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Heat Wave Damaged Vegetable, Fruit Crops; Hit Milk Production In J&K

Zaid Bin Shabir

SRINAGAR: A new report by Indian Council of Agricultural Research (ICAR) has painted a grim image of the damage to the crops that happened in Jammu & Kashmir due to the scorching heat wave in the months of March and April.

The abnormal increase in maximum and minimum temperatures in the two months had viciously impacted crops, fruit, vegetable and animals in J&K, besides coinciding with grain filling and development stage of wheat, yellowing and shriveling of grain, forced maturity, resulting in reduction of yields up to 15-25%.

These figures appeared in



File Photo

ICAR's report titled Heat Wave 2022: Causes, Impacts, and Way Forward for Indian Agriculture, stating that high temperatures

caused significant damage to vegetables especially in tomato, cole crops and cucurbits. The report also stated that a

EXTREME TEMPERATURES AND HEATWAVES IN SEVERAL DISTRICTS OF JAMMU AND KASHMIR resulted in poor vegetative growth, reduction of plant canopy, severe flower and fruit drop in several vegetable crops, early drying of cucumber, bitter gourd, cracking and scalding in tomato, caused reduction of fruit size and weight loss by 40 to 50%.

loss of appetite and higher body temperature was observed in milch animals which led to reduction of milk yield up to 15%. The extreme temperatures resulted in a drop in egg production and increased broiler mortality.

Extreme temperatures and heatwaves in several districts of Jammu and Kashmir resulted

in poor vegetative growth, reduction of plant canopy, severe flower and fruit drop in several vegetable crops, early drying of cucumber, bitter gourd, cracking and scalding in tomato, caused reduction of fruit size and weight loss by 40 to 50%.

"Heat waves also led to reduction of cucumber and bitter gourd

yield by 30 to 50%, and more than 40% in tomato compared to normal situation in Kathua and Bandipora districts of Jammu and Kashmir," the report noted.

The hot weather, the report observed, increased the body temperature of livestock and milch animals by 0.5 to 3.5°C. Increase in temperature led to increase of water intake and loss of appetite in milch animals resulting in reduction in milk yield in Kathua district of Jammu and Kashmir.

Pertinently, the earth's average temperature has been rising since the late 1970s. However, the year 2021 has broken the historical record of the global climate in many ways. The average global **More on P6**

BABAR QADRI MURDER CASE Police Raid Houses Of 3 Lawyers In Srinagar



Press Trust Of India

Srinagar: Police on Wednesday carried out raids at the residences of three lawyers, including former J&K High Court Bar Association president Mian Abdul Qayoom, and seized digital devices, bank statements and other documents as part of the probe into the killing of an advocate two years ago.

"Srinagar police conducting searches at residence of Adv Mian Qayoom, Adv Manzoor Dar and Adv Muzzaffar Mohd in connection with further investigation of #murder of Adv Babar Qadri, FIR No 62/2020 of PS Lal Bazar," Additional Director General of Police (ADGP), Kashmir Zone, Vijay Kumar said in a tweet.

A police spokesman said all legal formalities were followed during the searches at four locations -- two in Barzulla, one each in Brein-Nishat and Maisuma -- of three advocates in connection with advocate Babar Qadri killing case.

Digital devices, bank statements, property sale agreement papers, suspicious books and other relevant material were seized during the searches, the spokesman said.

A posse of policemen arrived at Qayoom's Barzulla residence early in the morning to carry out the searches. Qayoom is the father-in-law of Jammu & Kashmir and Ladakh **More on P6**

Cracks In PAGD NC Hints At Going Alone In Polls

Party's Provincial Committee Resolves To Contest All 90 Seats; Denounces PAGD Constituents For 'Unfair Treatment'

Observer News Service

Srinagar: In a major setback to the People's Alliance for Gupkar Declaration (PAGD), National Conference on Wednesday hinted at contesting polls on all the 90 assembly constituencies as and when the elections in Jammu and Kashmir are held. This is contrary to its earlier stand that the coalition will have a pre-poll alliance.

The provincial committee members unanimously resolved that the National Conference should prepare and fight all 90 assembly seats, a party spokesperson said.

The resolution was passed in a provincial committee meeting held at the party headquarters Nawa-e-Subha, here on Wednesday. Party vice president Omar Abdullah, General Secretary Ali Mohammed Sagar and other senior party leaders and functionaries attended the meeting.

"The participants present in the meeting expressed dismay over the recent statements, audio jingles and speeches made by some of the constituents of the PAGD targeting JKNC," the spokesperson said.

"They felt that it does not contribute to the overall unity of the amalgam. They denounced the unfair treatment meted out to JKNC in PAGD. The participants demanded immediate course correction from



PAGD constituents," he added.

During the hours-long meeting, the spokesperson said that the functionaries gave their appraisal about the current political situation in their respective areas.

The meeting, he said, was also marked by threadbare discussions on party affairs and the recent press conference of CEO about the inclusion of new voters.

Omar, as per the spokesperson said the entire matter begs clarity from the Election Commission of India.

"All this has triggered fears of demographic flooding and political disempowerment within the public. We are yet to ascertain if the final electoral rolls are also to include those ordinarily residing voters. Our concerns with regards to requirements for outsiders to get registered continue to remain unmet. The clarity provided by government quarters **More on P6**



A tourist cab passes through a curvy road on a bright sunny day in the mountainous Union Territory of Ladakh. KO Photo, Abid Bhat

People's Participation Vital For Robust Governance System: LG

Calls For Decisive War Against Drug Abuse In J&K

Observer News Service

Srinagar: The Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Wednesday that people's participation is vital, inseparable part of a seamless and robust governance system, besides removing social ills from the society.



The LG was interacting with the applicants of JK-IGRAMS during the "LG's Mulaqaat- Live Public Grievance Hearing" at the Civil Secretariat, where he

called upon the people to work hand in hand with administration for a decisive war against drug abuse in J&K, an official spokesperson said. On the occasion, he said, the LG observed that a sizeable percentage of complaints from public are being resolved promptly through LG's Mulaqaat.

"It shows the trust and confidence of public and integrity, transparency and fairness of the officers responsible for addressing the complaints," the LG said. According to **More on P6**

LG Remembers Jaitley On 3rd Death Anniversary

Hailing the efforts of former Finance Minister Arun Jaitley on his third death anniversary, Lieutenant Governor, Manoj Sinha on Wednesday said that the Padma Vibhushan recipient was a man with vision, who vociferously supported the true integration of J&K with India, removing the discriminatory practices prevalent in the erstwhile state. Sinha made these remarks during the book launch of 'A New India- Selected Writings' of Arun Jaitley. **More on P6**

Army Cautions Against Sale Of Combat Like Uniforms To Public

Press Trust Of India

Jammu: In the interest of national security, the army on Wednesday cautioned against unauthorised sale of outfits resembling its combat uniforms to the public, an official said.

The Northern Army Command, along with the police, have already carried out a chain of awareness campaigns in Udhampur city in order to dissuade sellers from trading unauthorised uniforms, he said.

The measure has been initiated as easy access to the Indian Army uniforms in open markets causes a potential threat to the security of military establishments and their personnel,

public relations officer for the Northern Command said. "Now, the Indian Army has chalked out plans to take tough action against the dealers who are selling unauthorised but almost similar looking pattern and fabric uniforms," he added.

According to the officer, the army has applied to the office of the Controller General of Patents, Designs and Trade Marks, and it is expecting to own the Intellectual Property Rights (IPR) soon.

Once the IPR process is completed, the army will be able to take legal action and subsequently prosecute unauthorised shopkeepers selling combat fabric material.

With the unveiling of a new combat **More on P6**

S H O R T T A K E S

J&K Clocks 259 New Corona Cases

As many as 259 more people tested positive for Coronavirus in Jammu and Kashmir on Wednesday while no fresh fatality was reported in the Union Territory during the last 24 hours. Kashmir Valley registered 238 fresh cases of novel Coronavirus while the remaining 21 were detected in Jammu division, taking the total number of people infected since the onset of pandemic in J&K to 476703, officials said Wednesday. In the Valley, they said, Srinagar reported the highest 74 new cases of virus, Baramulla 62. **More on P6**

Woman Injured In Bear Attack

A middle-aged woman on Wednesday was attacked and injured by a black bear in Tral area of South Kashmir's Pulwama district. 55-year-old Rehmati Begum, wife of Ghulam Muhammad Malik was attacked and injured by a black bear outside her house in Sangrama area of Tral on Wednesday, reports said. The injured woman was removed to the sub-district hospital (SDH) Tral for treatment. However, the doctors there referred her to Srinagar's SMHS hospital for specialized treatment, reports said. (ONS)

Cop Held For Killing Pregnant Wife

A Special Police Officer (SPO) who allegedly bludgeoned his pregnant wife to death was arrested in Kathua district of Jammu and Kashmir, police said on Wednesday. SPO Mohan Lal, who was 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, at their Dharalta residence in the Billawar area on Tuesday morning following an argument over some family matter, officials said. Taking serious note of the incident, Senior Superintendent of Police, Kathua, **More on P6**

Sacked SLTC Expert Held For Misusing Seal

The Economic Offence Wing of Crime Branch on Wednesday arrested a man for posing as an SLTC Expert of J&K Housing Board and misusing official seal. Hakim Muzamil of Baghwanpora Lal Bazar, according to a spokesperson of Crime Branch, was arrested in connection with a case (FIR No. 67/2022) under section 420, 467, 468, 471, 120-B IPC of Police Station Economic Offences Wing of Crime Branch Kashmir. "The case was registered upon receipt of a written complaint preferred by Managing Director **More on P6**

Youth Killed In Fire Extinguisher Blast

A 28-year-old shopkeeper was killed in a blast while refilling a fire extinguisher at his shop near Ganjiwara in Anantnag town. Official sources told a local news agency GNS that the shopkeeper, Hazik Wani son of Abdul Rahman Wani of Bidder Kokernag was critically injured in the blast and was shifted to Government Medical College. However he succumbed to his injuries, they said. The deceased youth was son of ex-deputy director fire services. A police officer confirmed the incident and said **More on P6**

Pulwama Bans Transportation Of Bovine From Outside

In view of emergence of Lumpy Skin Disease among animals, the Additional District Magistrate, Pulwama, Aijaz Ahmad Shah on Wednesday issued an order to ban movement or transportation of bovine animals for 15 days from outside UT of J&K through Mughal Road and National Highway. According to the order issued, the ban shall come in force from today for a period of 15 days or till further notice. The order further reads that any violation shall invite disciplinary or punitive action against erring officers or officials. (ONS)



Public Notice

In school records, the particulars of my wards were wrongly recorded as Umair Hamid Sheikh S/O Sheikh Abdul Hamid While the actual particulars are Umair Hamid Sheikh S/O Abdul Hamid Sheikh which needs correction. In this connection, if anybody has any objection he can contact Principal R P School Alamdar colony, Lalbazar, Srinagar within seven days. Abdul Hamid Sheikh F/O Umair Hamid Sheikh

krc

**GOVERNMENT OF UT OF JAMMU AND KASHMIR
Office Of The District Social Welfare Officer Shopian**

2nd Floor, Mini Secretariat, Arahama Shopian-192303
PhNo. 01933-261896 | e-mail:- dswshopian@gmail.com

No: DSWO/OSCW/SPN/2022-23/755-61 Dated:- 23/08/2022.

Annexure "A"

Sub: Short listing of candidates for various posts under One Stop Centre for Women (SAKHI), Shopian- interview notice regarding

Whereas, this office had issued advertisement notice for engagement of human resource under One Stop Centre for Women (SAKHI) Shopian, duly approved by the District Development Commissioner (Chairman OSCW Scheme) vide this office No. 19-DSWO of 2022 dated: 04.07.2022.

Whereas, this office had extended the date of advertisement notice vide this office No. 23-DSWO of 2022 dated: 22.07.2022 till 28.07.2022 duly approved by the District Development Commissioner (Chairman OSCW Scheme) after receiving of fresh guidelines from the Ministry of Women & Child Development, Govt. of India.

Whereas, in response to the Advertisement notices, (145) number of application forms were received by this office as detailed below:

S. No.	Name of the Post	Total applications received
01	Centre Administrator	18
02	Counsellor	09
03	Case Worker	20
04	Para-Legal personnel/Lawyer	10
05	Office Assistant/I.T	45
06	Para-Medical Personnel	11
07	Multi Purpose Staff	19
08	Security Guard/Night Guard	13
	Total	145

Whereas, the interview for the post(s) of Centre Administrator, Counselor, Case Worker, Para-Legal Lawyer and Para-Medical Personnel were conducted on 30.07.2022 and the selection of candidates for these posts has already been made.

Whereas, for rest of the posts of Office Assistant/IT, Multi Purpose staff/Cook and Security Guard/Night Guard, 52 no of candidates were found Eligible and 25 number of candidates were found In-eligible due to lack of prescribed qualification(s) or experience in the relevant field(s).

Whereas, as decided by the District Level Selection Committee (DLSC) headed by the District Development Commissioner (Chairman DLSC), the shortlist of eligible candidates has been prepared for the posts of Office Assistant/IT, Multi Purpose staff/Cook and Security Guard/Night Guard on the basis of 1:3 ratio. (copy appended as annexure "B").

Now, therefore, in view of the above, as approved by the District Level Selection Committee (DLSC) headed by the District Development Commissioner (Chairman DLSC), the candidates whose list is appended herewith as annexure "B" are hereby called for interview for the posts of Office Assistant/IT, Multi Purpose staff/Cook and Security Guard/Night Guard on 26.08.2022 at 2:00 PM at DC office complex, Mini-Secretariat Arhama, Shopian.

Note: The Candidates shall bring all the original documents on the date of interview and shall reach the venue at least One Hour prior to interview.

No. DSWO/OSCW/SPN/2022/762
Dated: 23/08/2022

[Signature]
District Social Welfare Officer, Shopian
(Nodal Officer OSCW Scheme)

Annexure "B"

List of candidates to be called for interview under One Stop Centre for Women

Name of the post: "Office Assistant"			
S.No.	Name of Applicant	S/o, D/o or W/o	Residence
1	Saima Lateef	Abdul Lateef Dalal	Jan Mohalla Shopian
2	Wasiq Amin	Mohd Amin Anznoo	Bongam Shopian
3	Sakiya Jan	Raja Ishfaq Lateef	Jan Mohalla Shopian

Name of the post: "Multi Purpose Staff/ Cook"			
S.No.	Name of Applicant	S/o, D/o or W/o	Residence
1	Gousia Yousuf	Mohd Yousuf Thoker	Habdipora, Shopian
2	Khushboo Salam Gandroo	Abdul Salam Gandroo	Batapora, Shopian
3	Rahee Riyaz	Riyaz Ahmad Lone	Chowgam, Shopian
4	Romey Jan	Mohd. Maqbool Malik	Sharatpora, Shopian
5	Wasifa Fatima	Fayaz Ahmad Sofi	Largam Shopian
6	Asma Jan	Gh. Nabi Sofi	Batapora, Shopian
7	Saima Jan	Bashir Ahmad Padder	Padderpora, Shopian
8	Asmath Rehman	Ab. Rehman Rather	Zainapora, Shopian
9	Shahzada Amin	Mohd. Amin Haji	Sedow, Shopian

Name of the post: "Security/Night Guard"			
S.No.	Name of Applicant	S/o, D/o or W/o	Residence
1	Arsheed Ahmad	Ab. Samad Naikoo	Hergam, Shopian
2	S. Binyameen Mohammad	Gh. Mohammad	Aglar, Shopian
3	Muzamil Bashir	Bashir Ahmad Salroo	Pinjoora, Shopian
4	Nadeem-ul- Shafi	Mohammad Shafi Shah	Pinjoora, Shopian
5	Bilal Ah Itoo	Ghulam Rasool Itoo	Chitragam, Shopian
6	Hilal Ahmad Ganie	Abdul Majeed Ganie	Herman, Shopian
7	Shakeel Ahmad Wagay	Gh. Mohd. Wagay	Narapora, Shopian
8	Akeel Ahmad Paul	Mohammad Assan Paul	Manloo, Shopian
9	Mohd Amin Teeli	Ab. Rehman Teeli	Zainapora, Shopian

District Social Welfare Officer
Shopian.
(Member Sec. DLSC)

DIPK-8517/22

GOVERNMENT MEDICAL COLLEGE AND ASSOCIATED HOSPITALS SRINAGAR

(www.gmcs.edu.in)

NOTICE

Mr. Abdul Rashid Wani,
S/o: Kh. Ghulam Ahmad Wani,
R/o: Baghi Sunder Chattabal, Srinagar At Present Nigeen, Srinagar.

Subject: CPSW No.658/2016 titled Abdul Rashid Wani Vs. UT of J&K and others.

This office is going to hold a meeting on 25-08-2022 (Thursday) at 11:00 AM in the office chambers of Principal/Dean, GMC, Srinagar regarding the above titled subject. In this context, you are directed to appear/participate INPERSON in the said meeting on the scheduled date and time along with all the relevant documents.

DIPK-8546/22

Personnel Officer
Associate Hospitals,
Srinagar

No: AH/EST-I/2022/2862-64

IIT, AIIMS Discover Factors Behind Virulence Of Bacteria That Cause Infections In Hospitals

Press Trust Of India

Researchers at Jodhpur's IIT and AIIMS have been studying a dangerous bacteria called Klebsiella pneumoniae, a major cause of hospital-acquired infection, and found it develops a viscous protective covering around itself which is one of major factors behind its high virulence and antibiotic resistance.

The study, being performed in collaboration with Vellore Institute of Technology, uses genomics and molecular biology approaches to identify new genes responsible for the bacteria's potency. The research has been published in the journal "Microbiology Spectrum".

Klebsiella pneumoniae is one of the pathogens on the World Health Organization's priority list and is a significant cause of hospital-acquired diseases such as pneumonia, blood-



stream infections, and infections among ICU patients and newborns. According to officials, because of its high virulence and antibiotic resistance, the management and treatment of Klebsiella pneumoniae have challenged the medical and

scientific community worldwide. "One of the ways in which Klebsiella pneumoniae escapes the body's immune system, and antibiotics is by producing an extremely sticky and viscous protective covering (hyper-

mucoviscosity) around itself," said Shankar Manoharan, Assistant Professor, Department of Bioscience and Bioengineering, IIT Jodhpur.

Hypermucoviscosity can be identified by the string test, in which a bacterial colony growing in laboratory media is touched using an applicator, which is then slowly lifted off the colony. If a sticky string of 5 mm or more extends from the colony to the applicator, the bacteria is hypermucoviscous and highly virulent.

"We are currently studying these mutants and disrupted genes to explain the potentially new mechanisms behind this unusual sticky and viscous covering of Klebsiella pneumoniae P-34. Such understanding will enable the development of methodologies to effectively control the spread of such strains and treat infections caused by them," Manoharan said.

Brain Cyst Could Be Behind Chronic Headache, Nausea, Say Doctors

Press Trust Of India

Headache, one of the most commonly encountered but often-ignored health problems, could be pointing towards a more serious condition such as a cyst in the brain, according to doctors.

Brain cysts are fluid-filled sacs that appear due to the build-up of fluid in the brain.

Approximately 1.2 per cent of the population is affected by brain cysts. In India's context, this is a big number given the country's population size is 1.3 billion, said Dr Manish Vaish, the director of the neurosurgery department in Max Super Speciality Hospital at Vaishali in Ghaziabad.

Cysts are often seen in children, however, can also be present in adults with men being 59 per cent more likely to develop brain cysts compared to women, Dr Vaish told PTI.

"Symptoms of brain cyst depend on its location and size. Sometimes small cysts may not show any symptoms but often become troublesome once their size increases.

"Symptoms can either be because of the pressure put by a cyst on brain tissue or disruption of normal flow of the cerebrospinal fluid (CSF), a protective fluid that creates a cushion around the brain," he said.

Headache is the most common symptom of brain cysts. Therefore, it is extremely important that if a chronic headache is accompanied by any other symptom, one should consult a spe-

cialist, Dr Vaish said. Diagnosis of cysts is often through the work-up done for some other reason. However, in patients where the quality of life is affected by cysts, diagnosis is done through physical examination and imaging like



CT scans and MRI.

"Brain cysts with no symptoms are often not treated with any intervention and your doctor is likely to monitor these through scans. Depending on the size, symptoms, and location, the available option for management is image-guided cyst drainage, surgical cyst removal or placement of a shunt. The shunt is a bypass created for the continuous flow of CSF," Dr Vaish added.

Dr Kunal Bahrani, Director of Neurology at Fortis Escorts Hospital Faridabad, said, "A brain cyst containing pus, blood, cerebrospinal fluid (CSF) or other tissue materials." "Though usually benign (non-cancerous) and localised, these fluid sacs can cause brain and nervous system problems

that require intervention for common symptoms like headache, nausea, vomiting, balance problems, seizures and vision loss, among others." Headache is a common symptom which is mostly encountered but often ignored. "Hence, regular

checkups, screening and early diagnosis are needed," Dr Bahrani said. Explaining the management of brain cysts, Dr Yashpal Bunde, senior neurosurgeon at Max Super Speciality Hospital in Vaishali, said, "Arachnoid cysts are often drained with the support of imaging. The dermoid and epidermoid cysts are surgically removed. Colloid cysts lead to CSF build-up; therefore, a shunt surgery is performed to treat the symptoms."

"These types of cysts are quite deep in the brain. Therefore, to remove these cysts a special surgery is performed. Pineal cysts often cause no problem and therefore these are managed by watching for any changes," the doctor added.

North India Most-Polluted Region In 2022 Summers: CSE

Press Trust Of India

North India emerged as the most-polluted region in the country in summers this year with Delhi-NCR being the hotspot, according to a new analysis by the Centre for Science and Environment (CSE). The green think-tank said the average PM2.5 concentration in north India in summers stood at 71 microgram per cubic metre.

It was 69 microgram per cubic metre in east India, 54 microgram per cubic metre in west India, and 46 microgram per cubic metre in central India, it said.

Northeast India (35 microgram per cubic metre) and South India (31 microgram per cubic metre) were cleaner compared to other regions, it said.

In north India, Delhi-NCR was found to be the most-polluted sub-region, with Bhiwadi reporting the highest average PM2.5 concentration of 134 microgram per cubic metre. Manesar reported average PM2.5 concentration of 119 microgram per cubic metre, Ghaziabad (101 microgram per cubic metre), Delhi (97 microgram per cubic metre), Gurugram (94 microgram per cubic metre) and Noida (80 microgram per cubic metre), it said.

PM2.5 summer average of Delhi-NCR region is almost three times the average of the cities in southern India.

KASHMIR OBSERVER

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MUSHTAQ KALASH-PURI	KALASHPORA	HABBAKADAL NEWS AGENCY	HAB-BAKADAL
ALTAJ NEWS AGENCY	FATEHKADAL	FAROOQ NEWS AGENCY	GOJWARA
JHEELANI NEWS AGENCY	KHAWAJA BAZAR	DAR NEWS AGENCY	QAMAR-WARI
NAZIR NEWS AGENCY	RAINAWARI	CHANDER NEWS AGENCY	BEMINA
KHALID NEWS AGENCY	HAMDANIYA COLONY	JONSON NEWS AGENCY	SEKIDAFAR
BHAT NEWS AGENCY	JAMALLAITA	SHAFAT NEWS AGENCY	HAWAL
BILAL NEWS AGENCY	KAK SARAI	KHALIQ NEWS AGENCY	NOWSHEH-RA
MUZAFFAR ALI NEWS AGENCY	ALAMGIRI BAZAR	BILAL NEWS AGENCY	NOWSHEH-RA
TARIQ NEWS AGENCY	M.K. CHOWK	MUZAMIL NEWS AGENCY	SOURA
GULZAR NEWS AGENCY	SOURA	SUBHAN NEWS AGENCY	SKIMS SOURA
HASAN NEWS AGENCY	SOURA	NISAR NEWS AGENCY	LAL BAZAR
BASHIR NEWS AGENCY	BUCHPORA	BASHIR NEWS AGENCY	HAZRAT BAL
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ACB Launches Probe Into Construction Works At KU During Former VC's Tenure

Agencies

Srinagar: The Anti-Corruption Bureau (ACB) has launched a probe into the execution of construction works in the University of Kashmir and financial transactions made in the University during the tenure of former Vice Chancellor Prof Talat Ahmad, official documents suggest.

As per the letter, the ACB Srinagar inquiry officer has written to University of Kashmir to furnish information in the preliminary probe being conducted vide MISC-09/2022 of Police Station Anti-Corruption Bureau Srinagar.

"The following information may please be provided within two days positively through return mail. Matter is of urgent nature," the IO's letter to Kashmir University's Departmental Vigilance Officer reads.

According to the letter, the information sought includes total number or construction related works executed during months of Dec-2021 to March 2022 during tenure of Dr Talat as VC University of Kashmir, total number or bills drawn with amount and nature of works to which the bills have been drawn during months of Dec-2021 to March-2022 and whether any inquiry has been conducted by any agency related to the construction or works executed in the University of Kashmir.

The ACB letter to KU comes following series of "serious nature" complaints made to the investigating agency related to alleged financial irregularities at the fag end of the previous financial year in KU.

It has been alleged in the complaints that massive construction works have been taken up in the University without following due codal procedures, the sources said, adding

that the complainants also alleged that many contracts for big construction projects have been given to one particular contractor only.

"There is a serious inquiry going on into several complaints related to the Kashmir University. The ACB will proceed further only after conducting the preliminary verification process which is presently going on," said an official, adding that previously the University had delayed providing the necessary information sought through multiple correspondences, but the information is lately forthcoming which is being evaluated by the IO.

Several other cases related to recruitments, award of degrees and veracity of marks sheets of some top officials are also being probed by the agency, the sources said.

The sources said the ACB is also inquiring into the issue of Ph.D degree awarded to In-Charge Director IT and his marks-sheet of B.E following allegations of violation of norms and furnishing of wrong information therein.

"Many matters related to the Accounts Section are also being probed. One huge payment has been allegedly made to one Director as medical reimbursement against his late mother's medical treatment outside Kashmir in 2019. It is alleged that this official has shown his mother as fully dependent on him when, according to complaint, she has been a school teacher whose husband is presently drawing her pension also," the sources said, adding that details are being sought in each case and law will take its own course based on facts.

"At this stage we can't divulge anything beyond this," the official said.



Martyrdom Anniversary Of Imam Zain-ul-Abideen Observed

Syed Mohammad Burhan

Srinagar: Martyrdom anniversary of Imam Zain-ul-Abideen, the only male survivor from the household of Prophet Muhammad (Pbuh) in the massacre of Karbala was observed on Wednesday across Kashmir with majalis and processions.

Thousands of mourners joined majalis and processions in Srinagar and other districts to pay tributes to the martyred Imam. Also known as Syed al Sajideen or Imam Sajjad (AS) was the son of Imam Hussain (AS) and was 22 and severely ill during the battle of Karbala. He was later taken prisoner and eventually martyred in Madina on 25th of Muharram 95AH at the age 54 by Caliph Al Waleed bin Marwan.

The largest public gathering on the occasion was held at Shalimar in the city outskirts where thousands of black-clad mourners marched beating their chests and reciting soul-stirring elegies for the martyrs of Karbala.

The procession commenced from Chondpora and passed through Arabal and later culminated at Imambargah Gulshan Ali, Shalimar late in the night.

Imam Sajjad despite being extremely unwell followed the call of his father Imam Hussain (A.S.) when no one was left for his assistance on the day of Ashura. But Hazrat Zainab (S.A.) stopped him because he was the only male member of the family of the Prophet (pbuh) left alive

Aga Syed Hassan al Musavi delivered a sermon at the majlis.

"Imam Sajjad despite being extremely unwell followed the call of his father Imam Hussain (A.S.) when no one was left for his assistance on the day of Ashura. But Hazrat Zainab (S.A.) stopped him because he was the only male member of the family of the Prophet (pbuh) left alive.

A daylong mourning ceremony was also held at Doonipora, Zadibal. Later, a procession was taken out from Doonipora to Zadibal in which thousands of mourners participated.

Another major processions were taken out from Mirgund and Chenabal in Pattan area. Maulana Masroor Abbas Ansari delivered a sermon before commencement of procession at Mirgund. Molvi Imran Ansari led a procession in Chenabal.

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

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJBHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- 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	7:10
ISHA	8:35

This Day In History

- 1580- Battle of Alcantara, Spain defeats Portugal
- 1609- Galileo demonstrates his 1st telescope to Venetian lawmakers
- 1628- Assault on sultan of Mantarams of Batavia
- 1654- Battle of Arras: Louis de Bourbon, Prince of Condé, failed to take Arras and withdrew to Cambrai.
- 1689- Battle at Charleroi: Spanish & English armies chase French
- 1804- Alice Meynell becomes 1st woman jockey (England)
- 1814- British forces destroy Library of Congress, containing 3,000 books (War of 1812)
- 1825- Uruguay declares independence from Brazil (National Day)
- 1830- Belgium revolts against Netherlands and begins the Belgian Revolution
- 1886- 1st international polo meet (US vs England)
- 1894- Japanese scientist Shibasaburo Kitasato discovers the infectious agent of the bubonic plague and publishes his findings in The Lancet
- 1912- 1st time an aircraft recovers from a spin
- 1920- Russia suffers a final decisive defeat in the Battle of Warsaw against Poland
- 192- US signs peace treaty with Germany
- 1932- Amelia Earhart completes transcontinental flight
- 1937- Japanese fleet blockades Chinese coast
- 1940- Lithuania, Latvia & Estonia incorporated into Soviet Union
- 1941- British & Russian troops attack pro-German Iran
- 1943- Lord Louis Mountbatten appointed Supreme Allied Commander in SE Asia
- 1944- Paris liberated from Nazi occupation (Freedom Tuesday)
- 1955- Last Soviet forces leave Austria
- 1981- Voyager 2's closest approach to Saturn (63,000 miles/100,000 km)
- 1983- US & USSR sign \$10 billion grain pact
- 1988- Iran & Iraq begin talks to end their 8 year war
- 1988- NASA launches space vehicle S-214
- 1989- After 12-year, 4-billion-mile journey, Voyager 2 flies over cloudtops of Neptune & its moon Triton, sending back photographs of swamps
- 199-1 White-Russia declares its independence
- 1991- Linux was born when Linus Torvalds sent off the email announcing his project to create a new operating system.

From KO Archives

Indira Knew She Was Going To Be Killed: Sonia

NEW DELHI: Indira Gandhi knew that she was going to be killed after the "Operation Blue Star" in 1984 and had had given instruction on her funeral to her family, her daughter-in-law and Congress president Sonia Gandhi revealed today.

Well after "Operation Blue Star" my mother-in-law knew she was going to be killed. She knew that her days were numbered. She had spoken to my son (Rahul) in particular, Sonia Gandhi said in an interview to "Star Talk" programme.

The late Prime Minister then spoke to my husband and I, and gave us instructions on what to do when this would happen, Sonia Gandhi said, adding she gave us instruction on her funeral, on what she wanted to be done.

Sonia Gandhi corroborated what P.C. Alexander had written in a book that she did not want Rajiv Gandhi to become Prime Minister and had literally begged him not to take it up because he would also be killed.

My husband answered "I would be killed in any case," she said. Congress President narrated in detail the moments after the Indira Gandhi was assassinated in her Prime Ministerial residence in 9184 and how she felt when her husband was killed in Spierumbudur in the midst of an election campaign.

Kashmir Observer, August 25, 1999

River Police Saves Two Teenagers From Drowning

Observer News Service

Srinagar: Two teenage boys were rescued by River Police Srinagar from drowning while taking a bath in river Jhelum near Rajbagh area of Srinagar.

An official said that two teenage boys identified as Faeem Nisar Handroo (14) son Nisar Ahmad Handroo of Rajbagh and Ahsan Javaid

son of Javaid Ahmad resident of Kursoo Rajbagh (16), drowned while taking a bath in the Jhelum.

He said that within no time Srinagar River police launched a rescue operation and saved the duo from drowning.

Meanwhile, locals hailed the efforts of River police for their timely action and saving lives of two teenage boys.

The Jammu and Kashmir State Board Of School Education

New Campus Bemina Srinagar
Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost his qualification certificate/s issued, as per below mentioned details:-

Roll No: 3203501
Class : 10th Class

Year & Session: 2019-20 Annual Bi-annual
Registration No: 06NKM300381

Name : Ishfaq Maqbool Lone
Father's Name: M. Maqbool Lone

Mother's Name : Haja Begum
Date of Birth:- 18/04/93

Residenc:- Sangrama Sopore

According to the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 7 days respectively, from the date of publication of this notice.

(Besides the above referred "Qualification / Marks Certificate/s" bearing No: 6022729 betreated as "CANCELLED")
No: F(Cer is-I-DQC)/B/KD/22
Dated 24-08-2022

Assistant Secretary
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KO VIEW

Lingering Heatwave

In yet another indication that the heatwave is wreaking havoc across great swathes of the globe, more than 1,500 people in the area surrounding Chongqing in China were evacuated on Monday after hot and dry conditions sparked multiple wildfires. The country is experiencing the hottest summer on record, threatening the autumn harvest. China has already been hit by flash floods and droughts this summer, a phenomena that scientists are warning could become more frequent due to creeping climate change.

The situation is no better in the rest of the world. Europe, for example, is facing its worst drought in 500 years with two-thirds of the continent under some sort of drought warning. Some of its biggest rivers have been reduced to shallow streams, hitting power generation. The latest report from the Global Drought Observatory has 47 percent of the continent in "warning" conditions. Similarly, another 17 percent is on alert which means that the vegetation is showing signs of stress. England has officially declared drought in several regions, in what's considered a "false autumn" due to the heat.

This is ushering in a nightmarish scenario. And by all accounts, the situation is likely to worsen in the months to come. Since April, India and Pakistan have suffered extreme spring heatwaves. The unprecedented April temperatures have led to critical water and electricity shortages. North-west and central India experienced the hottest April in 122 years and in Pakistan's Jacobabad, a city in Sindh province, the temperature hit recently, one of the highest April temperatures ever recorded in the world. In Kashmir too, we had a surprisingly warm March and April, the two months which otherwise used to be drenched in rain and the consequent cold. The unduly warm March, April and May have caused deep concern about the creeping climate change, which is changing the nature of the seasons. Though this should cause alarm, it isn't. Or at least to the extent where it could matter. India, Pakistan and Bangladesh between them are home to around 1.7 billion people and any disruption in the climate pattern could severely impact them. So, the three countries, as well as other countries in the region need to wake up and work toward a global response to the looming catastrophe.

There is thus an urgent need for the world to come together and take remedial measures to pre-empt the catastrophe and the COP26 summit did play an important role in this direction. In Kashmir too, climate change has led to considerable changes in weather patterns. Triggering alarm bells is the slowly shrinking glaciers that are the source of the Valley's water bodies. But the factors causing climate change are global in nature and so any effort to reverse the damage has to be backed by the world. And this should be done sooner than later. The time is running out fast.

OTHER OPINION

Reviewing remission

The remission was based on a direction from a two-judge Bench of the Supreme Court on a petition by one of the convicts. The question to be decided was whether the Gujarat government or the Maharashtra government was the appropriate government for considering their plea for remission. The Court ruled that the State government of Gujarat, where the crime occurred, should consider the matter, and not Maharashtra, the State to which the trial was transferred by the Supreme Court to ensure an impartial trial. While passing this order, the Bench also said the remission should be considered under a policy framed in July 1992, as that was the prevailing policy on the date of their 2008 conviction. This meant that the bar on granting remission to those convicted for murder and rape, found in the current policy, will not apply to these convicts.

There are at least two grounds on which the remission order appears illegal. First, the State government made a decision on its own without consulting with the Centre. Under Section 435 of the Code of Criminal Procedure, such consultation with the Centre is mandatory in cases probed by the CBI. Further, the composition of the committee that recommended remission for the convicts consisted of two BJP legislators. Ideally, a remission panel should comprise senior government officials in charge of home or law, a district judge, the prison superintendent, and officers who deal with probation and rehabilitation of offenders. The presence of political members certainly vitiates its decision. Further, it appears that the objection of the district judge concerned was disregarded, casting a shadow on the legitimacy of the remission. It will be appropriate if the Supreme Court constitutes a Bench of sufficient size to reconsider judgments that allow the remission policy obtaining on the date of conviction, instead of the policy currently in force; as well as decide the question of whether the 'appropriate government' should be the one in the State where the crime took place, or the State to which the trial was transferred on judicial orders. It can also spell out the contours of a rational remission policy, one that will be informed by humanitarian considerations as well as the scope for reform of the offenders and their sense of remorse.

The Hindu

Fourth Taiwan Crisis And China's Strategic Culture

Anuraag Khaund

The current Taiwan crisis sparked by the recent visit of Speaker of the US House of Representatives Nancy Pelosi's visit to Taipei on 2 August, 2022 led to the Chinese response consisting of strong worded statements prior to the visit and later military and live missile drills around the island nation. The response was expected given the sensitivity of the issue of Taiwan for China which sees the island as a renegade province and by extension tied to Beijing's sovereignty and territorial integrity. However, a closer look in the statements and the actions by Beijing would appear to be following certain tenets of the Chinese strategic culture. The article is an attempt at briefly teasing out the central features of Chinese strategic culture, as outlined by American scholar Andrew Scobell, in the Beijing's response to Pelosi's visit.

At the same time, the US is accused of 'constantly distorting, obscuring and hollowing out the One-China Principle' or in other words portrayed as a dishonest power that does not adhere to the 1979 Joint Communiqué (in other words an unjust power)

As per American political scientist Allen Whiting (quoted by Scobell) strategic culture or cultural image refers to 'the preconceived stereotype of the strategic disposition of another nation, state, or people that is derived from a selective interpretation of history, traditions and self-image'. In other words, the strategic culture of any nation-state is tied to its perception of the past and on this count, China is no different from any other nation. On hearing Chinese strategy, undeniably the most important figure who comes to mind is the 6th century BCE general and strategist Sun Tzu whose classic text *The Art of War* continues to influence thinking on military strategy and tactics. However, Sun Tzu can be contrasted from other military thinkers in the sense that *The Art of War* focuses not much on actual military fighting but more on strategies centered around deception and psychological warfare. This can be highlighted from the lines of the text by Sun Tzu who states that 'The Skilful Strategist defeats the enemy without doing battle, Captures the city without laying siege Overpowers the enemy state without protracted warfare'. Here, the focus is more on winning without having to or using minimal force as compared to military engagement in the field. This attitude was evident in Mao's explanation of the First Taiwan Crisis of 1954 to Soviet leader Nikita Khrushchev by stating that the Chinese shelling of the Quemoy and Matsu islands was to 'show our (Beijing's armed) potential' in order to deter the Nationalist government in Taiwan from seeking complete independence in view of the increasing US support to the latter than to occupy the islands an instance of psychological rather than physical warfare. The recent drills around Taiwan, despite the analogies with the Russian invasion of Ukraine, can be seen as Beijing's psychological warfare tactics or Sun Tzu's 'winning without fighting' strategy at play through an intimidating display of its naval and air power as well as missile strength in order to make the world believe in China's capacity for military reunification of the island as well as by raising the ante to deter Washington from making similar 'mistakes'. Yet domestic concerns such as economic slowdown and the public resentment over the Zero-COVID policy and most importantly the upcoming 20th Party Congress in October (important for President Xi Jinping where he would make a bid for an unprecedented third term) would curtail Beijing's nationalistic ambitions for the time being.

Secondly, Scobell says that the Chinese strategic culture can be described as the 'Cult of Defense' given the Chinese perception of their strategic culture being pacifist, non-expansionist and defensive in nature as opposed to the 'maritime' colonizing strategic culture of the West (Europe and now, the US). Among the guiding principles for external security listed



by Scobell which justify the use of aggression in Chinese strategic culture are the related ideas of 'Just War' and 'National Unification'. The idea of just or righteous war (yizhan) can be traced back to the time of Confucius which refers to wars or battles that are fought for just causes such as against tyranny and oppression as well as protecting the boundaries of Chinese civilization or achieving 'unification' as opposed to unjust wars fought for territorial expansion or conquest. Associated with just war is the idea of national unification, which can be traced to the Chinese Century of Humiliation (1842-1949) when the Qing Empire or the 'Chinese civilization' was divided into several parts by foreign Western powers and hence 'renegade provinces' like Taiwan had to unified with the Chinese nation. Taken together, the achievement of 'national unification' with Taiwan justified the use of force if necessary (just war). While statements about military action have not been made explicitly, yet the usage of phrases such as 'There is but one China in the world, Taiwan is an inalienable part of China's territory' and reference to US attempts at 'obfuscating China's reunification and... undermining China's development and re-vitalization' by Sun Weidong, Beijing's ambassador to India can be seen as expression of the idea of 'national unification' which, as seen earlier justified a 'just war' on the part of China (mentioned as 'necessary countermeasures to... safeguard sovereignty and territorial integrity'). The 'justness' of any military action on the part of China or the defensive nature of its actions with Taiwan has also been highlighted by contrasting it with the actions of US who is the 'biggest destroyer of peace' as per Sun given its 'unscrupulous behaviour and retrogressive moves' in the Taiwan Straits which has put the world at 'knife's edge'. At the same time, the US is accused of 'constantly distorting, obscuring and hollowing out the One-China Principle' or in other words portrayed as a dishonest power that does not adhere to the 1979 Joint Communiqué (in other words an unjust power). In addition, Washington has also been accused by Chinese Foreign Minister Wang Yi of acting in 'bad faith' and interfering in the 'internal matter of China' (Taiwan) as well as using the island 'to contain China'. Hence, in such a context of the actions of an 'unjust power' or aggressor like the United States against the 'national unification' of China and Taiwan, Beijing's 'just war' or military drills in the Taiwan Straits is justified as per the Chinese strategic culture.

Finally, the most important aspect of China's strategic culture is the idea of 'Active Defense'. Active Defense (jiji fangyu) is a relatively new concept which is marked by the 'organic integration of offense and defense' which implies the 'achievement of the strategic goal of defense by active offense' or striking first. In other words, as per 'active defense', the defense is achieved by the striking the enemy first before the latter could make the first move. While this would amount to 'offense', yet the offense in this case was not carried out

to capture territory or conquer any country, but to disable the enemy from launching an attack or invasion by first attacking the latter's capabilities. The idea of 'active defense' was used to justify the military offensives against India (1962) and Vietnam (1979) as 'defensive actions' notwithstanding the fact that it was Beijing who made the first move. While the concept of 'Active Defense' has not been evident in the statements of Wang Yi, Sun Weidong or the Ministry of Foreign Affairs of China, yet its possible invocation for a 'military action' by China against Taiwan cannot be ruled out. Active Defense in the case of Taiwan can be justified by Chinese reference to US's attempts at 'playing the Taiwan Card' and 'using Taiwan to contain China' i.e., Washington's actions which pose a major threat to Chinese security interests thereby necessitating the first strike against the island. At this point, such an idea might appear alarmist or simply hysterical given the domestic costs of such Chinese major military action mentioned above or the 'responses' being limited only to show of strength through military drills. Yet, the statements by Xi Jinping about 'complete reunification of the motherland (which)... will be fulfilled' and pledge to 'smash' any attempts at Taiwanese independence (while stressing for 'peaceful reunification') in 2021 as well as the description of the recent Pelosi visit as 'playing with fire' by Sun Weidong can be seen as subtle references to Beijing's intent for use of force, if necessary, in the future. Such future action might be justified by the doctrine of 'active defense' if the US continues and deepens its engagement with Taiwan.

While the ideas outlined above might not manifest in near future, yet the increasing 'wolf-warrior' or aggressive nature of Chinese diplomacy as well as the actions of current President Xi Jinping who seeks to cement his legacy by achieving 'complete reunification' do not entirely rule the possibility. Finally, Sun Tzu had stated that 'War is a grave affair of the state... a road to survival and extinction (of the state), a matter to be pondered carefully' and hence 'The enlightened ruler is prudent; The effective general is cautious...'. In view of current domestic as well as external constraints, China might exercise restraint (ponder carefully) given the high costs of military reunification of Taiwan (matter of survival and extinction) with the Xi regime acting as a 'prudent ruler'. Yet Sun Tzu's maxim of the victorious army being 'victorious first and seek (ing) battle later' or the application of psychological warfare before military power should not blind us to China's intent for using the latter when the right time and opportunity arrives.

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

The author is MA Politics and International Relations (PIR), Central University of Gujarat (CUG)



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

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The Traffic Hellhole – Srinagar

THROUGH the column of this reputable paper, I want to bring to your attention the repercussions of traffic menace in Srinagar city. Through a commoner's view, the traffic system in the city seems haphazard, as if lacking any arrangement or organisation. Yesterday itself, almost every route in the city was blocked and jammed due to excessive traffic and no surveillance and lack of manage-

ment. Recently, traffic lights have been installed across the city but it is unfortunate how no one seems to adhere to them. It is even more tragic how no authority or members of the traffic police department are seen to be authorising and making sure traffic rules are followed.

Traffic jams result in wastage of time, and wastage of fuel especially when fuel prices are rocketing every other day, making it harder for com-

mon people to afford it.

When all routes in Srinagar were jammed yesterday, almost no escort from the traffic police department was seen to be diverting the traffic to clear the jam. As a matter of fact, at most of the places it was the local boys who did the job. It is as if the traffic police department does not exist at all. People were stuck in the traffic jams for hours altogether, but no stern action was taken by the de-

partment which only portrays their incompetence in tackling such situations.

Adherence of traffic rules should be made sure by hook or by crook. The department must realise their responsibility and find ways to fill the loopholes. I hope you analyse the situation and act upon it.

Sarah Koul
kousarah@gmail.com

The Obesity Epidemic

Richard Johnson

Scientific studies and media coverage are rife with warnings on how sugar, carbohydrates, saturated fat and lack of exercise contribute to obesity. And tens of millions of Americans are still overweight or obese in large part because of the classic Western diet and lifestyle.

As an educator, researcher and professor of medicine, I have spent more than 20 years investigating the causes of obesity, as well as related conditions such as diabetes, high blood pressure and chronic kidney disease.

Throughout my many years of studying obesity and related health conditions, I've observed that relatively little is said about two significant pieces of this very complex puzzle: lack of hydration and excessive salt intake. Both are known to contribute to obesity.

LESSONS LEARNED FROM A DESERT SAND RAT

Nature provides a clue to the role these factors play with the desert sand rat *Psammomys obesus*, a half-pound rodent with a high-pitched squeak that lives in the salty marshes and deserts of Northern Africa. It survives, barely, by eating the stems of *Salicornia* – the glasswort – a plant that looks a bit like asparagus.

Although low in nutrients, the glasswort's fleshy, succulent sap is filled with water that's rich in salt, at concentrations as high as what's found in seawater.

Recent studies have provided new insights into why the desert sand rat might crave the salty sap of glasswort. Although this has not yet been proven specifically in the sand rat, it is likely that a high-salt diet helps the sand rat convert the relatively low amount of carbohydrates it's ingesting into fructose, a type of sugar that occurs naturally in fruits, honey and some vegetables.

This helps the animal survive when food and fresh water are sparse. This is because fructose activates a "survival switch" that stimulates foraging, food intake and the storage of fat and carbohydrates that protect the animal from starvation.

However, when the rat is brought into captivity and given the common rodent diet of about 50% carbohydrates, it rapidly develops obesity and diabetes. But if given fresh vegetables low in starchy carbohydrates, the rodent remains lean.



“To be clear, fat does not contain water. But when fat breaks down, it generates water in the body. The amount produced is substantial, and roughly equivalent to the amount of fat burned. It's so significant that some animals rely on fat to provide water during times when it's not available

My research, and the research of many other scientists over the decades, shows that many Americans unwittingly behave much like a captive desert sand rat, although few are in settings where food and water are limited. They are constantly activating the survival switch.

FRUCTOSE AND OUR DIETS

As mentioned, fructose, a simple sugar, appears to have a key role in activating this survival switch that leads to fat production.

Small amounts of fructose, like that found in an individual fruit, are not the problem – rather it is excessive amounts of fructose that are problematic for human health. Most

of us get our fructose from table sugar and high-fructose corn syrup. Intake of these two sugars totals approximately 15% of calories in the average American diet.

These sugars encourage people to eat more, which can lead to weight gain, fat accumulation and prediabetes.

Our bodies also make fructose on their own – and experimental studies suggest it may be enough to trigger the development of obesity.

Since fructose is made from glucose, production of fructose increases when blood glucose levels are high. This process happens when we eat a lot of rice, cereal, potatoes and white bread; those are carbs

that rapidly release glucose into the blood rapidly.

And notably, fructose production can also be stimulated by dehydration, which drives fat production.

FAT PROVIDES WATER

Fat has two major functions. The first one, which is well known, is to store calories for a later time when food is unavailable.

The other major but lesser-known function of fat is to provide water.

To be clear, fat does not contain water. But when fat breaks down, it generates water in the body. The amount produced is substantial, and roughly equivalent to the amount of fat burned. It's so significant that

some animals rely on fat to provide water during times when it's not available.

Whales are but one example. While they drink some seawater, they get most of their water from the foods they eat. And when they go for extended periods without food, they get their water primarily by metabolizing fat.

HOLD THE FRIES

The role of dehydration as a contributor to obesity should not be underestimated. It commonly occurs after eating salty foods. Both dehydration and salt consumption lead to the production of fructose and fat.

This is why salty french fries are

especially fattening. The salt causes a dehydration-like state that encourages the conversion of the starch in the french fry to fructose.

What's more, studies show most people who are overweight or obese don't drink enough water. They are far more likely to be dehydrated than those who are lean. Their salt intake is also very high compared with lean people's.

Research shows that people with obesity frequently have high levels of vasopressin, a hormone that helps the kidneys hold water to regulate urine volume.

But recent studies suggest vasopressin has another purpose, which is to stimulate fat production.

For someone at risk of dehydration or starvation, vasopressin may have a real survival benefit. But for those not at risk, vasopressin could drive most of the metabolic effects of excess fructose, like weight gain, fat accumulation, fatty liver and prediabetes.

DRINKING MORE WATER

So does this mean drinking more water can help us lose weight? The medical community has often scoffed at the assertion. However, our research team found that giving mice more water slowed weight gain and the development of prediabetes, even when the mice had diets rich in sugar and fat.

There is also increasing evidence that most people drink too little water in general, and increasing water intake may help people who are obese lose weight.

That's why I encourage drinking eight tall glasses of water a day. And eight is likely enough; don't assume more is better. There have been cases of people drinking so much that "water intoxication" occurs. This is particularly a problem with people who have heart, kidney or liver conditions, as well as those who have had recent surgery or are long-distance runners. It's always good to first check with your doctor about water intake.

For the desert sand rat, and for our ancestors who scavenged for food, a high-salt and limited-water diet made sense. But human beings no longer live that way. These simple measures – drinking more water and reducing salt intake – offer cheap, easy and healthy strategies that may prevent or treat obesity.

By arrangements with The Conversation

What Birds Can Teach Us About Getting Closer to Allah

SOUKEYNA OSEI-BONSU

What kind of bird are you? Medieval theologian Ibn al-Qayyim is quoted as saying:

"The heart on its path to Allah the Almighty is like a bird, where love is its head, and fear and hope are its wings."

Certainly, this illustrates the equilibrium that must be in force for us to balance and soar through the pomp of this life to reach God. It is interesting to note in this parable that without these three components the bird would lose its bearing or even worse collapse earthward and be destroyed.

Using Ibn al-Qayyim's simile, it is also interesting to note that even migratory birds at times must rest. Even tired birds at times crossing great swaths of ocean rest mid-flight or take a stopover. To quote bird enthusiast Jennie Miller:

"Fatigued and famished from a night of flying, a migrating bird navigates vast tracts of terrain in search of a site with ample food, suitable shelter, and few competitors or predators. These stopover sites play a crucial role in a bird's survival by serving as pit stops where it can rest and refuel for a few hours or days before moving onward. In fact, stopover sites are so critical for bird recovery that during migration birds actually spend more time on the ground than in the air."

This brings me to the title of this article.

Mastering the nafs 'self' and disciplining the soul is very much about ascertaining what kind of bird you happen to be. There is 'the ruby-throated hummingbird [which] travels non-stop for 24 hours across 965km of open ocean from the US Gulf Coast to the Yucatan Peninsula in Mexico' [1], then there are seabirds who often take breaks on the sea to feed and rest [2] still, in the end, reaching their destination.

When navigating between this life of hollow material and the unseen

world of dhikr, angels, Jinn, Divine decree and inexhaustible knowledge, we must know primarily what kind of bird we were uniquely created to be. Are we birds like the companion of the Prophet ﷺ Lady Fidda al-Nubiyya who only spoke using Qur'an and thus flashed by through this life to the next in the fast lane?

Are we like Abu Bakr al-Siddiq (may God be pleased with him) who used his days for establishing the truth and spreading his wealth and the cover of the night for secretly serving the downtrodden? Or are we instead like the Sahabi (companion of Prophet Muhammad ﷺ) who asked the Prophet ﷺ what he had to do to attain the next life, followed the Prophet's ﷺ instructions to fulfil the basics and was proclaimed by the Prophet ﷺ to be a man of paradise?

What kind of bird are we? Will we race through this life without resting in this world or will we consciously take stopovers in this world whilst flying to the next?

It is up to us to determine our capacities and capabilities and to establish which route we will take to the next. And it is up to us to reach the destination.

Dhikr as a vehicle: how do we journey towards Allah?

The feet are planted in this life and the heart looks up to God. The feet walk to work to earn a living but the heart is facing Divine Light. The mouth laughs and eyes fill with mirthful tears amongst friends; the body explores this life and enjoys what it has to offer but the heart must be turned to face the truth.

The question remains: how do we practically journey each day and migrate the heart towards God?

The primary vehicle we can use to travel is Dhikr (remembrance of Allah). The vehicle of Dhikr is to plant a tree. To garden and cultivate soil your eyes have not yet seen. The word that leaves your mouth is a seed and your efforts are watering and pruning the plant. To protect



your deeds from ostentation is to protect the seedling from the elements. Dhikr is the garden and the gardener. Seed and sower. Pursuing the truth is keeping the trees you have planted free from disease, demise and destruction.

The heart turns relentlessly and it is important to compel it to face God in prayer and before falling asleep when our soul partially leaves our body and we experience an almost-death. Especially before sleep as actions are judged by their endings and witnessing the break of dawn is never promised.

If you have returned home in this world after a hard day's work and want your heart to enter the next

before you fall asleep, one certain way is to make Dhikr of God until you attain Firasah (discernment) and Basirah (insight).

Dhikr of God is not a mindless exercise of the mouth. Rather it is a crane which lifts the heart and turns it back to its origin. It is also the tarmac and cement through which the next life is built, through which forests are planted in that unseen realm as well as means of returning spiritual vision.

Dhikr is a voyage and a sharpener of sight, a means through which we stay awake and alert, vigilant and posted at our stations. We are the soldiers of Allah. Dhikr is your superior telling you to stay at your post,

to outlive this war raging between you and your soul, and to fulfil your Divinely appointed duty of being a steward on earth.

How to fly again after an Iman dip? So, you have determined what kind of bird you are and resultantly what kind of route you will be taking to Allah. You have been travelling through the vehicle of Dhikr to the unseen world every day but you still get caught up in this life or fall into the schism between this and the next. How do fallen birds take flight again?

The solution is to avoid all the avenues to blindness. The primary remover of sight is sin. Sin will rust the heart, cause it to become heavy,

take away the sweetness of faith, and cause you to languish in this world. Sight is regained as worded by Sheikh Omar Suleiman 'by a relentless commitment to the truth'. If your reality has darkened and you are wading through suffocating covers of darkness unable to see a light to the truth, Dhikr of Allah will guide you out of that terrain and into the unseen realm of the real reality again.

Balancing as we soar Navigating between the two lives can feel confusing. Being in this world too much can lead to forgetting the next and thus feeling waves of overwhelming shock when you finally remember it and the extent of your heedlessness. The same is true for the opposite. If you are a bird that needs to take a stopover and you are flying in the next world for too long then returning to the hollow Dunya (earth) can be equally as shocking and lead to debilitating confusion when realising that the masses believe its deception.

As Muslims, we take the middle path. If you are in this world for too long, pick up your Tasbeeh (prayer beads) and travel to the next. If you are in the unseen world for too long and the weight of the truth is becoming too much for you to withstand, stay a little in this world. The two worlds are where we reside. The body in this one and the soul in the next.

Oftentimes, we want to be the hummingbird that crosses the ocean in one flight under the cover of the darkest night. This is essentially not our route, but the route of the pious predecessors. We cannot completely abandon this life. Despite the fragility of this accommodation, it is still accommodation. Even if we have set up shop and home on a spider's web it is still home, liable to be blown into the wind but home for now. Living on a precipice is not easy but take heart and be patient...our final abode awaits.

- Amaliah

Issue Of Freebies Serious, Why Can't Centre Call For All-Party Meeting: SC

Press Trust of India

New Delhi: The Supreme Court on Wednesday said there must be a "debate" on the "serious" issue relating to the practice of political parties promising freebies and asked why cannot the Centre call for an all-party meeting on it.

The apex court said until and unless there is a unanimous decision among political parties that freebies are going to destroy the economy and have to be stopped, nothing can happen as it is only political parties that would make such promises and contest elections and not individuals.

"Why do not the Government of India call for an all-party meeting?" the top court said.

"There must be a debate. The issue is serious, there is no doubt about it. The question is, why do not all political parties meet and the Government of India call for a meeting," it observed.

The observations by a bench comprising Chief Justice N V Ramana and Justices Hima Kohli and C T Ravikumar came while it was deliberating on a plea opposing promises of such handouts by the parties during polls.

At the outset, senior advocate Vikas Singh, appearing for petitioner Ashwini Kumar Upadhyay, suggested that a retired judge of the apex court like former CJI R M Lodha should be the chairman of the committee proposed to be constituted on this aspect.

However, Justice Ramana observed, "a person who retires or who is going to retire has no value in this country. That is the problem."

Singh said ultimately, it is the personality and the position that one has held which makes the difference.

Advocate Prashant Bhushan said that he has filed an intervention on behalf of the NGO 'Centre for Public Interest Litigation'.

Bhushan argued that they have said three kinds of freebies must be prohibited -- those which are discriminatory or which violate fundamental rights, those which are against public policy, and those which are rolled out

immediately before the election, like in the last six months before the polls, by the ruling party.

Solicitor General Tushar Mehta said there are political parties, which may not be in power in the state or the Centre, and are rolling out such promises.

"The focal point is would the voter have an atmosphere where he can take an informed decision. It is not a question of ruling or losing a party. Can you promise the moon to get elected?" Mehta said.

As the bench asked why the Government of India cannot call for an all-party meeting on the issue, Mehta said the political parties are already there before the apex court claiming that this is their right.

"There are some political parties who think it is their fundamental right to offer freebies and have come to power by only offering freebies," the solicitor general argued.

The bench observed that the biggest problem is, who will head the committee.

"Ultimately it is only political parties which will make promises and contest elections, not individuals. Suppose, if I contest, I may not even get ten votes," the CJI said, adding that individuals do not have much importance in the present system and that is how our democracy is.

During the hearing, the 2013 judgement delivered by a two-judge bench of the apex court in the S Subramaniam Balaji vs The Government of Tamil Nadu and others was referred before the bench and it was argued that this verdict required reconsideration.

In the 2013 judgement, the court noted that after examining and considering the parameters laid in section 123 of the Representation of People Act, it arrived at a conclusion that the promises in the election manifesto cannot be read into section 123 for declaring it to be a corrupt practice.

The bench said that it would look into that judgement and would consider constituting a three-judge bench.

Restoration Of Hindu, Jain Deities Inside Qutub Minar Complex: ASI Opposes Intervention Before Court

Press Trust of India

New Delhi: The Archaeological Survey of India (ASI) on Wednesday opposed a plea before a Delhi court claiming ownership of Qutub Minar property, saying the intervention petition was baseless and devoid of any logical or legal reasoning.

The court was hearing a plea claiming that the intervenor was a necessary party in an appeal seeking the restoration of deities inside the alleged temple complex within Qutub Minar property.

The petition filed on June 9 claimed that Kunwar Mahender Dhawaj Pratap Singh was an heir of the United Province of Agra and the owner of lands in several cities in and around Delhi, including the property of Qutub Minar.

The ASI said that the plea was insufficient to assert any right in the present appeal and the intervenor's claim of ownership of lands in and around Delhi was not raised before any court of law since 1947.

As the time to file a case for recovery or possession or injunction had expired by several decades, the claim of ownership and the right to the prevention of interference in his property had lapsed by the principle of delay and laches, the ASI said.

When Qutub Minar was declared a protected monument in 1913 as per law, no one raised objections and the period of limitation had lapsed many times over, the ASI said.

It further said that the intervenor did not challenge the ownership of land and claim possession.

Also, the intervenor did not implead the representative owners of land for the centre and state, the Land & Development Office (L&DO) and Delhi Development Authority (DDA) respectively, the ASI said.

The objections could only be resolved by an independent suit along with the necessary parties as defendants for redressal of disputes, the ASI said.

Hence, the plea to be joined as a necessary party in the appeal is baseless and devoid of any logical or legal reasoning and hence opposed, the ASI said.

Taking note of the absence of the counsel of the intervenor and providing one last opportunity for the counsel for making arguments, Additional District Judge Dinesh Kumar posted the matter for further hearing on September 13.

Before the filing of the current petition, the court had earlier reserved an order on the appeal against a trial court order,

dismissing the suit filed by advocate Hari Shankar Jain on behalf of Jain deity Tirthankar Lord Rishabh Dev, claiming that 27 temples were partly demolished by Qutubdin Aibak, a general in the army of Mohammad Gauri, and Quwwat-ul-Islam Mosque was raised inside the complex by reusing the material.

Along with the restoration of deities within the alleged temple complex, the original suit had also sought the issuance of directions to the central government for framing a scheme of administration and creating a trust to maintain the property, worship, and conduct puja as per the relevant provisions of the Archaeological Monuments and Archaeological Sites and Remains (AMSAR) Act, 1958.

Civil Judge Neha Sharma rejected the suit in December 2021, saying as per the provisions of law and relevant government notification, the ownership of the property was with the government, and the plaintiffs did not have any right to claim restoration and right to religious worship.

The judge also observed that wrongs committed in the past cannot be the basis for disturbing the peace of our present and future.

Tata Neu And HDFC Bank Partner To Create Co-Branded Credit Cards

Agenceis

Srinagar: Tata Neu and HDFC Bank today announced a partnership to launch one of India's most rewarding co-branded credit cards. The card will be launched in two variants: Tata Neu Plus HDFC Bank Credit Card and Tata Neu Infinity HDFC Bank Credit Card. Tata Neu customers can apply for the credit card through the Tata Neu app and access key details of the card through the app while enjoying a simple and even more rewarding experience. Both variants of the card will be available on both RuPay and Visa networks.

What sets the card apart is that it will enable customers to earn rewards on all spending, both online and in-store in the form of NeuCoins (1 NeuCoin = INR 1). Customers will earn 2% NeuCoins with Tata Neu Plus HDFC Bank Credit Card, and 5% NeuCoins with Tata Neu Infinity HDFC Bank Credit Card on all purchases on partner Tata brands, both online and in-store. For domestic and international purchases outside of partner Tata brands, customers will earn 1% and 1.5% NeuCoins on the respective card variants.

The cards will further boost existing rewards for Tata

Neu customers on every purchase made through Tata Neu. Combined with existing Tata Neu benefits of 5% NeuCoins, a customer can now earn a total of 7% or 10% of the value of their spends on the Tata Neu app depending on the card variant.

Commenting on the partnership, Modan Saha, CEO, Financial Services, Tata Digital said, "We are delighted to partner with one of India's largest financial institutions - HDFC Bank - to offer our customers a credit card that will make their shopping experience even more rewarding. Customers will have a wide range of categories to choose from including grocery, travel, electronics, fashion, health, and wellness."

Parag Rao, Group Head-Payment Business, Consumer Finance Technology and Digital Banking, HDFC Bank said, "We are delighted to partner with Tata Digital on this exciting proposition that has brought together so many of their leading brands under the ambit of the Tata Neu app. Our range of cards will further enhance the shopping experience for customers, allowing them to redeem extraordinary rewards against a host of products ranging from groceries to flights."

PM Modi Making Efforts To Topple Delhi Govt, Alleges AAP; BJP Hits Back

Press Trust of India

New Delhi: Amid a political slugfest, the AAP Wednesday accused Prime Minister Narendra Modi of making efforts to topple the Delhi government "by hook or by crook", claiming that the BJP approached its four MLAs with an offer of Rs 20 crore to join the saffron party.

The BJP mocked the allegations, with its spokesperson Sambit Patra, saying, "They may have got such offers from liquor mafia. Why do not they tell the names of persons who approached them?"

Chief Minister Arvind Kejriwal has called a meeting of the Political Affairs Committee of the Aam Aadmi Party (AAP) to discuss the "serious issue" at his

residence later in the day.

The Congress attacked the AAP over alleged irregularities in its excise policy in Delhi, saying Kejriwal and his deputy Manish Sisodia should get the Bharat Ratna if there is a new category for corruption.

Earlier this week, Sisodia had claimed that he was offered the chief minister's post in Delhi by the BJP, with a promise to also withdraw the CBI and ED cases against him, if he quit the party.

Triggering a fresh row and further intensifying the face-off between the two parties, AAP's national spokesperson and Rajya Sabha MP Sanjay Singh said the MLAs -- Ajay Dutt, Sanjeev Jha, Somnath Bharati and Kuldeep Kumar -- have been approached by leaders of the Bharatiya

Janata Party (BJP) with whom they have "friendly relations".

Taking to Twitter, Kejriwal said it is "a very serious matter" and a meeting of the party's Political Affairs Committee (PAC) has been convened at his residence at 4 pm to "take stock of the situation and chalk out further strategy".

"They (the four AAP legislators) have been offered Rs 20 crore each if they join the BJP and Rs 25 crore if they bring other MLAs along with them," AAP national spokesperson Singh said.

"They (BJP leaders) told our MLAs that if they do not accept the offer and join the BJP, they will also have to face false cases, the CBI and the ED, like (Delhi Deputy Chief Minister) Manish Sisodia is facing," he added.

Singh accused Prime Minister Narendra Modi of making efforts to bring AAP legislators into the BJP-fold "by hook or by crook" and topple the Kejriwal government.

"Modiji is trying to make AAP MLAs break away from the party and topple the Delhi government by misusing probe agencies, sending his people to offer money to them and threaten them of consequences if they do not switch sides," he said.

Singh claimed that the BJP leaders with whom Dutt, Jha, Bharati and Kumar have "friendly relations" came to meet them with the saffron party's "offer".

"The experiment that was successful (in the case of Shiv Sena MLA Eknath Shinde in Maharashtra) and failed in the

case of Manish Sisodia is now being tried on our MLAs," he said.

"Shame on you Modiji," Singh said and asked the prime minister to "stop" making such efforts and focus on addressing issues like price rise and unemployment that the country is facing.

AAP MLAs can neither be intimidated nor lured by money for switching sides as they have come out of a "movement", the Rajya Sabha member asserted while referring to the Anna Hazare-led India Against Corruption movement of 2011 during the days of the Congress-led United Progressive Alliance (UPA) government at the Centre.

The four AAP MLAs who have allegedly been approached by the BJP were also present at the press conference.

CONTD. FROM FRONT PAGE

Heat Wave Damaged

temperature across land and ocean surface areas in 2021 was 1.12°C higher than the twentieth-century average.

In J&K also, heat waves are becoming extremely intense and frequent leading to losses in agricultural productivity. The Sixth Assessment Report of the IPCC has also reiterated that Climate change is real and its impact is being felt throughout the globe.

In 2019, experts predicted that the irrigated rice, wheat and mustard production in J&K may be reduced by 6%, 4% and 4%, respectively. The deficit in food production in the Kashmir region had reached 40% in 2019, while the deficit was 30% in vegetable production and 69% in oilseed production, putting food security at a greater risk.

As per ICAR, several districts of J&K have been experiencing heat waves for more than five days for the past few years. As per the data, from 2011-2019, Kupwara's average days of heat-wave per year was 17.33, Bandipora 17.11, Baramulla 17.11, Ganderbal 17.11, Srinagar 17.11, Northern Areas 15.67, Badgam 15.56, Pulwama 15.56, Kishtwar 14.11, Anantnag 13.78 and Kargil 11.56.

The report also said that the heat-waves in 2022 were the deadliest as it started very early and extended for a longer period this year. During 2022, from 4th week of February to 3rd week of May, it was observed that unusually the winter rains have missed in the Jammu & Kashmir and the rainfall deviations have almost reached -100% from March 17-23 onwards till 20-26 April 2022, the report stated.

"Later, a slight increase in rainfall was observed but still deficient conditions of rainfall prevailed with rainfall deviation ranging from -62 to -100% was recorded during May 12 to 18. This triggered dryness in the environment and flow of hot desert winds caused the maximum temperatures to reach heat wave conditions," the report observed.

As per the report, weekly temperature deviation maps of meteorological subdivisions Jammu & Kashmir, Himachal Pradesh, Uttarakhand, Punjab, Haryana-Chandigarh-Delhi, West Uttar Pradesh, West Rajasthan, East Rajasthan, West Madhya Pradesh and East Madhya Pradesh were prepared from 3 March to 25 May 2022

and Higher temperatures were observed in almost all the subdivisions from 3-9 March to 12-18 May.

"Maximum deviation in temperature was observed during the 7-13 April in Uttarakhand, Himachal Pradesh (9.8 degree celsius), Jammu Kashmir (9.1 degree celsius), Haryana, Chandigarh & Delhi (9.0 degree celsius) and Punjab (8.0 degree celsius)," the report said.

Police Raid Houses

High Court judge Justice Javed Iqbal Wani.

Advocate Qadri was shot dead by militants inside his residence in the city's Hawal area in September 2020.

Qadri, who was a vocal critic of the bar association leadership, particularly of Qayoom, had claimed threat to his life three days before he was shot dead.

According to police, Lashkar-e-Taiba (LeT) commander Saqib Manzoor, who was killed in an encounter last year, was responsible for Qadri's killing. Police have filed a charge sheet against five persons who are facing trial in the case.

The searches were conducted during further investigation in the case wherein certain new evidences came up that have the potential to unravel the conspiracy part in this killing, the spokesman added.

NC Hints At

has failed to address our core concerns on the issue," he said.

According to the spokesperson, the party Vice President Omar Abdullah in his response acknowledged the concerns raised by the participants and reiterated that the interest of the people of J&K and JKNC will be safeguarded.

Omar, he said, also stated that people of Jammu and Kashmir are best equipped to "defeat these nefarious designs" by voting in huge numbers in the forthcoming elections, whenever it's held.

"The remedy lies with our people, who if they choose to vote in huge numbers can thwart these attempts aimed at disempowering the people of J&K. Therefore people have to make it a point to come out and vote in huge numbers," the NC Vice President said.

Omar, according to the spokesperson, further said that he will

discuss the feedback from the meeting with the party president Dr Farooq Abdullah.

The development has come a month after PAGD constituents announced that they will contest elections together whenever held.

Speaking to the media, both NC chief Farooq Abdullah and PDP president Mehbooba Mufti had asserted that PAGD will contest elections together.

"I am foreseeing good times for J&K ahead. God will take us out of these difficulties. Our path should be correct. Democracy will continue. We will protect the Constitution on which we have taken the oath. If they can conduct elections during floods, why can't they do it now? PAGD will fight the elections together", Dr Abdullah had said.

Mufti had also asserted that the Gupkar Alliance intended to contest polls together as "it is the will of the people that we should strive together for the restoration of our lost dignity".

People's Participation

the spokesperson, the LG directed the Deputy Commissioners and Superintendents of Police to intensify their efforts against drug peddlers with the help of local residents.

Sinha, he said, further asked the Deputy Commissioners to maintain digital records of their meetings with public and submit the action taken report on the grievances received periodically.

"Officers at the helm should monitor the working of their subordinates and officials working at the ground level ensuring effective public delivery system while focusing on complete saturation of flagship schemes' benefits," the LG said.

During the interaction with randomly selected applicants from across the UT, the spokesperson said that it was observed that most of their grievances filed on JK-IGRAMS portal had already been resolved, for which the respective applicants expressed their gratitude towards the LG.

The LG, he said, sought the details of the grievances from the concerned Deputy Commissioners, besides specific timelines for the redressal of the same. He also directed the concerned Secretaries to proactively monitor and speed up the resolution of grievances as per the laid rules and provisions.

The spokesperson said that a grievance of Saqib Manzoor of Pulwama was addressed on the spot as the LG assured him of the installation of synthetic turf volleyball court at High School, Tahab.

He said that on the grievance of Mohd Yaseen from Reasi regarding laying of new water pipelines in his area, the LG said the pipelines would be laid under JJM soon.

"Shahid Ahmed from Poonch was informed that his grievance regarding the strengthening of infrastructure of Power sector in his area shall be resolved shortly under the Revamped Distribution Sector Scheme (RDSS)," he added.

According to the spokesperson, explicit directions were given to DC Srinagar and SSP Srinagar by the LG for promptly addressing the complaint of Tabish Shafi pertaining to misuse of park for gambling and drug related activities.

He further said that Principal Secretary to the Government, Public Works (R&B) Department apprised the Lt Governor that the bridge at Kralpora, Kupwara would be completed in a month, in response to the grievance filed by Khurshed Malik.

Rehana Batul, Commissioner/Secretary, Public Grievances moderated the 15th LG's Mulaqaat program and informed the chair about the to-date progress of redressal and status of grievances received.

LG Remembers Jaitley

The event was presided over by M Venkaiah Naidu, former Vice President of India.

Jaitley, who passed away on August 24, 2019, was a senior BJP leader.

Paying his tributes to the stalwart of Indian Politics and Padma Vibhushan Arun Jaitley, the LG, as per the spokesperson said that Jaitley has brought immense grace to public life.

"His pursuit for reforms under the guidance of Prime Minister Narendra Modi Ji ensured that the dream of making India a developed nation is realized soon," the LG said.

Jaitley, he said, was a man with vision, who vociferously supported the true integration of J&K with India, removing the discriminatory practices prevalent in the erstwhile state.

"As voice of the people of J&K, Arun Ji in his blog on 2 Dec 2013 had

highlighted their plight, demanding abrogation of Article 370. His last blog on 6 August 2019 was also on J&K. Through, his writing, he contributed immensely to bring equality and social justice to people of J&K," the LG said.

"His foremost priority was to enrich the nation and his voice for social justice, his priceless legacy will live. His writing and this book will be a beacon light for the new generation to follow his ideals and contribute towards nation building," he added.

According to the spokesperson, the LG said that PMS resolve of removing discrimination from J&K, which was strongly advocated by Jaitley is bearing fruits now.

"The development is taking place in every nook and corner of the Union Territory," the LG said.

"A towering man of ideas and ideals, Arun Jaitley ji was undoubtedly one of the greatest speakers with a sensitive and compassionate heart. From domestic, foreign policy to economic reforms, from a caring human being to a charismatic leader, he left a lasting impression on Indian politics," he said.

"Today, Shri Arun Jaitley ji is not amongst us. But his vision and dream of a progressive nation will continue to guide coming generations," he added.

According to the spokesperson, Sangeeta Jaitley, wife of Arun Jaitley, threw light on the life of the former union minister and also talked about the public welfare endeavours of Arun Jaitley Foundation.

The book launch was attended by Jyotiraditya Scindia, Union Minister for Civil Aviation & Steel; Ravi Shankar Prasad, former Union Minister; Manoj Tiwari, Member Parliament, besides political leaders, prominent citizens from all walks of life.

Army Warns Sale

outfit in January, the Indian Army had established ownership on the pattern and design, he said.

Shopkeepers have shown a positive response and agreed to cooperate with the army, he added.

J&K Clocks 259

Budgam 49, Pulwama 21, Anantnag 13, Bandipora 9, Kupwara 6, Kulgam 3 and Shopian 1. No new cases were reported from Central Kashmir's Ganderbal district.

In the winter capital, officials said, Jammu reported a maximum of nine new cases of virus, Ramban 7, Udhampur 2 and one each in Rajouri, Samba and Kishtwar districts. The remaining four districts of Doda, Kathua, Poonch and Reasi reported no new cases of Covid-19.

Also, the officials said that the death toll in the pandemic remained unchanged at 4779 in J&K, as no fresh fatality due to virus was reported during the last 24 hours.

"Moreover, 303 more COVID-19 patients have recovered and been discharged from various hospitals including 25 from Jammu division and 278 from Kashmir division," they added. (ONS)

Cop Held For

Ramesh Chander Kotwal constituted a Special Investigation Team (SIT) headed by a deputy superintendent of police to arrest the accused who had fled the scene after committing the crime.

"The absconding SPO was arrested and further investigation is going on," Kotwal said.

The officials said Lal was arrested from the Billawar area late Tuesday night and is being questioned by police. An agitated mob had torched the house of the SPO before the situation was brought under control by the police on Tuesday, they said.

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

Sacked SLTC

J&K Housing Board, wherein it was alleged that the accused Er. Hakim Muzamil son of Late Hakim Habibullah of Baghwanpora Lal Bazar Srinagar has been disengaged from J&K Housing Board as State level Technical expert (SLTC), despite being disengaged he is misrepresenting himself as SLTC Expert of J&K Housing Board and misusing Official Seal," the spokesperson said, adding, "The Economic Offences Wing of Crime Branch Kashmir conducted an enquiry into the matter & during probe the allegations leveled had got prima facie established and accordingly (the case was) registered." (ONS)

Youth Killed

(that a case has been registered. (Agencies)

CS Launches e-Market For Sale Of Mining Material

Asks For Making Construction Material Readily Available On Govt Approved Rates



Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta on Wednesday launched here the web portal (e-Market) for sale of mining material in the Union Territory of Jammu and Kashmir.

On the occasion the Chief Secretary enjoined upon the officers of the Geology & Mining Department to ensure that the construction material is readily available to the customers on the already approved rates. He asked the Department to make this process hassle free so that the customers find it easy and reliable to use.

Dr Mehta maintained that the step is highly appreciable for it would help in checking the illegal mining besides allowing the customers to find material on competitive rates with access to vast market from the comforts of their homes. He asked the Department to make the portal the best way to fetch the mined material for different developmental purposes.

The Chief Secretary also directed the Deputy Commissioners to monitor the process and see that there is no overcharging or scarcity of such materials in the market. He asked them to submit daily reports in this regard. He also asked for carrying out third party checking of rates and availability of these materials in the market for gauging the ground reality.

The Chief Secretary was informed that there are more than 200 registered miners in the UT

dealing with extraction of different minerals. It was further revealed that all of them are onboarded on the web portal that can be accessed by logging into <http://geologymining.jk.gov.in/>.

The meeting was further appraised that the both the vendors and customers have to register on the portal. The customers can then directly order the material like sand, bajri, nallah muck, stones, crushed bajri, etc from the portal. They can do cost comparison besides the items are available at approved rates, as was informed by the department.

The payment can be made securely online through payment gateway. The collection of duties and taxes would also be done online without the scope for evasion of same. An e-challan would thereafter be generated after authentication by the concerned DMO and sent both to vendor and customer. The end to end features like placing of order, follow-up and tracking can be done by the end user, as was given out on this occasion.

The Department also intends to integrate the system with weigh bridges at sites for accuracy and install PTZ cameras/ Drone surveillance at vulnerable illegal mining points across all the districts in future for the better serving the people of J&K.

Those who were present on the occasion includes Principal Secretary H&UDD, Secretary, Mining; Director General, Mining, representatives of J&K Bank and other concerned officers and officials of the department.

3-Day Kailash Yatra Begins In Bhadarwah



Observer News Service

BHADARWAH: Thousands of pilgrims on Wednesday accompanied the Charri Mubarak of three day annual Holy Kailash Yatra which left for Kailash Kund from the ancient Vasuki Nag Temple, Gatha, Bhaderwah.

Amidst the chanting of devotional slogans in praise of Vasuki Nag deity, the Yatra was accorded warm send off by Additional Deputy Commissioner Bhadarwah, Chaudhary Dil Mir; Assistant Superintendent of Police, Aftab Alam, SDPO, Tehsildar and SHO Bhaderwah, other tehsil officers, besides President of Sanathan Dharm Sabha and a huge number of local people.

As per the schedule, after having a night stay at Hayan (Nalhi), the Yatra will reach to the

holy destination on August 25, 2022, where the devotees will take a dip in the sacred water of Kailash Dal. After performing religious rituals, the yatra will start its return journey to Bhadarwah on August 26, 2022.

The Sub-divisional administration Bhaderwah has made elaborate arrangements for safe and smooth conduct of the pilgrimage by deploying adequate number of security personnel, a Medical team with sufficient medicines and first aid, besides making provision of drinking water, provision of power through generator sets, firewood, tents for pilgrims and all other allied facilities.

Pertinent to mention here that several Charri Mubaraks are taking different routes from Kellar, Chattargala and Sevaj Dhar etc to reach Holy Kailash Kund.

Pak's Attempt To Disturb Peace In Jammu Foiled: Army

Press Trust Of India

JAMMU: Army on Wednesday said a "sinister attempt" by Pakistan to disturb peace in Jammu region was scuttled with successful elimination within 48 hours of two infiltration attempts by militants along the Line of Control (LoC) in Naushera sector of Rajouri district.

The back-to-back infiltration bids on August 21 and 22 in Jhangar and Lam areas, resulted in the killing of two militants and arrest of a notorious guide who was assigned the task by a senior officer of Pakistan's intelligence agency to lead a group into this side to carryout an attack on an army post, Army's 80 Infantry Brigade Commander, Brigadier Kapil Rana said.

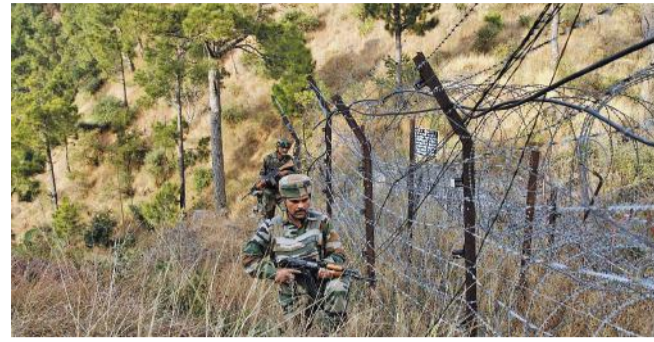
It is the direct pointer towards our adversary across our western borders and sinister attempt to disrupt peace in Rajouri and Jammu region, he said.

However, he said the security forces deployed on the LoC are fully alert to defeat any nefarious designs of the adversary and maintain peace and tranquillity in Jammu region.

Briefing the media about the two successful operations in Naushera sector of Rajouri, the officer said the first attempt was made on August 21 when alert soldiers deployed in Jhangar spotted movement of two to three militants from across the LoC in the early hours.

"One terrorist came close to the Indian post and tried to cut the fence, when he was challenged by alert sentries. The terrorist trying to flee, however, was brought down by effective fire, incapacitating him, he said.

He said two militants who



were hiding behind, fled the area by taking cover of dense forest and broken ground. The injured Pakistani militant was captured alive and provided with immediate medical aid and lifesaving surgery was came out.

Brigadier Rana said the "captured terrorist" revealed his identity as Tabarak Hussain, a resident of Sabzkot village of Koti in Pakistan-Occupied Kashmir.

On further interrogation, Hussain confessed about their plan to attack the Indian Army Post. Hussain revealed that he was sent by a Colonel of Pakistan intelligence agency named Col Yunus Chaudhry who had paid him Rs 30,000 (Pakistani currency).

Hussain also revealed that he along with other militants had carried two to three close reces of Indian forward posts with an aim to target them at an opportune time. The go ahead to target the Indian post was given by Col Chaudhry on August 21, the Brigadier said.

Incidentally, he said the individual was earlier captured by the Army from the same sector in 2016 along with his brother Haroon Ali, and was repatriated on humanitarian grounds in November, 2017.

In the second operation, on

the night of August 22 and 23, the officer said a group of two to three militants tried to infiltrate in Lam area.

"Our alert troops were able to observe the terrorists as they crossed the LoC and continuously monitored their movement. As they moved ahead into our mine fields a series of mines got activated and two terrorists got eliminated on the spot," he said.

He said the other militant is possibly injured and is hiding in the area or has gone back taking advantage of the inclement weather and dense foliage.

On August 23 morning, Brigadier Rana said a quadcopter was flown over the area and bodies of the two dead militants were observed.

"A deliberate operation was launched through the heavily mined area and the bodies of both the terrorists were recovered along with one AK-56, three magazines and a large quantity of ammunition, he said.

He said as the area is heavily mined, the search operation is being carried out carefully and is still under progress.

The officer said the foiling of two infiltration bids in a short span of 48 hours was a great success for the armed forces.

OUTLOOK TRAVELLER AWARDS-2022

J&K Bags Award For Promoting Offbeat Destinations, Adventure Tourism

Observer News Service

NEW DELHI: J&K Tourism has bagged an award for promotion of off destinations at the national level at the Outlook Traveller Awards-2022.

The award was presented by Union Minister for Tourism & Culture, G Kisan Reddy to Secretary, Tourism, Sarmad Hafeez at a glittering function this evening, an official spokesperson said.

The award was given to the Tourism Department for promoting Gurez in the category of offbeat tourism destinations. J&K Tourism also bagged the silver award for adventure tourism at Gulmarg.

Speaking on the occasion, the Union Tourism Minister said it was satisfying to note that tourism in J&K has seen a turnaround in the last two years and the tourist arrivals this year have crossed a record number. He said under the new film policy, shooting of films in J&K has been revived and is being incentivized.

Complimenting the organizers for holding the award ceremony, Reddy said this would certainly encourage the best practices in the tourism sector. He also complimented the States and UTs which bagged the awards saying it would go a long way in encouraging and promoting tourism in the country.

The Union Minister said an environment of tourist activities is



prevailing in the country and the Union Government is taking steps to further strengthen the sector. He said the Government is contemplating to bring National Tourism Policy in the next budget session.

Earlier, participating in various panel discussions, Sarmad Hafeez dwelt in detail about the measures taken by the J&K administration in broadening the canvas of tourist destinations and attractions across J&K. He said due to the sustained and coordinated efforts of the Tourism Department and stakeholders this year J&K saw record tourist arrivals in many decades. Director, Tourism, Kashmir, Dr. G N Itoo was also present on the occasion.

Those in attendance in today's award ceremony included representatives of various State Tourism Boards/Departments, International Tourism Boards, Corporates, hospitality, aviation industries besides travel trade representatives from across the country.

The Outlook Traveller Awards

are the benchmark of quality in the travel and tourism industry for the last two decades and felicitate the best of the best each year. The awards take a 360° view of the tourism sector and the way it has been growing.

The award jury was headed by Deputy Comptroller & Auditor General, Government of India, Meenakshi Sharma and its other members include Neha Arora, Founder, Planet Abled; Jaideep Bansal, CEO, Global Himalayan Expedition; Vaibhav Kala, Founder, Aquaterra Adventures; Pushpesh Pant, Indian food critic and Chinki Sinha, Editor, Outlook magazine.

Outlook Traveller Awards over the years have attracted everyone associated with the travel and tourism industry. These have included tour operators, influencers, writers, designers, artists, travel tech disruptors, socially prominent people, hoteliers, foreign and state tourism boards, ambassadors, and government officials.

Liver Transplants Save Lives: Apollo Doctors Exhort People

Observer News Service

SRINAGAR: Experts from Indraprastha Apollo Hospitals on Wednesday highlighted the life changing impact and successful outcomes of liver transplant surgery.

Led by Dr Anupam Sibal, Group Medical Director, Apollo Hospitals Group and Senior Paediatric Gastroenterologist and Hepatologist, Indraprastha Apollo Hospitals and Dr Neerav Goyal, Senior Consultant, Liver Transplant and HPB Surgery, Indraprastha Apollo Hospitals, they also showcased the advancement in liver transplantation in India.

They addressed a presser here which was attended by six patients, hailing from Srinagar, who had undergone liver transplant procedures at Indraprastha Apollo Hospitals, according to a statement, sent to Kashmir Observer.

They shared their transformational stories of battling chronic liver related complications and how with Apollo's expertise they were able to get timely treatment and undergo liver transplant under the supervision of some of the best clinicians of the country.

The youngest of the 6 patients was a 3 years old boy, Midhat, whose mother had donated her liver to him after he was born with chronic liver problems, and the oldest patient was a 50 year old man, Muhammad Sharif, who had received a liver from a cadaver donor after suffering from end stage liver related complications.

P Shivakumar, Managing Director - Indraprastha Apollo Hospitals, asserted, "Apollo Hospitals leads the

way in delivering care for patients. Our approach is aligned with Apollo's overarching objective of providing prompt delivery of healthcare services, notwithstanding myriad constraints. This becomes even more important when it comes to caring for patients from outside Delhi.

Dr Anupam Sibal, Group Medical Director, Apollo Hospitals, Group, Senior Paediatric Gastroenterologist and Hepatologist, Indraprastha Apollo Hospitals, said "At Apollo hospitals, we strive to be a trusted companion of a patient's medical journey from diagnosis to treatment to recovery. We want to continuously educate people around the advancements in medical procedures and the clinical expertise that Apollo has to offer. Srinagar has been one of the key regions from where we have been receiving patients on a regular basis. Six patients, including 3 children have undergone successful liver transplant at Indraprastha Apollo Hospitals. We are delighted to earn the trust of families from Srinagar."

"We would like to create awareness about liver transplantation and educate people on how liver transplantation is a successful modality for end stage liver diseases for both children and adults."

The Apollo Liver Transplant program has conducted over 4005 liver transplants of which more than 450 are in children, the presser was told. "The youngest baby we have transplanted was 5 months old and the smallest weighed 3.5 kg. The first child we transplanted in India at the age of 22 months in 1998, is now himself a doctor 23-years later."

Involve PRIs In War Against Drugs: Mehta To Officers

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta on Wednesday held the 3rd UT Level NCORD meeting to take a comprehensive review of efforts being made to mitigate the menace of drugs here.

The meeting was attended by ACS, Home; Principal Secretary, Higher Education; Principal Secretary, School Education; Divisional Commissioners, Jammu/Kashmir; ADGP, Kashmir/Jammu; Commissioner Secretary, Social Welfare; Secretary Health; MD, NHM; Excise Commissioner; Zonal Director, NCB Jammu; SSP, ANTF and all the Deputy Commissioners and District SPs.

Outstation based officers participated in the meeting through video conferencing.

Dr Mehta impressed upon the officers to put joint efforts in eradicating this menace from the society. He underscored the need of owning this mission and be determined to root it out at every cost.

The Chief Secretary further asked the departments to carry a massive campaign against the drug abuse from the next month. He directed for fully involving the PRI members in the war against drugs and make it easy for others to report the offenders involved in this illicit trade.

Dr Mehta also stressed on increasing the surveillance especially around the educational institutions. He suggested to provide a WhatsApp contact for reporting of such crimes besides use social and other media for creating awareness about the ill effects and symptoms of drug addiction.

He expressed that the menace is catastrophic and needs to be dealt

very severely at each level. He observed that the UT cannot afford losing its young generation to this unfortunate plague. He asked for making a distinction between victims and drug peddlers. He remarked that the former should be assisted in all respects

for his rehabilitation while the later should be shown no mercy and brought to book.

Regarding the plan for dealing with this menace the Chief Secretary suggested for using the satellite imagery for watching the cultivation and growth of poppy and cannabis. He also made out that the sale of such medicines used in addiction should be regulated and watched by the concerned department for their sale over the counter.

Dr Mehta called for suggestions from all the participants to nip this evil from the society. He stressed on increasing the rate of converting the FIRs into convictions besides involving all the stakeholders in the 'War against Drugs'.

Chief Secretary sought a briefing from all concerned departments regarding efforts being made in this regard at their respective ends. He directed for conducting monthly meetings by district NCORD committees without any fail and updating the data on national NCORD portal.

Earlier in the meeting, Spl DG Crime gave a detailed presentation of drug scenario in J&K and the challenges to counter the drug menace and efforts being made by all stakeholders to fight this problem.

Kishtwar To Be Power Hub Of North India With Completion Of 6000 MWs Of Hydroelectric Projects: Govt

'J&K Achieved Last Mile Connectivity, 100% Saturation Of Central Sector Scheme Of Universal Household Electrification'

Observer News Service

SRINAGAR: Jammu and Kashmir's Kishtwar district will become North India's major power hub generating nearly 6,000 MWs of power after the completion of the ongoing power projects, an official spokesperson said Wednesday.

He said that the surplus power from Kishtwar will not only be utilised for other parts of the UT, but will also be sold to other States.

Pertinent to mention that 1000 MW Pakal Dul Project, 624 MW Kiru Project, 540 MW Kwar Project and 930 MW Kirthai Project are all located in close vicinity of each other, along with 850 MW Ratle Project

which has been revived as a Joint venture between the Centre and the UT.

It is pertinent to mention that CMD (Chairman & Managing Director), National Hydro Project Corporation (NHPC), A K Singh called on Union Minister Dr Jitendra Singh and briefed him about the status of the ongoing power projects in Kishtwar, which when completed will turn Kishtwar into a major power hub generating nearly 6000 MV of power.

Pakal Dul HE Project (1000MW) is under active construction after river diversion was carried out. The project will generate 3230 MWs annually and expected to be completed

by July 2025. Kiru HE Project (624 MW) is also under active construction. The river diversion was carried out recently and after completion it will generate 2272 MWs annually. The project is expected to be completed by July 2025.

The work on Kwar Hydro Electric Project (40MW) started in 2022 and the project will generate 1975 MWs annually and scheduled completion is in November 2026.

Similarly, Ratle HE Project (850 MW) is under construction and work started by awarding EPC Contract in January 2022.

The scheduled date of commissioning of the project is 10th Feb 2026

and once commissioned, project will generate 3136 MWs annually. Kirthai-II HE Project (930 MW) is under investigation and will generate 3329.52MWs annually on commissioning.

With the commissioning of all these projects, the power requirement of Jammu and Kashmir will be improved drastically and will help in achieving the goal of zero carbon emission.

Recently, PM Narendra Modi laid the foundation stone of Rattle (850 MW) and Kwar (540MW) hydroelectric projects, to be constructed on Chenab river in Kishtwar at a cost of around Rs 5,300 crore and Rs 4,500 crore respectively.

Similarly, in Gurez area of North Kashmir's Bandipora district, Kishanganga hydro power- 330 megawatt (MW) project on the river Kishanganga, a tributary of Jhelum project is a success story.

This project added a new dimension in the growth journey of Jammu and Kashmir. The project in Bandipora district provides 13% free power to the J&K including 1% for local area development fund. The Power project comprising three turbines is spread over 750 kanals in Karalpora Matrigam and 4200 kanals in Gurez area where from the water comes through a tunnel measuring 23.5 kilometers.

Government of Jammu & Kashmir (UT)

OFFICE OF THE SUB DIVISIONAL MAGISTRATE LOLAB

Phone/Fax 01955-233266
NO:- SDM/Reader/22/444

Email:sdmloab@gmail.com
Dated:-18/ 08/2022

GENERAL NOTICE

Subject:- Conducting Magisterial Enquiry under section 176 Cr.P.C in the anti-militancy operation at Bugna Nad Keran on 16th of June 2020.

Undersigned has been appointed as enquiry officer to conduct the magisterial enquiry in the above mentioned subject vide District Magistrate Kupwara's order No DCK/PS/2021/46/2635-54 Dated 06/08/2022, In this connection General Public is hereby informed that if any person has any kind of information regarding the subject. He/ She may submit or record his/her statement in the office of undersigned within 07 days from the date of publishing of this notice.

Sub Divisional Magistrate
Lolab Sogam.

DIPK-8543-22

Sports Activities Abuzz Across J&K: Admin



Observer News Service

SRINAGAR: A day after the inauguration of 28th Masters Table Tennis Championship, sports activities under the banner of 'My Youth My Pride' programme being organised by J&K sports Council continue to pull crowds across the nook and corner of Jammu and Kashmir at different venues where competitions for various sports disciplines are being held.

In what is turning out to be one of the mega sports events being held in the history of J&K, 28th Masters Table Tennis Championship which began in Sheri-Kashmir Indoor Stadium yesterday where more than 1200 participants including players above 80 years of age which includes some prominent faces of the game.

Around 120 matches consisting of both individual and team events were played during the day on Wednesday. The event is being organised by J&K Sports Council in association with J&K Table Tennis Association.

Secretary, J&K Sports Council Nuzhat Gul visited the venue to take stock of the arrangements put in place for the guest teams.

While reacting to the comments of the Secretary Sports Council, all participants were in awe of the venue and appreciated the facilities put in place

and praised the hospitality of J&K Sports Council.

Earlier in the day, Maharashtra defeated Delhi 3-0 in the final of the men's 65+ age category to lift the trophy. Complimenting men was the state's women's team of 60+ and 65+ that claimed the gold medal beating another squad from the state 3-0.

In other districts including Kupwara, Reasi, Baramulla, Pulwama and Bandipora various sports activities in the disciplines of Judo, Gymnastics, Hockey, Yoga, Football, Badminton, Wushu, Boxing, and Rugby hundreds of players exhibited their skills in the individual and team events.

A night football match turned out to be the mega crowd puller as 5000 spectators witnessed the fine display of the game in Khushal Stadium, Sopore. G. N Itoo Director Tourism Kashmir was also among the audience and enjoyed the game till the last kick.

The activities of the programme are being supervised by Managers, Coaches and Mentors of J&K Sports Council. Divulging on the details of the programme, Bashir Ahmad Bhat, Joint Secretary J&K Sports Council said, Sports Council is investing time and resources so that our youth are provided with all the facilities that are being provided to their counterparts elsewhere in the country.

J&K's Ayush Singh To Represent India In Asia Cup Softball C'ship

Observer News Service

SRINAGAR: Ayush Singh, a Softball player from J&K has been selected to represent India in Asia Cup (Men's) Softball Championship scheduled to be held at Kochi, Japan from September 3 to 6, 2022.

Ayush Singh, from Village Birpur, Samba, qualified to represent the country in the International Softball championship after a rigorous selection camp.

The selection of the player was done by the Selection Committee of Softball Association of India and on the basis of his outstanding performance in the Senior National Softball Championship held at Baranpur, Rajasthan.

Earlier Ayush was in India camp which was conducted by Softball Association of India in different states/UT's like Nagpur Maharashtra, Anantpur A.P, Puducherry, Bhundi Rajasthan, Aurangabad Maharashtra and presently he is in New Delhi for National camp till 27th August, 2022.

Secretary J&K Sports Council, Nuzhat Gul, congratulated Ayush Singh and presented Appreciation Award for selection in Indian National Softball team at Jammu on last Saturday. She also assured the selected International Softball player that every possible support.



Waseem Raja Khan General Secretary J&K Softball Association also congratulated Ayush Singh via telephone for his selection in Indian team and he also said there is key role of Chaman Lal Bhat Ex-General Secretary of the Association.

Facilitation ceremony for Ayush Singh, coaches/instructors of the selected player and other senior outstanding Softball players will be arranged on returning of selected player, said Khan.

Abdul Rahman Shigan President J&K Softball Association also sent his best wishes to the selected player of Jammu & Kashmir. He also requested Softball players to use their careers in this potential sport which is presently been played in 134 countries around the world.

Sania Mirza Pulls Out Of US Open Due To Injury

Press Trust of India

NEW DELHI: Star Indian tennis player Sania Mirza has pulled out of the upcoming US Open doubles event due to an injury that she had sustained two weeks back in Canada, a development which will lead to a change in her retirement plans.

"Hi guys, a quick update. I just have some not so great news. I hurt my forearm/elbow while playing in Canada two weeks ago and obviously didn't realise how bad it was until got my scans yesterday and unfortunately I have in fact torn a little bit of my tendon. I will be out for weeks and have pulled out of the



US Open," 35-year-old Sania said in an Instagram post.

The US Open is scheduled to be held from August 29 to September 11.

After reaching the semi-finals of the women's doubles event in Toronto with Madison Keys, Sania also played at last week's Cincinnati Open.



THREE DAYS BEFORE the much-awaited India-Pakistan Asia Cup 2022 match, former India skipper Virat Kohli was seen shaking hands and smiling with Pakistan captain Babar Azam at the Dubai International Cricket Stadium in UAE on Wednesday. Team India landed in Dubai on August 24 and were seen having their first practice session under the watchful eyes of VVS Laxman.

Image via BCCI

Umran Malik Named In India A Squad

Agencies

NEW DELHI: BCCI on Wednesday, August 24, named Jammu-born Sunrisers Hyderabad pacer Umran Malik in the 16-member India A squad for the New Zealand series starting September 1.

The Men In Blue will play three unofficial tests and as many white-ball matches against the Kiwis. Bengaluru's M Chinnaswamy Stadium is scheduled to host the first and the third test, while the second match will take place at Hubli's Rajnagar Stadium.

Squads for the white-ball series will announced later.

Mumbai Indians' Tilak Varma has also been named in the India A squad. The others notable names include Rajat Patidar, Ruturaj Gaikwad and Sarfaraz Khan.

India A squad for 4-day matches against New Zealand A:

Priyank Panchal (c), A Easwaran, Ruturaj Gaikwad, Rajat Patidar, Sarfaraz Khan, Tilak Varma, KS Bharat (wk), Upendra Yadav (wk), Kuldeep Yadav, Saurabh Kumar, R Chahar, Prasidh, Umran Malik, Mukesh, Y Dayal, A Nagwaswalla

Laxman Is Interim Head Coach For Asia Cup 2022



Press Trust of India

NEW DELHI: National Cricket Academy (NCA) head VVS Laxman will perform the duties of interim head coach for the upcoming Asia Cup after Rahul Dravid tested positive for COVID-19.

Dravid is currently in isolation and will link up with the squad once he tests negative.

"VVS Laxman, Head Cricket, NCA will be the interim Head Coach for Team India (Senior Men) for the upcoming ACC Asia Cup 2022, to be played in the UAE," BCCI secretary Jay Shah stated in a release.

"Laxman, who travelled with the Indian team that played the ODI series in Zimbabwe will oversee the team's preparation in the absence of Rahul Dravid, who tested positive for COVID-19 before the team's departure to the UAE. Dravid will join the team once he tests negative and is cleared by the BCCI Medical Team," he said.

Laxman has linked up with the squad in Dubai along with vice-captain KL Rahul, Deepak Hooda and Avesh Khan, who travelled from Harare after competing in the three-match ODI series against Zimbabwe.

Virat Kohli Confident Of Bouncing Back

I know where my game stands and you cannot run this far in your international career without having the ability to counter situations and counter conditions and counter different kinds of bowling."



Press Trust of India

pening here," Kohli noted.

NEW DELHI: He doesn't find any particular pattern to his prolonged slump in form unlike 2014, but then to succeed in international cricket for as long as Virat Kohli has, it couldn't have happened without his ability to counter adversities.

The former India skipper has gone without an international hundred across formats for nearly three years now but he feels that there isn't much scope for course correction.

The reason being that he isn't having any particular technical problem like one he had during England tour of 2014 when he was poking at deliveries on off-stump channel.

"I know where my game stands and you cannot run this far in your international career without having the ability to counter situations and counter conditions and counter different kinds of bowling. So, this for me, is an easier phase to process, but I don't want to put this phase behind me," Kohli said on Star Sports show 'Game Plan'.

He then spoke how a pattern of dismissals was detected on that tour and then after technical adjustments scored nearly 600 runs during the tour of 2018.

"What happened in England was a pattern, so something that I could work on and something that I had to kind of overcome. Right now, as you rightly mentioned, there is nothing that you can point out saying that the problem is hap-

pening here," Kohli noted. However of late, Kohli has got out in every possible manner, to rising deliveries, to fuller balls, to swinging deliveries, to cutters, off-spin, leg-spin and left-arm spin.

He feels that when there aren't any patterns, that's the best thing to have happened.

"So, that for me, is actually an easier thing to process because I know that I'm batting well and at times, when I start feeling that rhythm back, then I know that I'm batting well.

"So, that for me is not an issue, which wasn't the case in England (2014). I didn't feel like I was batting well at all. So, I had to work hard on one thing that could be exposed again and again which I overcame; right now this is not the case," he added.

As he gets ready for the Asia Cup, Kohli knows that he will have to fight these ups and downs which are part and parcel of an elite sportsman's life.

"I know there are ups and downs, and when I come out of this phase, I know how consistent I can be. My experiences are sacred to me," he said.

"Whatever I have experienced in this phase or in the past, as well one thing that I can

"So, this for me, is an easier phase to process, but I don't want to put this phase behind me. I want to learn from it and I want to understand what are the core values that I have, as a sportsman and as a human being," he added.

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