platforms and the circulating area and accessed thevarious passenger amenities present there. The Minister advised for better cleanliness in and around the station. He also instructed to open more catering facilities at the platforms

for convenience of the travelling rail-users.

He interacted with the Media present on the station. He replied to their queries and informed them that Railways is leaving no efforts to complete the on-going developmental projects and works of passenger amenities on time.

He also keenly listened to the expectations and demands of the people, especially for better in rail connectivity to Delhi and Lucknow. He also assured them that the survey work of the Meerut-Hastinapur-Bijnor new line work will be completed soon. The public representatives also requested for replacing 59-B manned level crossing gate with a ROB/RUB. The closure of the gate which is within the city limits causes traffic jams and a lot of inconvenience to the road users.

The Minister assured that the Rail Ministry will definitely ensure that better and convenient travel facilities are provided to the rail users of this region.

Expressing satisfaction on the progress of the on-going passenger amenities enhancement works, the Minister advised that all these projects should be completed in the stipulated time so that the people can benefit from them. He further emphasized that utmost importance should be given to safe and punctual operations of train.

Govt Intervention Amplifies Lavender Cultivation Across J&K

'Farmers Income Increased By 4-5 Times After Lavender Cultivation'

Observer News Service

SRINAGAR: With the constant interventions of J&K Government, Lavender cultivation has been amplified across J&K by implementation of various schemes which in turn has increased the farmers income by 4 to 5 times here.

Thousands of farmers in J&K are shifting to lavender cultivation which has proved very profitable for them. According to statistics, 5000 entrepreneurs/ farmers are cultivating lavender on more than 200 acres of land which has led to 4 to 5 times increase in their economy. Farmers traditionally in J&K grew cereals such as maize, rice and millets which didn't provide great returns but with lavender cultivation, their earnings have gone up several times.

Lavender cultivation also called as 'Purple Revolution', is an initiative of the Central government to improve the incomes of farmers in J&K. Many farmers have given up traditional farming and switched to lavender farming for profitability.

Ali Muhammad, farmer from Pulwama area of South Kashmir said, "Traditional farming was not giving us good returns. We are very happy with switching to lavender farming. Lavender farming also does not get much affected by

less rainfall".

Cultivation of lavender has changed fortunes of farmers in Jammu and Kashmir under 'Aroma Mission or Purple Revolution', transforming lives of UT's farmers community. It was launched in 2016 by the Union Ministry of Science & Technology through the Council of Scientific and Industrial Research's (CSIR) Aroma Mission.

The aim of the mission is to support domestic aromatic crop-based agro-economy by moving from imported aromatic oils to home-grown varieties. Lavender cultivation is practiced in almost all 20 districts of Jammu and Kashmir. Under the mission, first-time farmers were given free lavender saplings while those who had cultivated lavender before were charged Rs. 5-6 per sapling.

Farmers are happy with farming of unconventional aromatic plants under Aroma Mission. The mission promotes cultivation of aromatic crops for essential oils that are in great demand by the aroma industry.

Fix Target Of Generating Employment For 5 Lakh Youth: CS To Banks

Asks Departments To Carryout A Mega Employment Drive In The Month Ahead

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta on Tuesday set for banks a target for generation of around 5 lakh employments for the youth of J&K.

He stressed on the banks to be socially more amenable by turning their focus to priority sector lending. He asked them not to focus on subsidy only but instead be the platforms to generate the gainful and sustainable employments.

Dr Mehta was speaking in a meeting to review the progress of Self Employment Schemes here in the UT.

The meeting was attended by Principal Secretary, H&UDD; Principal Secretary, SDD; Commissioner Secretary, L&E; Commissioner Secretary, Social Welfare; Secretary, Tribal Affairs; Secretary, Planning; Secretary, Tourism and YS&S; Secretary, IT; Secretary, Culture; Secretary, Agriculture; Director, Employment; representatives of different banks and many other concerned officers.

The Chief Secretary impressed on all the banks to work towards saturation of Self Employment Schemes. He said that our motive should be to reach each out to every unemployed youth of the UT and offer them opportunities for sustainable employment under various schemes.

Dr Mehta maintained that a lot of progress has been made in the past in each aspect of employment generation and making the whole process of lending financial assistance speedy and transparent. He advised them to work towards making



the benefit reach every eligible person down there.

The Chief Secretary enquired about the proportion of artisans, weavers and other educated persons covered under different schemes meant for them. He stressed on extending loans as per actual guidelines without creating difficulties for the applicants. He also impressed on creating viable and sustainable units that are profitable for its holders.

Dr Mehta also asked the concerned departments to carryout a mega employment drive preferably in next month in each block so that awareness is created among all the prospective beneficiaries in rural and far flung areas. He advised them to culminate it at panchayat level simultaneously with 'Back to Village' program so that the coverage of beneficiaries percolates down to each panchayat.

He also reviewed the progress made under respective employment schemes extended by different departments and targets set for them earlier. He implored upon them to regularly review their progress and take instant measures for achieving their targets well on time.

The Chief Secretary was in-

formed that under PMEGP the Department of Industries & Commerce has cleared some 1379 cases sanctioning an amount of Rs 5669.00 lakhs with potential employment generation for 5291 persons. Similarly KVIB had cleared 4462 cases sanctioning Rs 9512.30 lakhs generating employment for more than 35000 persons.

Moreover it was revealed that JKRLM has sanctioned 5400 cases amounting Rs 10400.00 lakhs to 10800 beneficiaries. Under PMEGP (16931 cases), NRLM 2879 cases, NULM (871 cases), JKREGP (447 cases), PM-WMY (482 cases), CCS for Artisans and Weavers (1312 cases) has been disbursed by the banks with a total amount of Rs 52580.92 lakhs, as was given out in the meeting.

The meeting was further appraised that the Departments of Labour & Employment, H&UD, Handicrafts & Handloom, Women Development Corporation has sponsored thousands of cases. In the same way many more cases were sponsored under Himayat and by JK SC, ST & OBC Corporation benefitting thousands of poor and marginalized people throughout the length and breadth of J&K.

Pahalgam Accident

Another ITBP Personnel Dies, Death Toll Rises To 8

Press Trust Of India



NEW DELHI: The death toll in the bus accident that took place in South Kashmir's Pahalgam last week has risen to eight after another ITBP personnel succumbed to injuries, officials said on Tuesday.

Seven personnel were killed in the accident while 32 others, including two Jammu and Kashmir Police personnel, were injured when their bus fell into a gorge near Pahalgam on August 16.

They were returning to their base after completing the Amarnath Yatra duty. Critically injured Assistant Sub Inspector Nandan Singh succumbed around 11:30 pm on Monday at the SKIMS hospital in Srinagar, an officer of the border force said.

A total of eight Indo-Tibetan Border Police (ITBP) personnel have been killed in this accident, he said.

Three critically injured personnel were recently flown in from Srinagar and admitted to the AIIMS trauma centre in Delhi for specialised treatment.

Union Home Minister Amit Shah had visited them at the trauma centre last week and taken stock of the medical care being provided to them.

The border force, primarily tasked to guard the 3,488 km stretch of the Line of Actual Control (LAC) with China, was part of the comprehensive security deployment for the annual 43-day-long Amarnath Yatra that ended on August 11.

OFFICE OF THE DEPUTY DIRECTOR

DISTRICT EMPLOYMENT AND COUNSELLING CENTRE BUDGAM

Phone No: 01951-295897, email ID: dde-budgam@jk.gov.in, deccbudgam@gmail.com

PUBLIC INFORMATION

REGISTRATION OF UNEMPLOYED YOUTH FOR DISTRICT LEVEL JOB FAIR INITI BUDGAM

Directorate of Employment, J&K has earlier proposed to conduct a Divisional level job fair at Amar Singh College Srinagar on 27th of August, 2022 (Saturday) and accordingly public information notice was issued on 18/08/2022 by this office for the information of the unemployed youth of District Budgam for participation. More than 2500 responses have been received for participation in the said event but due to certain unavoidable reasons the event will not take place on the said date and has been shelved for the moment. In this connection the inconvenience caused to the unemployed youth of District Budgam is highly regretted.

Now, therefore, District Employment and Counselling Centre Budgam is organizing one day job fair at ITI Budgam on the same date i.e. 27th August, 2022 at 11:00 AM with the participation of following Companies (Job Providers). All the unemployed youth (Job seekers) of Budgam District who have shown willingness for participation at the divisional level job fair are getting one more opportunity for the participation in the job fair at the district level well before the divisional level job fair commences and are as such requested to get yourself registered on the departmental website i.e. www.jakemp.nic.in which has now been integrated with the National Career Service (NCS) portal to mark your way to a better future and hassle free participation/entry in both the events. All the participants are requested to kindly bring their Resume/CVs with them at the time of fair and adhere all CAB guidelines.

Participating Companies are:-

S.No	Name of the Employer	Name of post	Vacancies	Qualification Required
1	Askhoka Leyland	Electric Mechanic	02	ITI
		Mechanic	01	ITI
		Sales Executive	04	BA, BSC
2	Himalyan Motors Mahindra	Sales Executive	20	Graduate
		Receptionist	01	10+2
		IT	01	Msc IT
		Driver	02	10+2 with valid Driving License
		Tele caller	03	Graduate with computer knowledge
3	Adfar Spices	Computer operator	01	Diploma / Degree
		Food Technologist	02	Diplo / Degree in Food Technology
		Supervisor	01	Graduate & above
4	Alba Powers	Helper	03	No bar
		Electrician	08	ITI
		Technician	05	ITI Electric Trade
5	City Infra	Marketing Representative	02	Graduate and above
		Computer operator	02	One year diploma In Computers
		Welder	03	ITI
		Fillers	04	No bar
6	Aqua Light Waters	Computer Operator	02	Dipl/Degree on Computers
		Driver	01	Valid License holder
		Lab. Technician	02	Diploma/Degree Technology
		Helper	03	No Bar

For further details please free to contact: 9906409145 & 9906568970.

No:DE&CC/BUDJob Fair/2022-23/982-91
Dated: 22.08.2022
DIPK-8492-22

(Mushtaq A. Wani) KAS
Deputy Director,
DE&CC, Budgam.

University of Kashmir

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AUCTION NOTICE

Apropos to this office auction notice of even no. dated 21/06/2022 & 03 August 2022, it is notified for the information of all concerned that North Campus, University of Kashmir intends to do Open Auction of Walnuts on standing trees. The auction will be held on "as is where is basis" in the premises of the Campus on 29 August 2022 at 11:00 am with the following terms & conditions:

- The parties can inspect the fruit bearing trees on any working day before the date of auction during office hours.
- The auction shall be done at North Campus, Delina Baramulla.
- The successful bidder shall have to deposit the full bidding amount in cash at the time of issuance of formal orders by the campus.
- The bidding agency/ies shall be required to lift all the produce in one go and clear the site at their own cost, failing which the deposit amount will be forfeited.
- The undersigned reserves the right to cancel the auction without giving any notice thereof.

No. F(Auction Walnut Fruit/Estates)NC/KU/22
Dated: 22 August, 2022

Sd/-
Director
DIPK-NB-3378-22



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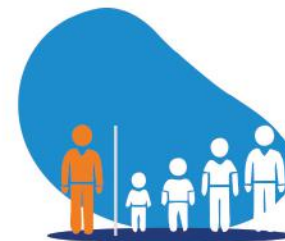
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To know more:

Contact your nearest J&K Bank Branch