

Azad Slams Parties For Misleading People On Art-370

Seeks Support Of People To Take J&K Out Of Shadows Of 'Fear, Helplessness'

Press Trust Of India

Srinagar: Former Jammu and Kashmir chief minister Ghulam Nabi Azad on Thursday sought support of the people to take the Union Territory out of the shadows of "fear, unemployment and helplessness".

Azad, who quit the Congress last month, said he will not rake up emotive issues like "freedom", "autonomy" or "self-rule", but will only talk about issues which can be achieved.

"I am not like those leaders that I will play with your sentiments to win elections," he said, addressing a public meeting at Dak Bungalow in south Kashmir's Anantnag district. Azad said there are two ways to become a leader -- one by raking up emotive slogans and the other by talking only about those issues which are under his control.

"I will say you will get freedom. But, you will not get it. Have you got it from the last 75 years? I will say you will get autonomy (NC's plank) or the self-rule (PDP's plank). Many elections were fought on these slogans, you



have experienced, but there have been no results. Instead, they have only added to the death count. So, why should I raise such slogans," the veteran leader said.

Azad said if some people were promising the return of Article 370 -- which was scrapped by the Centre in August 2019 -- "let them", but he will not guarantee people something over which he has no control.

"What happened to the previous promises those people made?...I can promise you development. I will ensure you have a dignified life. I promise you that no policeman or Army man will knock the doors of the houses of my Gujar-Bakerwal or Kashmiri **More on P6**

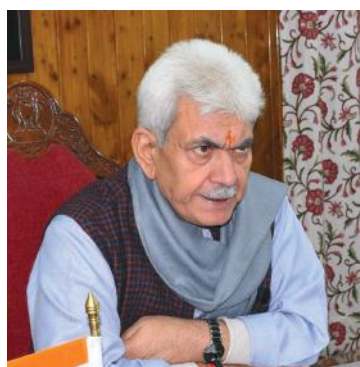
People Centric Plans Must Target Last Person In Queue: LG

Observer News Service

Doda: Asserting that the people-centric plans must target the last person in the queue in terms of service delivery and livelihood avenues, Lieutenant Governor, Manoj Sinha said on Thursday that PRIs and district administration need to integrate plans and identify development activities that could be implemented through convergence.

Sinha made these remarks while chairing a meeting to review the implementation progress of Central & UT Government schemes and mega developmental projects on the ground in the district here, an official spokesperson said.

After Poonch and Kishtwar, this was the third district visit of the LG



in three days.

According to the spokesperson, the LG instructed the district administration to frame a district employment plan for identifying the youth to be provided **More on P6**

'J&K's Progress Linked To Environmental Resources'

Asserting that Jammu and Kashmir's progress is inherently linked to environmental resources, the Union Territory Lieutenant Governor, Manoj Sinha on Thursday called for preserving the traditional life-sustaining system and maintaining ecological integrity. Sinha made **More on P6**

DGP Reviews Border Security Scenario In Kupwara Calls For Strengthening Anti-Infiltration Grid To Curb Narco-Terror Challenge

Observer News Service

Srinagar: Asserting that the drugs not only affect the consumer but the society as a whole, the Director General of Police, Dilbag Singh Thursday emphasized on adopting effective measures to put an end to the emerging challenge of narco-terrorism.

Singh made these remarks during his visit to Teetwal, Keran, Gogal Dhar forward areas in Kupwara district where he reviewed the border security scenario, a police spokesperson said Thursday. The DGP, he said, also interacted with representatives of the Panchayati Raj Institutions (PRIs) & locals and also surveyed



sites for border police posts.

According to the spokesperson, the DGP complimented the commanders and troops for their professional standards, and ability to thwart threats posed by the elements **More on P6**

6 MY EXPERIENCE TAUGHT ME THAT I SHOULD GO TO THE PEOPLE FIRST, ask them if they will support me or not and then form a party. When the people support me, then everyone of them will be Ghulam Nabi Azad because they will be a part of the decisions of that party."

5 More Die As Bus Crashes In Rajouri

Observer News Service

Jammu: Five persons were killed and 12 others injured when the bus they were travelling in plunged into a deep gorge in Jammu and Kashmir's Rajouri district, officials said on Thursday.

The bus, which was on its way to Jammu from Surankote Poonch, skidded off the road and plunged into the gorge at Deri Ralyot in Manjakote area, they said.

Security forces and local residents have launched a rescue operation, they added. **More on P6**

Hari Singh's Birthday To Be A Holiday In J&K

Observer News Service

Jammu: Conceding to the demand of Rajputs, the Jammu and Kashmir Government Thursday decided to declare Maharaja Hari Singh's birth anniversary a public holiday in the Union Territory.

A notification in this regard will be issued soon, an official spokesperson said.

He said that the announcement was made by Lieutenant Governor, Manoj Sinha following his meeting with a delegation of prominent political leaders,



members of the Yuva Rajput Sabha, civil society members, including head of J&K transport union, at the Raj Bhavan on Thursday.

"The government has taken a decision to declare Maharaja Hari Singh Ji's birthday as a public holiday. Maharaja Hari **More on P6**

SHORT TAKES

J&K Logs 30 New Covid Cases

Jammu and Kashmir reported 30 fresh covid-19 cases while there was no death due to the virus during the last 24 hours, officials said on Thursday. They said that nine cases were reported from Jammu division and 21 from Kashmir Valley, taking the overall tally to 478871. Among the cases, 173900 are from Jammu division and 304971 from Kashmir Valley. **More on P6**

2 Clerics Among 5 Held Under Preventive Laws

Five people, including two influential clerics, from south Kashmir were detained under preventive laws on Thursday, officials here said. Among those detained are Moulana Mushtaq Ahmad Veeri and Abdul Rashid Dawoodi, they said. The authorities are contemplating booking the clerics under the Public Safety Act **More on P6**

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11:00 AM - 6:00 PM

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Novel Plastic Film Can Kill Covid Virus Using Just Room Light

“In developing self-sterilising thin plastic films, we have created a low-cost technology that could have a significant impact on the transmission of such concerning viruses in a healthcare environment and other sectors where they are used

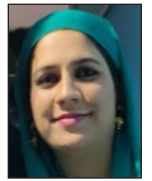
Press Trust Of India

Scientists in the UK have developed a plastic film that can kill the SARS-CoV-2 virus particles which land on its surface with just room light. The self-sterilising film developed by a team at Queen's University Belfast, UK, is less costly to produce, can be readily scaled and used for disposable aprons, tablecloths, and curtains in hospitals. The film is coated with a thin layer of particles that absorb ultraviolet (UV) light and produce reactive oxygen species -- ROS.

These kill viruses, including SARS-CoV-2, the researchers said. The technology used to create the film also ensures it is degradable -- unlike the current disposable plastic films -- making it environment-friendly, the researchers said. The research, published in the Journal of Photochemistry and Photobiology B: Biology, could lead to a significant reduction in the transmission of viruses in healthcare environments but also in other settings that uses plastic films. The researchers tested the film for anti-viral activity using four different viruses -- two strains of influenza A virus, a highly-stable picornavirus called EMCV and SARS-CoV-2.

They exposed the film to either UVA radiation or with light from a cool white light fluorescent lamp. The researchers found that the film is effective at killing all of the viruses - even in a room lit with just white fluorescent tubes. SARS-CoV-2 was particularly prone to photocatalytic inactivation even under very low UV irradiation conditions, they said. "This film could replace many of the disposable plastic films used in the healthcare industry as it has the added value of being self-sterilising at no real extra cost," said Professor Andrew Mills from Queen's University Belfast. "Through rigorous testing we have found that it

is effective at killing viruses with just room light this is the first time that anything like this has been developed and we hope that it will be a huge benefit to society, Mills said. The researchers noted that pathogenic viruses like SARS-CoV-2 and influenza will continue to be global problem for years to come. "In developing self-sterilising thin plastic films, we have created a low-cost technology that could have a significant impact on the transmission of such concerning viruses in a healthcare environment and other sectors where they are used," Professor Andrew Mills added.



**National Institute Of Technology Srinagar
Hazratbal Srinagar (J&K)-190006**

**RESULT NOTIFICATION No. 104/ NIT/Ph.D./FOE/
CIV/2022_DATED 13-09-2022**

It is hereby notified that Ms. Nahida Nisar, D/o Nisar Ahmad Wani, Enrolment No. 2015-FOE-Ph.D.-Autumn-44, bearing Registration No. NIT-Ph.D.-172-2015, pursued Research Programme in the Department of Civil Engineering, National Institute of Technology Srinagar, Hazratbal, (J&K). She has submitted her thesis entitled "Effect of Coupled Deterioration by Freeze-Thaw, Carbonation & Chlorides on Reinforced Concrete with Green Corrosion Inhibitors" under the supervision of Dr. Javed Ahmad Bhat, Professor, Department of Civil Engineering, NIT Srinagar. She is declared qualified for the award of Ph.D. Degree in the Faculty of Engineering (FOE), National Institute of Technology Srinagar. Date of Viva-Voce: 07-09-2022

Errors & Omissions Excepted

No. NIT/ADE/Ph.D./Result/22/3852-65
Dated: 15-09-2022

Sd/-
inf Associate Dean Examination

THE JAMMU AND KASHMIR BOARD OF SCHOOL EDUCATION

District Office. Lal Mandi . Srinagar

ATTENTION PLEASE

The applicant whose photograph is published in the notice claims to have lost his/her original marks card of class 10th issued by the Jammu and Kashmir Board of School Education with following particulars:-

Name: Yasir Hamid
Parentage : Abdul Hamid Bhat
Class : 10th SSE
Roll No: 211254 Year/Session 2005- Regular



Now the candidate has applied for the DUPLICATE MARKS CERTIFICATE. If anybody having any objection may file the same before undersigned within seven days from the date of publication of this notice. Besides, the original marks card may be treated as cancelled.

Sd/-
INF Assistant Secretary Examination III

Department of Wildlife Protection, J&K Govt.

Office of the Wildlife Warden, South Kashmir Division

Bijbehara-192124, Anantnag, Tel./Fax: +91 1932234474, Email: wildlifejk.skd@gmail.com

SHORT TERM NOTICE INVITING TENDERS
Fresh e-NIT No. 10 OF 2022-23 Dated: 12/09/2022

For and on behalf of the Lt. Governor, Union Territory of J&K, e-tenders are hereby invited (in two cover system) on Percentage Basis from approved and eligible contractors registered with registered with PWD/CPWD/MES/Central/State/UT Governments for below mentioned works:-

S No	Particulars / Item of work	GPS Location	EsttCost (Amt in Lacs)	Cost of tender	Earnest Money	Time of Completion	Scheme	Class of Contract
01	Development of Trek from Aru to Tarsar/Marsar area of Aru-Wildlife Sanctuary including construction of shelter shed / viewpoints/ toilets / water points / resting places, restoration of path / Construction of wooden bridges, installation of displays and signages etc.	N: 34° 05' 34.00" E: 75° 15' 41.07" N: 34° 08' 33.35" E: 75° 09' 01.89"	8.63	500	2% (two percent) of Advertised Cost at the time of submission of Bid / Tenders online & 5% (five percent) Performance Security of the Allotted Cost to be submitted within 3 (three) days from the date of opening of Financial Bids by successful bidder pledged to Wildlife South Kashmir Division Bijbehara. The EMD of 2% shall be released thereafter.	30 days	Capex	CEE/ DEE
02	Development of Trek from Aru to Kolthi in Overa-Aru Wildlife Sanctuary including construction of shelter shed / viewpoints/ toilets / water points / resting places, restoration of path / Construction of wooden bridges, installation of displays and signages etc.	N: 34° 05' 34.00" E: 75° 15' 41.07" N: 34° 08' 56.04" E: 75° 19' 30.00"	8.63	500		30 days	Capex	CEE/ DEE
03	Improvement work in Guard Hut including repairing of breast wall, sanitary work (Part-I qtr)	N: 34° 00' 39.04" E: 75° 18' 45.75" N: 34° 00' 39.51" E: 75° 18' 45.40"	3.94	200		30 days	Capex	DEE
04	Providing and fixing / formation of barbed wire closure using angle iron posts with 6 strands of barbed wire with two diagonals.	N: 33° 41' 56.55" E: 75° 13' 50.46" N: 33° 41' 56.41" E: 75° 13' 46.38" N: 33° 41' 59.13" E: 75° 13' 42.22"	7.72	400		30 days	Capex	CEE/ DEE

Position of AA / TS: Accorded.
Position of Funds: Committed.
Major Head of Account: CAPEX.
Compulsory Note & Instructions:-
Hard copy of all the documents uploaded at the time of submission of tenders should be submitted in the office within seven (03) days from the date of opening of Technical Bids without fail along with the copy of Registration Card of required class duly renewed for the year 2022-23 along with verification certificate, valid GST Registration / Latest Return, PAN Card and other relevant documents duly renewed.

All contractors/bidders intending to participate in this tender are advised to inspect the location and nature of works or contact the office of the Wildlife Warden, South Kashmir Division, Bijbehara in case of any clarification before participating in the tender.
All contractors / bidders have to submit Earnest Money Deposit and Performance Security in shape of CDR/FDR as per Circular issued by the Chief Engineer, PW (R&B) Department, Kashmir vide No: CE/RBK/HD/32857-92 Dated: 01-01-2022. The bid/tender without accompanying Earnest Money Deposit shall be out rightly rejected.
The allotment / Lol shall be made strictly & only within or as per the approved, allotted & released budgetary allocation at the time of issuance and shall be valid for the current financial year only.
Works not completed within the stipulated time of completion shall attract fine under rule and no liability shall be accepted / carried forward.
All the documents listed below should be scanned in 100 dpi and uploaded with the bid, providing of Aadhar Card and Contact Number with Contractor's Registration Card is mandatory.
The Contractor / Bidder / Agency shall upload Verification Report of Registration Card duly signed by Issuing Authority of the Registration Card or the Competent Authority.
The online bids must be accompanied with the following documents:-

Part-I Technical Bid
(Bidders must ensure to upload scanned copy of all necessary documents with the technical bid)
1. Registration Card of required class duly renewed for the year 2022-23 along with verification certificate.
2. Cost of Tender Documents (Non-Refundable) in the shape of Treasury Challan/Receipt for particular work to be deposited into Major Head 0406-Forestry and Wildlife remitted between Tender Inviting Date and Tender Closing Date only in any Treasury of J&K UT.
3. Earnest Money Deposit in shape of CDR/FDR as per Circular issued by the Chief Engineer, PW(R&B) Department, Kashmir vide No: CE/RBK/HD/32857-92 Dated: 01-01-2022.
4. The GST Registration with GST Clearance ending March-2022.
5. PAN Card / Aadhar Card / In use Contact Number.
Part-II Financial Bid
1. Statement of Advertised Quantity & Consideration Rates on Percentage (%) basis to be offered by the Contractor / Bidder towards Department (single amount to be quoted by the bidder/contractor on estimated amount) of the advertised quantity in BoQ.
2. The Bidding documents consisting of qualifying information, eligibility criteria specification, Drawings, bill of quantities, (B.O.Q.), set of terms and conditions of contract and other details can be seen /downloaded from the website <https://jktenders.gov.in> as per the schedule of dates given below:

1	Date of publishing of Tender Notice	13/09/2022
2	Period of downloading of bidding documents	14/09/2022 to 21/09/2022
3	Bid submission start date	14/09/2022 from 09:00 AM
4	Bid submission End date	21/09/2022 upto 06:30 PM
5	Date & time of opening of technical bids (online)	22/09/2022 at 02:00 PM
6	Date & time of opening of financial bids (online)	To be notified after technical bid evaluation
7	Last Date for Submission of Original Challan and CDR/FDR and other documents (Hard Copy)	Three working days from the date of opening of tenders

1. A pre-bid meeting will be held to clarify issues and to answer questions on any matter that may be raised at that stage by the contractors/bidders.
2. Bids must be accompanied by the tender documents fee of necessary Treasury Challan /Receipt in shape of Government Treasury Challan deposited in any Treasury of J&K UT under Account Head : 0406-Forestry and Wildlife in favour of Wildlife Warden South Kashmir Division, Bijbehara and Earnest Money Deposit in shape of CER/FDR as per Circular issued by the Chief Engineer, PW(R&B) Department, Kashmir vide No: CE/RBK/HD/32857-92 Dated: 01-01-2022 pledged to Wildlife Warden, South Kashmir Division, Bijbehara remitted / pledged between Tender Inviting Date and Tender Closing Date only.
3. The date and time of opening of technical bids shall be notified on website <https://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail address. The financial bids of responsive bidders shall be opened online on same website in the office of Regional Wildlife Warden Kashmir Region. (Tender Receiving Authority).
4. The bids for the work shall remain valid for a period of 120 days from the date of opening of bids (The Bid Validity period is subject to production of documents, Hard Copy within three working days from the date of opening of tenders).
5. The earnest money shall be forfeited if:
a. Any bidder/tenderer withdraws his bid /tender during the period of bid validity or makes any modification in the terms and conditions of the bid.
b. Failure of Successful bidder to furnish the required performance security within the specified time limit.
c. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.
6. Instruction to bidders regarding e-tendering process.
6.1 Bidders are advised to download is submission manual from the "Downloads" option as well as from "bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
6.2 To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per information Technology Act-2000 Bidders can get digital certificate from any approved vendors. The bidder must use his personal "Digital Signature Certificate (DSC)" for bidding purpose.
6.3 The bidders have to submit their bids online in electronic format with personal Digital Signature Certificate. No financial bid will be accepted in physical form.
6.4 Bids will be opened online as per time schedule mentioned in Para-1.
6.5 Bidders must ensure to upload scanned copy of all necessary/mandatory documents with the bid.
6.6 All the bids online shall be opened in light of finance department communication O.M No: A/24 (2017)-651 Dated: 07-06-2018.
6.7 The bidder has to submit the scanned copy of Tender Document Fee, Bid Security Certificate in lieu of EMD, Valid GST Registration/Latest Return, PAN Card, Contractor Registration Card of required Class duly renewed along with Contact Number and hard copy of same within the stipulated timeframe.
No. : 958-61/ WLWS
Date: 12/09/2022

DIPK-9994/22

Sd/-
Wildlife Warden
South Kashmir Division.

شورہ خاندان کو صدمہ

یہ نمبر استہانی دکر کے ساتھ دی جاتی ہے کہ ایسا جانی محمد سلطان شورہ سائنسدان کو صدمہ دلا، جفا کد سڑی 14 ستمبر 2022ء بروز بدھ کو انتقال کر گئیں۔ محمد شہباز، افسر ملٹری سروس و صلاوہ کی پائیدار اوصاف کی مالک تھیں۔ اللہ تعالیٰ مرحومہ کو جنت الفردوس میں اعلیٰ مقام عطا کرے۔ مسرورہ کی اجتماعی فاتحہ خوانی 16 ستمبر 2022ء جمعہ المبارک کو بوقت دن 2.30 بجے ان کے آبائی مقبرہ واقع تھکہ بونی میں انجام دی جائے گی۔ اس سلسلے میں تعزیت صرف تین دن تک رہے گی۔ سوگواراں: محمد عبداللہ شورہ، رفیق احمد شورہ (فرزند ان)

Government of Jammu and Kashmir

Office of the District Sheep Husbandry Officer Kulgam

Subject: Establishment of Mini Sheep/Goat farms comprising of 10Ewes/Does+1Ram/Buck unit on Participatory Mode under Tribal Sub Plan
Reference: Director Sheep Husbandry Department Kashmir's Order No. 16/DSHK/Plan of 2022-23,
Dated 06-09-2022

ADVERTISEMENT NOTICE

Applications on prescribed format are invited from the interested Schedule Tribe persons of District Kulgam for the establishment of Mini Sheep/Goat farms comprising of 10Ewes/Does+1Ram/Buck unit, on Participatory Mode

S No.	Scheme	No. of unit/Target	Description	Eligibility Criteria
1	Mini Sheep/Goat farms comprising 10Ewes/Does+1Ram/Buck unit on Participatory Mode	11	1. Ten (10) Ewes/Does+1Ram/Buck shall be issued to selected beneficiaries free of cost. 2. The selected beneficiary has to return ten (10) Ewes/Does+1Ram/Buck out of the progeny in a phased manner, from the third year of the establishment of unit, till the animals are retrieved back.	Schedule Tribe

Operational Guidelines

- Beneficiary must have sufficient land holding, infrastructure, fodder /grazing and man power resources available, to maintain the unit on organized pattern
- Units shall be provided to the selected beneficiary after executing an agreement to the effect that beneficiary will return ten (10) Ewes/Does+1Ram/Buck out of the progeny in a phased manner, from the third year of the establishment of unit, till the animals are retrieved back.
- The progeny shall be retrieved with a body weight of 25-30 kgs for establishment of fresh units.
- In case of eventuality any dead or disposed parent animal shall have to be replaced out of insurance amount or by the breeder himself in order to maintain the parent livestock at least for five years of retrieval.
- Sheep/goats shall be procured at a breedable age of 1.5 to 02 years and the first insurance premium shall be included in the cost of animals (only in case of fresh units). Beneficiary shall however insure the animals from 2nd year onwards till beneficiary is in contact with the Department.
- The selected beneficiary has to execute an affidavit with the department mentions therein that he will be responsible to run the unit in accordance with the directions of the department and the department is at liberty to withdraw the unit and impose penalty in case of any default and recover the establishment cost of the unit as the case may be. The affidavit has to be attested by the first class magistrate.
- More than one application shall not be entertained from the same household.

The Application forms will be available at Sheep and Wool Development Office Kulgam, and all Sheep Development Blocks/SB Kund of the district viz DH pora, Nagam, Manzgam, Kulgam, Pahloo, Qaimoh, Devsar& SB Kund.

Last date for submission of application forms: 30-09-2022.

Note: Selection of beneficiaries shall be made through draw of lots on any convenient date to be fixed by the Chairman of Selection Committee and shall be communicated to the applicants well in time.

Eligibility Criteria

- The applicant should be above 18 years of age and below 60 years as on 01-01-2022
- The applicant should have a prior experience in sheep rearing.
- The applicant should not have taken benefit of any other subsidy based scheme (bankable or non-bankable) and should undertake the same on an affidavit duly attested by a magistrate/public notary.
- Enclosures (xerox copies of):
1. Aadhaar Copy or any other D.O.B proof.
2. Ration Card
3. Schedule Tribe Certificate.

Note: The allotment and establishment of units shall be subject to the availability of funds.

DIPK-9966/22
No: DSHOK/Tech/2022-23/2451-67
Dated: 12/09/2022

District Sheep Husbandry Officer
Kulgam



JKCEGA Celebrates Engineers day

Agencies

Srinagar: Jammu & Kashmir Civil Engineers Association (JKCEGA) Thursday celebrated Engineer's day at Convocation Center of Kashmir University. During the event, the outstanding contribution of Engineers in the development of J&K over the years was highlighted and appreciated.

It was for the first time JKCEGA celebrated National Engineers Day—the birth anniversary of M. Visvesvaray.

The celebrations were attended by Er. Rafiq Ahmad Rafiq Chief Engineer R&B Kashmir, Er. Basharat J Kawoosa Chief Engineer PHE, Er. Rashid Ahmad Dar Chief Engineer MED, Er. Iftikhar Ahmad Wani Chief Engineer ERA, Er. Naresh Kumar Chief Engineer I&FC participated as guests of honour.

During the event, the awards were given to the outstanding Engineers of all Civil Engineering departments from JE, AE & AEE level.

Engineers' day con-

cluded with a vow by all Engineers to continue their work with all dignity, integrity and sincerity to make lives of people of J&K more comfortable.

The Engineers day celebrations received major boost when all the retired Development Commissioners, Chief Engineers, Superintending Engineers, Executive Engineers and other officers from civil engineering departments like R&B, PHE, IFC, UEED, ERA, LCMA, PDC etc attended the event and shared their experience with the young Engineers.

The Sufi music and some satirical performances were given by Engineers along with technical presentations by eminent engineers as well.

Engineers highlighted the contributions of various services for the development of society but expressed displeasure that it has less recognition.

It was vowed and pledged that the excellence towards the public service shall continue and meritorious services will be enhanced—(KNO)

'Engineers Solid Pillars of our society': Director NIT

Observer News Service

Srinagar: To mark the National Engineers Day, Director National Institute of Technology (NIT) Srinagar, Prof. (Dr.) Rakesh Sehgal on Thursday said engineers are the solid pillars of the society and there is need to go sustainable by creating cleaner technologies.

In his special message, Prof. Sehgal said engineers also play a role in society by building safer roads and bridges. They work to create systems that can withstand natural disasters like floods and earthquakes etc, he said.

"The purpose of this day is to celebrate the achievements of engineers and promote their contributions towards society. It provides an opportunity for engineers and other interested parties to come together and learn about each other's work," he said.

Prof. Sehgal said engi-

neers play a very important role in the economic growth and advancement of a country. The day is devoted to honouring upcoming engineering trends as well as past engineering achievements, he added.

Institute's Registrar, Prof. Syed Kaiser Bukhari said that engineers have an important role in society and are called nation builders.

"Both engineers and environmentalists can work jointly for a sustainable environment. The day aims to encourage people to appreciate the work of an engineer and acknowledge their contribution to the development of the nation, he said.

Prof. Bukhari said it is crucial to dedicate a day to the engineers of our country. Engineers have made our lives easier in a variety of ways. Every complex procedure has become simpler, and this is entirely due to our extraordinarily talented engineers, he said.



Unclean Toilets At Srinagar Airport Draw Passengers' Ire

Syed Mohammad Burhan

Srinagar: Travelers thronging the Srinagar International Airport (SXR) allege the washrooms in and outside the terminal are unclean and stink.

The travelers accuse the airport authorities of ignoring their plights and demand immediate redressal of the issue.

Passengers allege the toilets stink so much that the smell reaches the terminal where pas-

sengers await their flights.

"Authorities at the Srinagar airport have failed to ensure proper cleanliness of the airport and take proper infection control measures. Washrooms outside the terminal are in such a bad state that some people prefer to defecate in the open" said a passenger.

"I had to defecate in the open because the taps in the washrooms are running out of water. I purchased a drinking water bottle to clean myself" said a pas-

senger, speaking on anonymity.

Officials of the Srinagar International Airport (SXR) say everything is hunky dory and things are being blown out of proportion for no reason.

Speaking to Kashmir Observer, Director Srinagar International Airport, Kuldeep Singh said there is no question of stinking at any part of the airport.

"Everything at the airport is fine, there is no stinking anywhere and all the allegations are false and nonsense" he said.

KU Holds Seminar On 'Changing Dynamics Of Law'

Observer News Service

Srinagar: The School of Law, University of Kashmir, on Thursday organized a one-day seminar on 'Changing Dynamics of Law in Contemporary World'.

Vice-Chancellor Prof Nilofer Khan chaired the inaugural session of the event as chief guest and exhorted upon young law students to "get connected" with the society to raise legal awareness among people at grassroots.

Underlining that the ultimate objective of any legal system is to deliver justice to those seeking it using legal means, Prof Nilofer said the newer technological advancements are throwing newer challenges before law professionals and practitioners.

"Today's seminar therefore plays a vital role to try and see

how best these challenges can be addressed holistically," she said, urging students and scholars of the School of Law to derive maximum benefit from the expert talks and discussions.

The Vice-Chancellor also called for revival of the department's legal aid clinic to give boost to its public outreach activities.

Registrar Dr Nisar A Mir, who was a guest of honor, said the University administration has been providing its full support to School of Law for its extension and extracurricular activities. He vowed to do more on this front in view of the importance of this department.

Prof Mohammad Ayub, former head and dean, School of Law, delivered the keynote address, tracing the history of law and its changing dynamics in to-

day's world. He said 39% in-house legal work in western countries is now preferred through artificial intelligence (AI) while many disputes are also settled via AI. He also referred to new challenges in varied domains of law especially those posed by "new internet".

Prof M Hussain, former head and dean, School of Law, spoke about the ever-changing dynamism of rule of law and cited several examples to draw home his point.

Head and Dean School of Law Prof Beauty Bandy delivered the welcome address, while Dr Mohammad Yaseen conducted proceedings of the inaugural session, which was attended by senior law faculty including Prof Mushtaq Ahmad.

Dr Shahnaz delivered the vote of thanks.

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HIGHWAY STATUS



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



PRAYERS

FAJR	4:49
ZUHR	12:36
ASR	4:54
Magrib	6:43
ISHA	8:03

This Day In History

- 1966 - First British nuclear ballistic missile submarine HMS Resolution launched
- 1968 - Launch of Zond 5, 1st lunar fly-around with Earth re-entry
- 1968 - Probable Test flight for a manned fly-around (scooped by Apollo 8)
- 1970 - PLO leader Arafat threatens to make a cemetery of Jordan
- 1972 - An SAS domestic flight from Gothenburg to Stockholm was hijacked and flown to Malmö-Bulltofta Airport.
- 1973 - OPEC supports price hikes and designates six Gulf countries to negotiate collectively with companies over prices; other members to negotiate individually
- 1974 - Air Vietnam flight 727 is hijacked, then crashes while attempting to land with 75 on board.
- 1976 - Soyuz 22 carries 2 cosmonauts into Earth orbit for 8 days
- 1978 - Muhammad Ali beats Leon Spinks in 15 rounds for heavyweight boxing title
- 1981 - The John Bull becomes the oldest operable steam locomotive in the world when the Smithsonian Institution operates it under its own power outside Washington, D.C.
- 1981 - Vanuatu becomes a member of the United Nations.
- 1982 - Israeli forces began pouring into west Beirut
- 1982 - Pope John Paul II receives PLO leader Yasser Arafat
- 1988 - Test Cricket debut of Ian Healy, vs Pakistan at Karachi
- 1990 - France announce it will send 4,000 troops to Persian Gulf
- 1991 - US women's gymnastics team win 1st World Championships medal (silver)
- 1996 - Bangladesh beat UAE by 104 runs to win the ACC Trophy Final
- 1998 - With the landmark merger of WorldCom and MCI Communications completed the day prior, the new MCI WorldCom opens its doors for business.
- 1998 - Google.com is registered as a domain name
- 2011 - The St. Thomas Assembly plant is closed permanently after decades of providing employing to the region of St. Thomas, Ontario and resulting in the loss of roughly 1,400 well-paid jobs
- 2012 - Japan announces that it will phase out nuclear energy by the 2030s

From KO Archives

Kupwara Villager Kills Wife, Absconds

Ghulam Jeelani

Kupwara: Police have launched a manhunt to nab a Kupwara villager accused of killing his wife.

Though he has not left behind any clue, his arrest was expected by this eve-ning, reports said. The gruesome murder has taken place at Surmarg, 15 km from Handwara in the border district.

According to the senior superintendent of police (SSP), Kupwara, J B Singh, Jawahira was married to one Nazir Ahmad Bhat of the village about six years ago from whom she has a child. But their relations became strained about six months ago. The dispute between the couple had even landed in a court of law, according to reports.

Singh said Bhat had apparently mended fences with his estranged wife about five days ago. However, during the night he allegedly killed her. After that, Bhat packed the body of his slain wife in a trunk and hid it in a room of his house. He is believed to have fled from his home immediately after commission of the crime.

It was only after some foul smell started emanating from the house that Bhat's neighbours became suspicious. Soon they informed the police who recovered the highly decomposed body of the woman from the house.

(Kashmir Observer, September 15, 2000)

LCMA Conducts Demolition Drive In Various City Areas

Observer News Service

Srinagar: The Enforcement Wing of Lake Conservation & Management Authority (LCMA) on Thursday carried out a demolition drive in the areas of Dalgate, Lal Bazar, Botshah Mohalla, Saderbal, Rainawari, Nigeen and Zoonimar.

Demise

With profound grief, we inform the demise of Gulam Nabi Dar S/o Late Muhammad Shaban Dar R/o Ishber - Nishat, Srinagar who left for heavenly abode on 14-09-2022 Wednesday, (May Almighty ALLAH grant Jannatul-Firdous to the departed soul(Ameen),(Fateh Khani will be held on Saturday the 17th September, 2022 at their ancestral grave yard near Markazi Mawnat Ishber (InshAhalla)

Bereaved family:

Muhammad Shafi Dar, Ab, Hameed Dar, Mehraj ud Din Dar, M. Iqbal Dar

INF



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NOTICE INVITING E-TENDER

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Name of work: Construction of Vice Chancellor's Residence at IUST Campus II.		
Advertised Cost of Construction	Rs. 2,21,01,024.00/=	
Cost of document	(Non-refundable) Rs. 5,000/- (Rupees Five Thousand Only) in shape of Demand Draft Only.	
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Class of Contract	Class "A"	
Date Of Issuance Of Tender	14-09-2022	
Bid submission Start Date	14-09-2022	
Bid submission End Date	04-10-2022 Up to 6:00 Pm	
Date of Submission of DD (Hard Copy)	05-10-2022 From 10:00 Am Up to 4:00 Pm	
Time & Date of opening of Technical Bids	Bids shall be opened at IUST on 06-10-2022 at 11:00 AM	
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K O V I E W

Year Of Tourism

More than 20 lakh tourists, including 3.65 lakh Amarnath yatris and over ten thousand foreigners, have visited Kashmir in the first eight months of this year. According to the tourist officials, this is the highest number of tourists Kashmir has received so far, beating by far even the pre-turmoil period record. The occupancy rate for houseboats has been over 80 percent. According to the figures, up to 10,000 people, most of them from the other areas of India visit Kashmir in over 100 flights per day. Also thousands of people are visiting the Valley by road. Most hotels are booked through the summer with tourist resorts like Gulmarg, Pahalgam, and Dal lake attracting the most tourists. However, the UT government has now increased the options for tourists by developing more resorts. For example, Aharbal, Yusmarg, Tosamaidan, Gurez, historic old city in Srinagar are finding a prominent place on the tourist map of Kashmir. These places need further development of tourist infrastructure and also wider publicity for people to visit.

A combination of factors has made the tourism boom possible: One, there is this perception across the country that after the revocation of Article 370 J&K has been fully integrated into India. Second, Covid-19 fallout which severely reduced the options to go abroad and third the ongoing sweltering summer in mainland India which has forced people to escape to colder places like Kashmir. The Tourism department has said that an advertising campaign across major Indian cities and the opening of new destinations were also attracting more tourists.

Tourism, one of the mainstays of the Kashmir economy, is one of the sectors that has been hit the hardest over the two years following the abrogation of Article 370 with successive Covid -19 lockdowns also crushing the sector. As a result, a large section of people was largely without employment. Their savings have already been depleted. This includes also the people associated with tourism. In 2021, many cases of suicides and suicide attempts took place as a result. The major cause of suicide attempts was financial distress in the families caused by the turmoil of the preceding two years and also by the extended successive lockdowns.

But the excessive focus on fewer resorts are drawing tourists away from other equally scenic places. There is an urgent need to develop new tourists sites, so that the benefits of tourism reach people across the Valley. There are plenty of such places in the Valley - Bangus Valley in North Kashmir, for example. The government needs to invest in the infrastructure in these places to facilitate the tourists to travel to lesser known resorts.

O T H E R O P I N O N

Growth pangs

Despite commodity prices softening, goods have become costlier as companies are looking to protect or grow their margins. Moreover, the re-opening of the services sector has added to price pressures, in areas like education. The increase in house rents in August was 4% y-o-y compared with 3.8% y-o-y in July. Again, although the rise in rural wages has been subdued, there is undoubtedly momentum in the increase in salaries and wages in urban India. But the bigger concern at this point is a listless economy. At 2.4% y-o-y, the growth in factory output in July has been uncomfortably low, coming after a 12.7% y-o-y in June, with sequential momentum down by a precipitous 4.6% month-on-month, seasonally adjusted. As Sonal Varma, chief economist, India, Nomura, points out, there has been a broad-based fall, notably in the categories of consumer durables, capital and primary goods. The Q1FY23 GDP data had indicated that the economy was not exactly galloping along even though growth came in at a 13.5% y-o-y. Importantly, consumption wasn't picking up as anticipated; private final consumption expenditure (PFCE), at ₹22 trillion in Q1FY23, was only about 10% more than the spend in Q1FY20, which in itself was an abysmally poor quarter.

Economists point out the rural economy is performing below par with agricultural wages still somewhat weak and the terms of trade against farmers. That might change with the monsoon being reasonably good and agricultural credit continuing to grow at a decent pace. However, support provided by the fiscal expenditure in rural India during FY21 is now smaller, and could slow consumption demand.

Consumption demand could also moderate as the job market weakens. While certain sectors continue to hire in large numbers, the demand for jobs is outstripping the supply. CMIE says unemployment shot up to 8.3% in August, the highest levels in the past 12 months with the labour market shedding 2.6 million jobs. It is evident now that the economy may not grow by more than 7% in FY23; some economists have even lower forecasts. Given this, Reserve Bank of India (RBI) must consider calibrating the pace of rate hikes because it simply cannot risk the economy stalling. Even if it doesn't come off to sub-6% immediately, inflation should moderate over the coming months as commodity prices soften in the wake of slowing global growth. Back home, the government will also likely take measures to rein in food prices and shore up buffer stocks. However, higher rates will hurt businesses, especially small ones, and, in turn, employment. RBI must now bat for growth.

Financial Express

Big Picture
Disengagement In Ladakh

M. K. BHADRAKUMAR

The Ministry of External Affairs has done the right thing by explaining its taciturn press release on Thursday in a single sentence regarding the disengagement of troops in the area of Gogra-Hotsprings along the LAC in the Western Sector of India-China border areas.

The Official Spokesman Arindam Bagchi shared on Friday more details. Broadly, a consensus reached at the 16th round of India-China Corps Commander Level Meeting on 17 July has since been fleshed out by the two sides, and the actual disengagement commenced on Thursday which will be completed on coming Monday. The following key elements draw attention:

Both sides will “cease forward deployments in this area in a phased, coordinated and verified manner, resulting in the return of the troops of both sides to their respective areas.”

All temporary structures and other allied infrastructure created in the area by both sides “will be dismantled and mutually verified.”

“The landforms in the area will be restored to pre-stand-off period by both sides.”

“The agreement ensures that the LAC in this area will be strictly observed and respected by both sides, and that there will be no unilateral change in status quo.”

Going forward, the sides will “take the talks forward and resolve the remaining issues along LAC and restore peace and tranquility in India-China border areas.”

The last two elements — prohibiting “unilateral change in status quo” and the commitment to resolve the remaining issues — are, quite obviously, inter-related.

Simply put, there will be no attempts by either side to indulge in any “Mission Creep” to seize unilateral advantage of territory. This is hugely important, given the two vastly divergent narratives on what precipitated the stand-off two years ago. How the “status quo” is to be understood is not yet in the public domain, but presumably, it is to mutual satisfaction.

A judicious admixture of firmness and realism (on both sides) has made this agreement possible. External Affairs Minister S Jaishankar pointedly reminded the domestic public opinion about this on September 4 even as the announcement on the disengagement four days later was being drafted jointly with China.

Only four days prior to that, on August 30, when Jaishankar said much of Asia's future depends on how the ties between the two countries develop in the foreseeable future, and for the ties to return to a positive trajectory, they must be based on mutual sensitivity, mutual respect and mutual interest, he was clearly addressing China.

Unfortunately, some Indian commentators have rushed to belittle what has unfolded in the recent months by linking it to a possible meeting between Prime Minister Narendra Modi and Chinese President Xi Jinping next week at Samarkand. That said, if there is going to be a meeting at Samarkand, this disengagement indeed provides the setting for constructive discussion. Both governments have high stakes in maintaining peace and tranquility along the LAC in the present hugely transformative period in the world order. For China, issues of war and peace in the Taiwan Straits are a top priority.

As for India, a crucial period of adjustment to new geopolitical conditions lies ahead which presents daunting challenges to its strategic autonomy and independent foreign policies, stemming from the West's attempts to polarise the world community against Russia and China.

Both India and China sense the high importance of pursuing their respective trajectories of economic growth and development optimally in a difficult and unfavourable climate internationally. Speaking of India, our analysts prefer — either due to ignorance or with deliberation — to sidestep the co-relation between a peaceful and tranquil border and the country's overall economic situation.

The Ukraine conflict is adding to global



There is continuing Western interference in India-China relations and the fact that the government has sequestered the bilateral track with China is not going to be to the liking of the West. Fundamentally, the contradiction is that without India, there is no “Indo-Pacific Strategy” against China

inflation by raising the cost of energy and other raw commodities while an increasingly hawkish US Fed is tightening its policies, and significantly reducing its balance sheet. There could be looming currency and foreign exchange worries. Time may have come to build up a clearing system among BRICS countries. India's current foreign exchange reserves are at their lowest since October 2020. Persistent foreign outflows from India's equity and debt markets have also weighed on the rupee.

There is continuing Western interference in India-China relations and the fact that the government has sequestered the bilateral track with China is not going to be to the liking of the West. Fundamentally, the contradiction is that without India, there is no “Indo-Pacific Strategy” against China.

In a recent interview with an Indian newspaper, the former Prime Minister of Australia and an acclaimed hawk on China, Kevin Rudd, posed the question that troubles the Western mind most: “What does India do ultimately, if China does unilaterally resolve the border, as Gorbachev did, with the Russian Federation within the Soviet Union in 1989?”

Rudd repeated, “what would India then do in terms of China's rise if the border was resolved, and India and China and Russia folded into one enormous market of mutual opportunity?” In such a scenario, Rudd could see only a binary choice for India: it should either “bandwagon” with China or “balance” China.

Rudd must be a terribly disappointed man to see that there could be a Third Way. China is not really expecting anyone to “bandwagon” with it. Its DNA is similar to India's — pursuit of national interests while retaining strategic autonomy (even with regard to its partner Russia.)

China takes satisfaction that India treasures its strategic autonomy. Its expectation is only that India should not align with the US to pursue hostile policies. That is perfectly understandable, too.

A consensus with China that neither party will try to gain territorial advantage is the maximum that can be expected today and the irreducible minimum required until such time as the Indian opinion can accept a fair and just settlement of the boundary question in a spirit of compromise.

Notably, Chinese commentators have appreciated EAM Jaishankar's forceful remarks through March-April enunciating India's oil purchases from Russia giving primacy to national interests. Conceivably, such assertion of India's strategic autonomy created a favourable ambience in the ongoing talks at various levels with China, leading to the disengagement in Gogra-Hotsprings. Again, the

Chinese commentators were appreciative that Jaishankar brought in the tantalising concept of the Asian Century during the Q&A after his speech on “India's Vision of the Indo-Pacific” in Thailand on August 16.

Significantly, the Chinese Foreign Ministry Spokesman reacted to the remark in positive terms three days later on August 19: “As a Chinese leader put it, “Unless China and India are developed, there will be no Asian century. No genuine Asia-Pacific century or Asian century can come until China, India and other neighbouring countries are developed.” China and India are two ancient civilizations, two major emerging economies and two neighboring countries. We have far more common interests than differences. Both sides have the wisdom and capability to help each other succeed instead of undercutting each other. We hope that the Indian side will work with China to act upon the important common understandings between our leaders, i.e. “China and India are not each other's threats, but cooperation partners and development opportunities”, bring China-India relations back to the track of steady and sound development at an early date and safeguard the common interests of China, India and our fellow developing countries.”

China and India have many common interests in the emergent world order. Only three days ago, PM's remarks at the Eastern Economic Forum plenary at Vladivostok signalled India's interest to work with Russia in the Arctic (where China is also a participant) as also in the Northern Sea Route (where China too is a stakeholder).

By the way, the Russia-China Joint Statement on the International Relations Entering a New Era and the Global Sustainable Development (February 4, 2022)speaks about the two countries “consistently intensifying practical cooperation for the sustainable development of the Arctic” as well as the “development and use of Arctic routes.”

There is no empirical evidence to show that China has blocked India's pathway in the Arctic or the Russian Far East, Southeast Asia, Central Asia or West Asia. The disengagement in Ladakh gives hope that the bilateral relations can be restored, especially in the economic sphere. There is no question that India should be vigilant about its defence and national security. But to be paranoid about it or getting entrapped in xenophobic attitudes will be wasteful and ultimately debilitating.

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



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Capacity Building And Training For Women's Safety

THE advancement of women and the achievement of equality between women and men is a matter of human rights and should not be viewed in isolation as a women's issue for social justice. They are the only way to create a sustainable, just, and developed society. However, persistent patriarchal mentality and prejudice against gender equality will lead to poor recognition of women's rights; As it has been behind.

Regarding the deep-seated bias and poor recognition of women's rights in India, the Economic Survey 2018 noted that the desire for a male child has given birth to 21 million “unwanted” girls between 0 and 25 years old in India. According to the latest health index released by

the NITI Aayog, India's sex ratio at birth has declined in 17 of the 21 large states. This indicates a failure in the country's ability to curb female selective abortions after illegal sex disclosure.

As recently as March 2020, there were cases of infanticide in Usilampatti, Tamil Nadu. The deeply ingrained bias ironically suggests that it exists against genuine equality between both men and women. According to PISA test data, the notion that “boys are better at math” is unfounded. Yet this belief still exists. Crimes against women increased from 3,793 per million in 2016 to 3,886 per million in 2017, according to the NCRB report. Uttar Pradesh topped the list with 56,011 cases followed by Maharashtra.

In the corporate world, women still earn an average of 79 percent of men, who hold only 5 percent of the Fortune 500 CEO positions and represent an average of 17 percent of global board positions. Women lack access to informal networks that provide opportunities to work in high-profile projects, including attending conferences abroad or job opportunities. Early marriage, with or without the consent of the girl, is a form of violence, as it impairs the health and autonomy of millions of girls.

It is important to develop and implement policies that promote gender equality by creating and enforcing laws to protect women, as well as marriage, divorce and custody laws, inheritance laws, and the elimination of discrimination against women

in property ownership. For financial freedom, improving access to paid employment to women and ensuring equal pay for equal work is extremely important.

However, women-centric development plans have been made due to gender-based budgets. The plan for safe cities to improve crime monitoring data collection system on violence against women and use of Nirbhaya Fund for better protection of women. Capacity building and training of service providers and law enforcement officers to handle cases of violence against women is of utmost importance at the nationwide level for women's safety.

Priyanka Saurabh
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MINDFUL FRIDAYS

FEELING IS HEALING

Wasim Kakroo

There are times in life when pain and suffering reminds us that we have fragmented portions of ourselves that need to be repaired and treated. Something is out of balance, and it demands quick attention, affection and care.

These negative signals must be addressed, and the underlying problem must be addressed. This can be accomplished through emotional healing, in which our ideas, feelings, and behaviours are no longer influenced by our painful life experiences.

WHAT IS EMOTIONAL HEALING AND HOW DOES IT WORK?

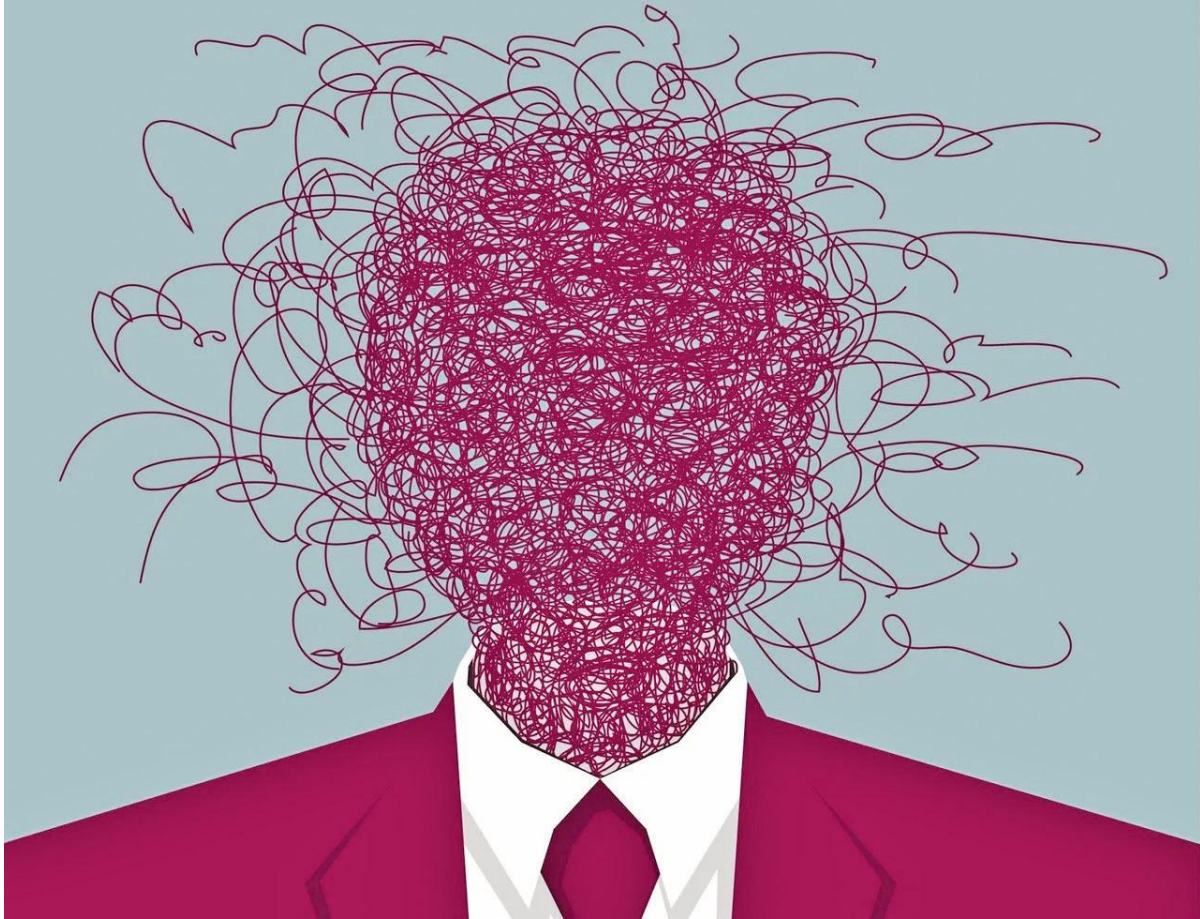
Emotional healing is the ability to keep painful thoughts, feelings, and emotions under control so that they do not cause interference in the present moment.

Emotional healing is the acceptance of all difficult life experiences as well as the negative emotional reactions that result from them. It entails mastering the art of coping with a variety of stressors. When someone is emotionally healed, the psychological pain that was bothering them no longer holds them back. The mental scars have healed, and there is no longer any considerable discomfort.

The past will never be a barrier to living in the present moment happily and calmly during the emotional healing process. Healing one's emotions will allow one to reintegrate all the disintegrated parts of oneself. It accelerates the process of coming to grips with grief, allowing you to grow stronger and more confident from inside.

WHY DO WE NEED EMOTIONAL HEALING?

Emotional healing teaches us how to cope and adjust in life. It increases our awareness of emotional reactions and aids in the right expression of feelings which might lead to effective stress management. Finding a sense of purpose and meaning in life helps people connect with one another, which leads to a greater focus on the positive aspects of life.



WHAT ARE THE VARIOUS SIGNS OF EMOTIONAL PAIN?

It takes time to come to terms with the full extent of negative consequences when unpleasant things happen in life. A distressing occurrence that has shattered one's feeling of security can cause emotional pain and psychological trauma. There is a sense of powerlessness, hyperactivity, and anxiety. Upsetting emotions are present, making it appear as if you have little or no control over the situation. The various signs of emotional pain are as:

EMOTIONAL SIGNS THAT INDICATE THE NEED FOR INNER HEALING MIGHT INCLUDE:

1. Anger and mood swings are common.
2. There's a chance you'll get con-

“It takes time to come to terms with the full extent of negative consequences when unpleasant things happen in life. A distressing occurrence that has shattered one's feeling of security can cause emotional pain and psychological trauma

- | | |
|---|--|
| 6. Withdrawing from others and | 7. Insomnia and a lack of physical energy. |
| 8. Anxiety that interferes with day-to-day activities | 9. Reacting to negative emotions more often than responding to them. |
| 10. Finding yourself trapped in a vi- | |

- cious cycle of mental stress and anguish.
11. Holding on to bad emotions rather than letting them go.
 12. Sense of insecurity and low self-esteem.
 13. Difficulty offering love, trust and sympathy towards others.
 14. Overreacting to tiny things that stimulate the emotions.
 15. Clinging to resentments
 16. Difficulty in forgiving others.

WHAT ARE THE VARIOUS STAGES OF EMOTIONAL HEALING?

Emotional healing necessitates some conscious work in order to reassemble all of the broken pieces into a whole. There are several phases to emotional healing. It happens by learning to accept and acknowledge all of one's feelings without passing judgment. As a result, emotional healing is a multifaceted process that necessitates a high level of skill and patience.

The stages of emotional healing are:

- 1. SURRENDERING TO PAIN:**
The rejection and denial of painful feelings causes emotional distress. Surrendering to pain is a healthy thing to do during an emotional healing process. Try not to run away from the pain. Be aware of your emotions and the essence of your pain. To heal, you must first understand and feel your emotions.
- 2. TOLERANCE COMES FROM AWARENESS:**
Increasing one's awareness of emotions allows them to be named. The first step in handling the negative emotions is to know them. This is an action-oriented stage in which comprehending painful emotions aids in the healing of deep-seated scars. Knowing what kind of emotions your mind perceives can help you cope better with them.
- 3. DEALING WITH EMOTIONAL BLOCKAGES:**
Emotional healing faces emotional pain objectively. As a result, the emotional issue that was avoided is confronted. Running away from difficulties can make things worse, therefore relief is sensed at this

time. Prepare yourself to deal with the emotional blockage. To understand emotional problems, engage in honest self-talk. Determine your emotional triggers and then confront them. When confronted with negative emotions, try to accept them and you will feel better.

4. INEVITABLE EXPRESSION:
After confronting the emotions, they may disturb us. Learn to honor the pain at this time, and in order to heal, one must learn to express their emotions. When you're depressed, in that situation, crying, yelling, and screaming in an empty room might help you release your unspoken anger and make you feel better. Allowing emotions to persist in the physical body for an extended period of time leads to mental tiredness and withdrawal. Movement toward recovery will take place over time and with patience.

5. ACCEPTANCE OF EMOTIONS:
Acceptance is the stage at which you can feel emptied of emotions. It's possible to be numb to all of your traumatic experiences. It's as if it's become a part of the soul. There is mastery over negative emotions when they are accepted. By relinquishing control over current thoughts and sensations, the pain will fade away. After the struggle is finished, the growth can begin. This stage puts your emotional stamina to the test and brings out the best in you. Old habits go away, and one is ready to embrace change. Emotional healing ushers in a new life full of vigour, optimism, and hope.

Making the decision to heal emotionally from the old familiar pattern of hurt and disappointments, followed by acceptance and awareness, is a step toward healing and recovery. The soul is freed itself from emotional shackles and moves forward toward growth and well-being, allowing for significant spiritual development.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar). He can be reached at 8825067196

5 Self-Care Practices for Every Area of Your Life



Elizabeth Scott

All the stress relief activities in the world won't help if you aren't taking care of yourself. Meditation won't do you any good if you aren't getting adequate sleep. In fact, when you try to meditate, you might doze off because you aren't taking care of your body's need for sleep.

Similarly, hitting the gym once in a while won't relieve much stress if you're not regularly fueling your body with healthy, nutrient-dense food. You need to take care of your basic needs first if you want your stress relief activities to be effective.

This article discusses some of the different types of self-care and why they are so important. It also covers some of the things that you can do to develop a self-care plan of your own.

WHAT IS SELF-CARE?

Self-care has been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."1 Essentially, the term describes a conscious act a person takes in order to promote their own physical, mental, and emotional health.

There are many forms self-care can take. It could be ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air.

Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.

Unfortunately, however, many people

view self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

DIFFERENT TYPES OF SELF-CARE

Self-care isn't just about finding ways to relax. It's about taking care of yourself mentally, physically, emotionally, socially, and spiritually. In order to care for your health and well-being, it is important to find a balance that allows you to address each of these areas. Sometimes you might need more self-care in one specific area in order to restore balance or find relief from a stressor in your life.

PHYSICAL SELF-CARE

You need to take care of your body if you want it to run efficiently. Keep in mind that there's a strong connection between your body and your mind. When you're caring for your body, you'll think and feel better too.

Physical self-care includes how you're fueling your body, how much sleep you're getting, how much physical activity you are doing, and how well you're caring for your physical needs. Attending healthcare appointments, taking medication as prescribed, and managing your health are all part of good physical self-care.

SOCIAL SELF-CARE

Socialization is key to self-care. But, often, it's hard to make time for friends and it's easy to neglect your relationships when life gets busy.

Close connections are important to your well-being. The best way to cultivate and maintain close relationships is to put time and energy into building your relationships with others.

There isn't a certain number of hours you should devote to your friends or work on your relationships. Everyone has slightly different social needs. The key is to figure out what your social needs are and to build enough time in your schedule to create an optimal social life.

MENTAL SELF-CARE

The way you think and the things that you're filling your mind with greatly influence your psychological well-being.

Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you fuels your mind.4

Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue.

SPIRITUAL SELF-CARE

Research shows that a lifestyle including religion or spirituality is generally a healthier lifestyle.

Nurturing your spirit, however, doesn't have to involve religion. It can involve anything that helps you develop a deeper sense of meaning, understanding, or connection with the universe

Whether you enjoy meditation, attending a religious service, or praying, spiritual self-care is important.

EMOTIONAL SELF-CARE

It's important to have healthy coping skills to deal with uncomfortable emotions, like anger, anxiety, and sadness. Emotional self-care may include activities that help you acknowledge and express your feelings regularly and safely.

Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.

WHY IS SELF-CARE IMPORTANT?

Having an effective self-care routine has been shown to have a number of important health benefits. Some of these include:

- Reducing anxiety and depression
- Reducing stress and improving resilience
- Improving happiness
- Increasing energy
- Reducing burnout
- Stronger interpersonal relationships

According to the World Health Organization (WHO), self-care is important because it can help promote health, prevent disease, and help people better cope with illness.10

Specific forms of self-care have also been linked to different health and wellness benefits, including a longer life. Exercise, finding a sense of purpose in life, and sleep have all been connected to an increased lifespan.

DEVELOP YOUR SELF-CARE PLAN

An effective self-care plan should be tailored to your life and your needs. It needs to be something created by you, for you. Customizing your own self-care plan can act as a

preventative measure to make sure that you don't get overwhelmed, overstressed, and burned out.

Assess which areas of your life need more attention and self-care. And reassess your life often. As your situation changes, your self-care needs are likely to shift too.

As you are building your self-care plan, the following steps can be helpful:

ASSESS YOUR NEEDS: Make a list of the different parts of your life and major activities that you engage in each day. Work, school, relationships, and family are some you might list.

CONSIDER YOUR STRESSORS: Think about the aspects of these areas that cause stress and consider some ways you might address that stress.

DEVISE SELF-CARE STRATEGIES: Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.

PLAN FOR CHALLENGES: When you discover that you're neglecting a certain aspect of your life, create a plan for change.

TAKE SMALL STEPS: You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.

SCHEDULE TIME TO FOCUS ON YOUR NEEDS: Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.

MeT Predicts Dry Weather In J&K

Agenceis

Srinagar: Weather department here on Thursday predicted mainly dry weather in Jammu and Kashmir during the next 24 hours.

A meteorological department official here said that no 'significant weather' was expected for subsequent two days also even though there is possibility of isolated light rain or thunder on September 17.

Regarding the minimum temperature, he said, Srinagar recorded a low of 14.0°C, same as on the previous night. The temperature was 0.9°C above normal for the summer capital during this time of the year, he said.

Qazigund recorded a low of 12.8°C, also the same as on the

previous night. The temperature was 1.4°C above normal there, he said.

In Pahalgam, he said, the mercury settled at 8.7°C against 9.2°C on the previous night and it was 0.2°C above normal for the south Kashmir resort.

Kokernag recorded a low of 11.8°C against 12.0°C the previous night and it was normal for the place, he said.

World famous Gulmarg resort recorded a low of 8.2°C against 7.5°C on the previous night. It was 0.8°C below normal for the north Kashmir place, he said. In Kupwara town, the mercury settled at 11.0°C against 11.1°C the previous night, the official said. It was 0.2°C below normal for the north Kashmir place, he said.

Woman's Body Retrieved From Lidder

Srinagar: Body of a 42-year-old woman was found and retrieved from river Lidder in Pahalgam of South Kashmir's Anantnag district on Thursday.

Preliminary reports suggested that the woman drowned while she was taking a bath in the river. Some passersby on spotting the body informed the police, who on reaching the site retrieved the body and shifted it to PHC Pahalgam for necessary medico-legal formalities.

A police official identifying the woman as Zareena Begum (42), wife Mohd Ashraf, resident of Amadwagad Aishmuqam, told a local news agency GNS that the body continues to lie in mortuary at PHC Pahalgam. "We have in the meantime initiated investigations to collect necessary details into the cause of her death", the official further said.

'Hybrid Terrorist' Held In Reasi: Police

Jammu: Security forces on Thursday foiled a major attack with the arrest of a "hybrid terrorist" in Jammu and Kashmir's Reasi district, police said.

The security forces also recovered arms, ammunition and explosives from a hideout and Rs 1,81,000 in cash that was to be used for "terror-related activities", they said.

The arrested "hybrid terrorist" was identified as Zaffar Iqbal of Bal-Angrala. He is the brother of Lashkar-e-Taiba militant Mohd Ishaq, who was killed in an encounter with security forces in Rajouri district, they said.

"Hybrid terrorists" are

unlisted radicalised people who carry out strikes and slip back into their routine lives often without leaving any trace.

Information was received at Mahore police station that Zaffer Iqbal was in touch with terrorist handlers in Pakistan. Based on the input, a joint operation was launched by police, Rashtriya Rifles and Central Reserve Police Force (CRPF) teams in the Angrala forest, the police said.

During the operation, two pistols (Glock), four magazines, 22 live ammunition and one grenade were recovered from a hideout in the area.

System Created For Serving Everyone Equally Across J&K: Govt

Several Key Interventions Have Been Made In Education, Tourism, Industrial Sectors To Boost Growth, Economy

Observer News Service

Srinagar: The Jammu and Kashmir administration is creating a system that serves everyone with equal opportunities besides endeavours to mobilise all the resources to improve the standard of living of people which have been deprived of progress for decades.

Several interventions were made in the education sector of the Union territory in the last three years, and efforts were being made to provide quality education to children. Educational system of the UT has been overhauled and aligned as per the recommendations of the National Education Policy, 2020.

Through 'Aao School Chalein Campaign' lakhs of students from disadvantaged sections have been brought back to the class rooms. With a view to provide quality education to the youth in remote areas of the UT, 25,000 additional seats at graduate level have been provided by setting up 50 degree colleges.

This is the biggest addition in the Higher Education sector in the last 70 years. Uniform academic calendar has been introduced in all higher educational institutions.

The present LG led Administration is giving prime focus on the education of Tribal children which can be gauged from the fact that the department of tribal affairs, for the first time, initiated an exercise to assess the state of education viz a viz tribal education and literacy levels prevalent among the tribal population.

Based on such surveys, a comprehensive education plan was formulated to address specific educational needs of tribals besides efforts are being made by the Education department to upgrade the educational institutions across J&K.

The priority of present Government is to secure the future of tribal children. Smart schools in tribal and remote areas are being equipped with modern facilities which can develop scientific temper in children and make them future-ready, besides arresting the dropout rate.

The prospects for the tribal community in Jammu and Kashmir are bright as a number of schemes have been launched for its benefit. Never before have tribal community prospects been as bright as they are today. The Forest Rights Act, PM Van Dhan Yojana, healthcare, transport facility, hostels, tourist villages, skill development – every initiative has been aimed at ensuring progress of J&K in an equitable, fair and just manner.

Every sector in Jammu and Kashmir is witnessing a trajectory of growth and progress.



Regarding the tourism sector, Millions of tourists who visited Jammu and Kashmir this year, testify the overall development and change that has taken place in the Union Territory as the current year touched the highest-ever visitor figure.

The long-pending demand of night-flight operations of the residents of Jammu and Kashmir has been fulfilled. 75 offbeat tourist destinations are being developed in Jammu and Kashmir as a part of Azadi Ka Amrit Mahotsav celebrations.

Jammu and Kashmir has been a favoured shooting destination for Bollywood. A comprehensive Film Policy was launched last year to attract filmmakers after decades and within a year of the notification of the policy, filmmakers began to seek shooting permissions for films and web-series in huge numbers from the Department of Information and Public Relations (DIPR), nodal department for implementation of Film Policy.

Government is planning to launch a film studio with state-of-the-art facilities to provide new opportunities to the young talent of Jammu and Kashmir besides boosting the business ecosystem of the Union Territory.

The Centre deserves credit for overseeing this very welcome industrial and economic resurgence that is dramatically changing J&K since the latter half of 2019. In the last two years, investments from India and abroad have facilitated a sharp improvement in development and socio-economic parameters.

Major initiatives have allowed for strides to be taken in key sectors that drive the development engine. J&K is well on its way to becoming one of India's leading UTs. Development benefits were not allowed to reach the last man in

the queue. By removing divisive and discriminatory policies all sections of community have been made effective partners in process of development.

For women empowerment, Government is making proactive intervention to create facilities to encourage women's participation in governance, business, and other sectors.

A gender-inclusive ecosystem in the union territory is being created so that women have a better access to education and economic growth.

The J&K government is creating an ideal, gender-inclusive ecosystem where they have better access to education and economic growth, putting them at the heart of our development initiatives and making those on the margins aware of their rights.

Government is stressing on proper implementation of policies and the need to focus on skill training and re-skilling of women so that they have an equal share in future economic opportunities, an official said.

Meanwhile, due to seriousness of Government, an overwhelming response was received for investment under recently announced new Industrial Policy which will create lakhs of employment opportunities for the youth.

As per the policy, all Industrial units coming into commercial production from April 1 as well as the existing units undertaking substantial expansion shall be entitled for incentives under this policy while the existing units eligible for incentives under the erstwhile Industrial Policy 2016 shall be allowed to avail the same under the old policy till March 31, 2026.

The government would act as facilitator rather than regulator. All UT related services, consents and permissions required to set up and operate an industry in J&K are being provided through Single Window Portal.

LEAD Boosts Student Confidence In Small Towns; Conducts Exclusive Masterclass On

Agenceis

Anantnag: India's leading School Edtech company LEAD today announced an exclusive Masterclass on Leadership and Collaboration with Olympic metallist and legendary tennis player Leander Paes.

Leander turned tutor and guide for students of LEAD-powered schools across 400+ towns and cities in India, as he shared learnings from his own life and career, and delved into the secrets of successful Leadership and Collaboration, two traits that have distinguished him as one of the most successful doubles players in tennis history.

Commenting on his association with LEAD students, Leander Paes said, "I am delighted to be a part of LEAD's Masterclass. Leadership is just the right combination of empathy, charisma, communication and problem-solving. In today's world, schools must guide students in honing 21st-century, Confidence-building skills such as Leadership, Collaboration and Communication from an early age, thus building a solid foundation for success in every aspect of life."

Sumeet Mehta, LEAD Co-founder and CEO, said, "Exposure is an important component of building Student Confidence, as per research done by LEAD in collaboration with Tata Institute of Social Sciences. With Masterclass by LEAD, students in India's Tier 2+ towns now have access to the same exposure and opportunities as their peers in metros, and can learn Confidence-building skills of the future from celebrated subject matter experts like Leander Paes."

LEAD's Masterclass is India's first initiative to provide a holistic learning experience to school students in small towns, by giving them an opportunity to learn directly from experts and celebrities. Previous Masterclass sessions have been led by celebrities such as badminton ace Saina Nehwal, tennis champion Sania Mirza and legendary cricketer Sunil Gavaskar. LEAD's latest Masterclass follows the previous edition led by actor-director R. Madhavan, which focused on Personality Development and building a growth mindset, and was a resounding success.

CONTD. FROM FRONT PAGE

Azad Slams Parties

brothers in the dead of the night.

"I promise you that the children of poor or even rich people will not be jailed and sent to Kathua or any other jail in the country for money. I promise you that no one will disrespect our sisters and daughters," he said.

The former J-K chief minister also promised that there will not be "fake" encounters.

He said Union Home Minister Amit Shah has promised on the floor of Parliament that Jammu and Kashmir's statehood will be restored.

"Once the statehood is restored, I can also guarantee land and job rights in J-K will be given only to the people of J-K," Azad said, adding "I cannot give you those guarantees which are not in my hand".

Pointing to J-K's tourism potential and the employment the sector can generate, he said he has "experience and many schemes in mind" which can bring two crore tourists to the UT every year.

"These things can be done as I have done it in the past," he added.

The former leader of the opposition in the Rajya Sabha said he was perhaps the only politician in the country to have gone to the people first before forming a political party.

"Ninety-nine per cent people first form a party and then go to the people. I think I am the first person in the country or even the world, who is forming a party after meeting public delegations.

"My experience taught me that I should go to the people first, ask them if they will support me or not and then form a party. When the people support me, then everyone of them will be Ghulam Nabi Azad because they will be a part of the decisions of that party," Azad said.

Addressing his supporters, he asked them if they permit him to form a new political party, to which they replied in affirmative.

"Will you run the new party? Will you help in ascending it to power? Will you support my agenda of making a Khushaal Kashmir?," Azad asked. The people responded "Zaroor" (surely).

"I could have gotten lost in the politics at the national level, reached the zenith. But, I thought, my home, J-K, is

burning. It is living under the shadow of unemployment, fear and helplessness, and I have to help it," he said, appealing people to support him.

The public meeting at Anantnag was the last scheduled part of Azad's programme in J-K after he quit the Congress party on August 26. He held a public rally in Jammu on September 4. In Kashmir, he addressed his first public meeting in Baramulla on September 11 and also met various delegations which called on him during his stay in the Valley.

5 More Die

The accident comes a day after 11 people were killed and 28 others injured in another accident in Jammu and Kashmir's Poonch district.

Meanwhile, Lieutenant Governor, Manoj Sinha expressed grief over the loss of lives in the tragic accident.

"Anguished by the loss of lives due to a tragic accident in Rajouri. In this hour of grief, my thoughts are with the bereaved families. May the injured recover at the earliest. The district admin is providing all possible assistance," the office of LG tweeted.

People Centric

assistance under various government schemes, and also set the target of self-employment generation at each panchayat level.

Regarding the prestigious mega project of NH-244, the LG, he said, directed the NHIDCL authorities to engage more manpower and machinery so that the project shall be completed under the fixed timeline.

The spokesperson said that the LG also directed the authorities to take all the road safety measures along the National Highway by installing crash barriers, regular checking of vehicles, radium signage to prevent accidents.

"On various ongoing road projects under CRIF, NABARD, Languishing and PMGSY, the Lt Governor directed the Forest department to resolve all the forest clearance issues in coordination with the concerned departments," he said, adding that the LG announced the Thathri-Gandoh road as National Highway.

Sinha, he said, directed the executing agencies to connect the pending habitations with road connectivity on

priority.

The spokesperson said that the LG took stock of the interventions for enhancing farmers' income and encouraged the use of modern agriculture technologies among the farming community.

Sinha, he said, asked the officers to encourage farmers for diversification and availing the benefits of schemes of UT government for mechanization, irrigation facilities and agriculture extension.

The LG, he said, maintained that agriculture & allied sectors continue to serve and support economic activities for Doda.

"Our emphasis is on the strengthening of Floriculture Cultivation especially marigold & lavender so that Doda can be benchmarked with the best in the country in terms of its competitiveness," Sinha said.

The LG, as per the spokesperson directed the District Administration to prepare a comprehensive District Plan of agriculture and allied sectors in coordination with SKUAST. He further called for giving more focus on One District One Product so that export of the agricultural products shall be increased in a considerable manner having a direct impact on the income of farmers.

Sinha, he said, also sought a comprehensive report on the progress of key projects including GMC Doda, construction of medical College campus, residential quarters and teaching hospital; Widening of NH-244, High Altitude Medicinal Plant (AYUSH) at Bhaderwah; Government Degree College, Kastigarh; Multipurpose Indoor Sports Hall at Doda; Government Polytechnic Doda; 100 Bedded Hospital at Gandhoh and directed for ensuring the timely completion of the ongoing projects.

While responding to the issue of shortage of teaching staff and doctors in the Government Medical College, he said, the LG directed the Principal GMC to advertise all the vacant posts so that a chance shall be provided to the locals to get the opportunity to serve the people.

"Immediate steps should be taken to engage the doctors and teaching faculty for the best patient care and smooth functioning of the GMC," the

LG said.

Assessing the progress under Jal Jeevan Mission, the LG, as per the spokesperson directed the Jal Shakti Department to motivate local and young contractors to participate in the tendering so that all the targeted schemes shall be executed on ground well in time.

He further said that the LG stated that 4 Atal Tinkering Labs, 3 KGBV and 5 Girls hostels have been sanctioned and many other measures are being taken to strengthen the education sector.

Underlining the importance of Block Diwas and Thana Diwas, Sinha, he said, directed all the officers from civil and police departments to ensure prompt redressal of people's grievances.

Regarding digitisation of Jamabandies and distribution of land passbooks, the LG, as per the spokesperson directed the concerned revenue authorities to ensure that the public visiting offices for registration shall not suffer due to unnecessary delays in the process.

"He further directed for the completion of digitization of land records and distribution of land passbooks within a set deadline," he added.

Earlier, the LG inaugurated newly constructed Government Degree College Kilhotran worth Rs 11.99 cr and 125 meters motorable bridge over river Chenab including 7.30 KM approach road at Sui Gwari, Doda completed at a cost of Rs 14.85 cr.

Sinha also launched a dedicated portal for promotion of new ideas and innovation.

The spokesperson said that the DC Doda, Vishesh Paul Mahajan briefed the LG on the development scenario of the district and the efforts of the District Administration to ensure timely completion of the projects and reaching out to the beneficiaries under various government welfare schemes.

"He further informed about various district level measures in the pipeline to uplift the tourism and industrial sector, including Solid and Liquid waste management," he added.

'J&K's Progress

these remarks during his second day

of his visit to Kishtwar, during which he participated in a plantation programme organized by NHPC Dulhasti Power Project, an official spokesperson said.

"Our progress is inherently linked to environmental resources. We must preserve our traditional life-sustaining system and maintain ecological integrity. Protection, restoration and regeneration of natural resources are prerequisite for economic development," the LG said.

Sinha was flanked by his Principal Secretary Nitishwar Kumar and Chief Secretary Dr Arun Kumar Mehta.

The LG, according to the spokesperson, planted Apple seedlings at Chenab Bhawan, NHPC Dulhasti Power Station.

DGP Reviews

across the border.

"He emphasized on adopting effective measures to put an end to the emerging challenge of narco terrorism. Possible security challenges and the counter measures were discussed during these interactions," he said.

Singh, he said, also had public interaction meetings at Teetwal and Keran during which he appreciated the role of people in maintaining peace.

"He advised the youth to participate in nation building activities for a better tomorrow. He appealed for active support in curbing the illicit trade of drugs," the spokesperson said.

During his interaction with PRIs and youth of the area, he said, the DGP and visiting officers assured that the grievances brought into their knowledge would be addressed.

The DGP, he said, also visited Police station Keran and reviewed the working of the Police station.

"He stressed for alertness to restrict the cross-border narco trade. He also inspected the available facilities for Jawans and officers in the police station. The DGP also had a survey of the proposed sites for border police posts at Jabri, Sadepora, Kandiyan and Jumagund," the spokesperson said.

Singh, he said, was accompanied by ADGP Headquarters, PHQ, M.K Sinha, DC Kupwara D.S Dattatray and SSP Kupwara Yougal Manhas.

The DGP was briefed by army commanders about the prevailing security situation and counter measures adopted in these areas under their command.

Hari Singh's Birthday

Singh was a great educationist, progressive thinker, social reformer and a towering man of ideas and ideals. The public holiday will be a fitting tribute to Maharaja Hari Singh Ji's rich legacy," Sinha said.

Pertinently, on the directions of LG, a four-member committee was constituted by the UT administration earlier this year to examine the public demand regarding holiday on the birth anniversary of Maharaja Hari Singh.

Prominent political leaders including Member Parliament, Jugal Kishore Sharma; Former Dy CM, Dr Nirmal Singh; Devender Rana, Sat Sharma; Ajit Singh, President All J&K Transport Union; Rajan Singh, President, Yuva Rajput Sabha and members of Yuva Rajput Sabha were present on the occasion.

J&K Logs 30

Providing district wise details of the cases, they said, Jammu reported 4 cases, Udhampur 0, Rajouri 0, Doda 0, More on P6 Kathua 0, Samba 0, Kishtwar 0, Poonch 0, Ramban 0, Reasi 5, Srinagar 10, Baramulla 2, Budgam 1, Pulwama 2, Kupwara 5, Anantnag 1, Bandipora 0, Ganderbal 0, Kulgam 0 and Shopian 0.

There was no death due to the virus during the time. So far 4784 people have succumbed to the virus and among them include 2351 from Jammu division and 2433 from the Valley.

Besides, they said, 58 Covid-19 patients recovered during the last 24 hours—8 from Jammu division and 50 from Kashmir Valley. There are now 269 active cases— 114 in Jammu and 155 in Kashmir.

2 Clerics Among

the Public Safety Act and shifting them to a Jammu jail, they said. The PSA is an administrative law that allows detention without charge or trial for up to two years in some cases.

J&K Bank Shareholders Reject ESOP Plan, Wani's Reappointment As Board Director

Press Trust Of India

NEW DELHI: Jammu & Kashmir Bank's proposal to raise capital by issuing shares to staff members under the employee stock option plan was rejected by the shareholders in the annual general meeting held in late August.

In a regulatory filing on Thursday, the bank released the minutes of the 84th annual general meeting (AGM) held on August 24, 2022.

The bank had proposed to issue 2 crore shares of face value of Re 1 each under J&K Bank under the J&K Bank Employee Stock Option Scheme 2022 (JKB ESOS 2022) and had sought shareholders' approval at the AGM last month.

The proposal sent as special resolution garnered only 0.92 per cent votes from shareholders who participated in the voting, showed the minutes of the meeting. Of the total 6,65,883,603 cast, only 6,062,264 were in favour of the proposal.

Shareholders also rejected the proposal to re-appoint Dr Mohamad Ishaq Wani, to retire by rotation, as the director of the bank.

Only 1.71 per cent (11,404,451 votes) of the shareholders were in favour of Wani's re-appointment, according to the minutes of the meeting of the AGM. With 3,898 shareholders abstaining, 6,54,475,254 votes were cast against Wani's re appointment.

However, the proposal to raise tier I equity capital of Rs 500 crore by issuing shares in one or more

tranches through a rights issue, preferential allotment, private placement of a qualified institutional placement (QIP) was passed with requisite majority, the bank said.

As many as 99.99 per cent votes were cast in favour of the resolution.

Shareholders also approved the proposal to raise tier II capital up to Rs 1,500 crore by issuing Basel III compliant bonds on a private placement basis during 2022-23.

In FY2021-22, the state-owned lender had raised about Rs 1,103.5 crore through various modes. It raised Rs 650 crore through a mix of -- Rs 500 crore by way of government capital infusion and Rs 150 crore through employee stock option scheme.

Rs 360 crore was infused as tier II capital and rest of Rs 93.50 crore as equity capital via QIP.

In the AGM, the bank also got approval from members to appoint Rajesh Kumar Chhibber as a non-executive non-independent director (liable to retire by rotation). He was appointed as additional director from December 30th 2021 till the last AGM.

The meeting chaired by MD&CEO Baldev Prakash was attended by eight other board of directors including Chhibber and government nominee Vivek Bharadwaj.

Bank surpassed the milestone of Rs 500 crore annual profit for FY2021-22, registering an annual increase of 16 per cent, Prakash told the shareholders.

DEO Shopian Takes Stock Of SSR At Various Polling Stations

Observer News Service

SHOPIAN: The District Election Officer (DEO) Shopian, Sachin Kumar Vaishya on Thursday visited various polling stations of the district to take stock of the process of special summary revision (SSR).

The visit was taken on the eve of the first day of special summary revision, 2022.

DEO visited polling stations at HS Trenz, District Treasury Shopian, GHS Pinjora and other stations. He interacted with students, new eligible voters to be incorporated in electoral rolls.

All the EROs, AEROS, BLOs and Supervisors have been directed to

undertake the special summary revision in a friendly and cordial way by involving all the stakeholders in the process with a view to achieve 100 percent coverage and accuracy in new additions.

DEO urged the public to contact BLOs at their respective polling stations for any modification/correction, addition or deletion in the electoral roll in order to maintain a clean and comprehensive electoral roll. He also urged eligible voters to enroll themselves in the Electoral Roll, and said that all forms required for addition, deletion, correction and other modifications are available at all the polling stations to ease out the process for the public.

NMDC Conferred With RajbhashaKirti Award

Observer News Service

HYDERABAD: NMDC received the RajbhashaKirti Award for 2021-22 at the Hindi DiwasSamaroh organised by the official language Department, Ministry of Home Affairs, Government of India in Surat today.

Amit Shah, Minister of Home Affairs and Minister of Co-operation of India, was present at the event and lauded

the contribution of Corporates in preserving and celebrating the Hindi language.

NMDC was conferred with RajbhashaKirti - third prize in the category of Public Sector Undertakings located in Region 'C'.

Sumit Deb, NMDC Chairman and Managing Director, received the award from Harivansh Narayan Singh, Honourable Deputy Chairman of Rajya Sabha. Union

Minister of State for Home Affairs NisithPramanik, Union Minister of State for Home Affairs Ajay Kumar Mishra, Members of Parliamentary Committee on Official Language, and Senior Officials of the Government of India's Department of Official Language were also present at the Hindi Diwas-Samaroh.

In 2021, NMDC's efforts in promoting the Rajbha-

shawere recognized with the Ministry of Steel's IspatRajbhashaSamman and the First Position in its category from the Town Official Language Implementation Committee, Hyderabad. In 2021 NMDC's house journal 'Khanij Bharati' that encourages creative and technical writing in Hindi also received the First Position in the Published Magazine category.

Mother Of Three In Kupwara Tops Class 10 Bi-Annual Exams

Press Trust Of India

SRINAGAR: In an inspiring feat, a mother of three from Kupwara district of Jammu and Kashmir has topped the Class 10 bi-annual board examination by securing 93 per cent marks.

Sabrina Khaliq, who left her studies after Class 9 following her marriage, made up her mind last year to study and appear in the examination as a private candidate.

"I had to look after my family. I devoted myself to the family, my kids. However, after 10 years, last year I decided to study and take the exams," Khaliq, a resident of Awoora village of the remote district, said.

She said her family supported her move but juggling between household chores, looking after children and studies was difficult. However, the mother of three -- two daughters and a son -- was determined. "It was very difficult, but both my families supported me," she said.



Khaliq spared a couple of hours every day to prepare for the examination.

"Many a times, I studied during the night. My sisters, my sisters-in-law and my husband helped me in studies," she said.

Her hard work paid off when the results were declared on Tuesday.

"I felt very happy when the results came in. It was an overwhelming feeling," she said,

adding she wants to continue her studies.

Khaliq advised other married women to never stop following their dreams.

"Do not stop chasing your dreams, work hard to realise them," she said.

Khaliq scored 467 marks out of 500 -- 93.4 per cent and got A1 grades in four out of five subjects -- Maths, Urdu, Science, and Social Science.

Hakim Yasin's PDF Among 2 J&K Parties De-registered By ECI

Agencies

SRINAGAR: The Election Commission of India has de-registered two more political parties of Jammu & Kashmir, taking the number of such parties to eight in the Union Territory.

In an order, the poll-body has deregistered Jammu & Kashmir Peoples Democratic Front (Secular) and Jammu & Kashmir Save Srinagar Front, saying these parties have been found non-existent either after a physical verification carried out by the CEO or the CEO has submitted report on the basis of the remark given by the postal authority with respect to undelivered letters sent on their registered address.

According to the order, the registered office of JK-PDF (Secular) was at Rajbagh while JKSSF was headquartered at Niab Mufti Manzil,

Talibal Road, Habak Crossing Srinagar.

JKPDF (Secular) is headed by former minister and five-time MLA Hakim Muhammad



Yasin. The Save Srinagar Front was founded by Mufti Nizamuddin, a former official of the Forest department.

In June this year, the ECI had deregistered six political parties including Jammu & Kashmir Awami League, on similar grounds

Jammu and Kashmir Awami League was formed by Ikhwan founder Kuka Parrey before the 1996 polls. Its two candidates- one each in 1996 and 2002- managed to enter Assembly. The party became defunct after Kuka Parrey's son Imtiyaz Parrey switched over to Congress.

Jammu & Kashmir Democratic Party (Nationalist) of former minister Ghulam Hassan Mir also became less visible after he was defeated by Muhammad Abbas Wani in 2014 assembly polls. The party became defunct after Mir joined Altaf Bukhari-led Apni Party, which was formed after August 5, 2019.

The other parties deregistered in June 2022 were All Jammu & Kashmir Peoples Patriotic Front, Democratic Janta Dal (J&K), Jammu & Kashmir National United Front and J&K Citizens Party--(KNO)

DMO Budgam Refuses Questions On Illegal Mining

Syed Mohammad Burhan

SRINAGAR: The Executive Engineer, Flood Spill Channel Division Narbal in a letter vide FSCDN/CS/5032-36 on 3rd September 2022 had requested the concerned District Mineral Officer, Budgam to take steps to stop extraction of RBM in the block no 11.

The letter came after there were reports that there is illegal mining going on contrary to the mining rules in the Mineral Block 11 from Old bridge Chadoora to Hanjigund.

"Regarding the subject matter and as reported by the concerned Assistant Executive Engineer, the Executing Agency of Block no 11 is violating the environment clearance of the said block by way of extraction of RBM during night hours and beyond approved one meter depth" the letter reads, a copy of which lies with Kashmir Observer.

"Furthermore the approved quality has been lifted by the agency and there is no scope left

for further extraction" the letter further reads.

The letter urged the DMO Budgam to initiate action against illegal mining to avert a possible natural disaster in the locality.

"In this case you are requested to take necessary measures for stopping further extraction of RBM in block no 11, otherwise there is apprehension of sloughing of the embankments/ buffer zone which can prove disaster during high discharge in the Nallah."

Speaking to Kashmir Observer the District Mineral Officer Budgam Ghulam Din put the ball in Exen's court saying what is stopping the Executive Engineer taking action against illegal mining.

"The Flood Spill Channel Division is a stake holding department. If the executive engineer finds the mining illegal, what is stopping him from initiating action" Ghulam Din said.

On being asked if he had initiated any action on illegal mining, he hung up the phone.

CBC, Ministry of I&B, J&K Ladakh Region Kick-Starts 'Hindi Pakhwada'

Observer News Service

JAMMU: To promote Hindi language and its usage, Central Bureau of Communication, J&K, Ladakh Region, Ministry of Information and Broadcasting, Government of India on Thursday kick-started 'Hindi Pakhwada' celebrations at Central Bureau of Communication Regional Office, Jammu.

In his presidential address, Padam Shri Awardee, Dr. Jatinder Udhampuri who was also the chief guest on the occasion said that Hindi is taught in more than 250 universities worldwide, being third largest spoken language which shows the universal impact of this language.

Terming Hindi language as an ocean which has ingested many changes with time, Udhampuri said that Hindi language has absorbed many words of different languages which are now easily used and understood by the common masses.


He further added that only few languages in the world have proper name for every human relation and Hindi is among one of them. We find a clear distinction regard-

ing names of relations in Hindi like Chacha, Mama etc. which is lacking in many international languages like English, he added.

Talking about the global marketing trends around the world, Udhampuri informed that big MNCs are hiring the Hindi knowing experts for marketing their goods and services in the vast emerging market of India.

In his welcome address, Ghulam Abbas, Joint Director, Central Bureau of Communication J&K, Ladakh Regionemphasized that Hindi is the language that can unite the vast boundaries of India. Abbas further stressed that Hindi language must be a medium of communication in all the government offices, being 'Rashtriya Basha', it has a great potential to remove language barriers everywhere in the country.

Abbas also highlighted the role of 'Akashvani' in extending and spreadingHindi language throughout the country, v Ravi Kumar, Director, Doordarshan Kendra Jammu praised the efforts of CBC and PIB J&K for making extensive efforts and arrangements for celebrating 'Hindi Pakhwada'.



Union Territory of Jammu & Kashmir

GOVERNMENT OF JAMMU & KASHMIR

TENDER NOTICE

NIT No. E-34/2022-23/LSD/Srinagar/Jammu

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

S.No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/ Doc. (Amt in Rs.)	Earnest Money/ Bid Security (Amt in Rs.)	Time of completion	Time & Date of Opening of tender	Class of Contractor	Head of Account
1	2	3	4	5	6	7	8	9
1	Development of green park in sector 2F of SDA colony Bemina by way raising of wallingearth filling and turfing etc. Masjid Abu Bakar at Sector 2 Masjid Hyder at Sector 2AF and green park at sector 2F.	Rs. 14.75 Lacs	Rs 600/-	Rs.29,500/=	45 days	22-09-2022 at 11.00AM	"BEE" "CEE" & "DEE"	MH 4059 UT/Sector

Position of Funds:-Available.

Note:- The above mentioned works shall be mandatorily completed during the current financial year 2022-23.

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

1.	Date of issue of Tender Notice	14.09.2022
2.	Period of downloading of bidding documents	15.09.2022 09.00 AM
3.	Bid submission Start Date	15.09.2022 from 09.00 AM
4.	Bid Submission End Date	21.09.2022 up to 04.00 PM
5.	Deadline for receiving the Hard copy (Original e-challan or Treasury challan/receipt and EMD)	Hard copy to be submitted by the successful bidder (L1) only within seven days after Financial evaluation.
6.	Date & time of opening of Bids (Online)	22-09-2022 at 11.00AM in the office of the Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar.

1.

Bids must be accompanied with cost of Tender document in shape of e-challan or Treasury challan /receipt (Non-refundable) along with Earnest Money Deposit (2%). Failure to do so shall render the bidder as Non-Responsive.

2.

All bidders shall upload earnest money in shape of CDR/FDR/BG @ 2% of Advertised Cost pledged to Tender receiving authority i.e. Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar. However, the successful bidder shall have to provide Performance Security within 02 days after the date of receipt of letter of acceptance. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of performance security of 3% of the total cost which will be released after successful completion of the DLP. The Bank Guarantee should be valid for 45 days beyond bid validity. Pledged to Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar (Tender receiving authority).

3.

Bidder have to submit a Affidavit from ist class magistrate that he will complete the work on time, otherwise necessary action will be taken against the contractor under rules.

4.

The date and time of opening of Bids shall be notified on Web site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site in the office of Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar (Tender receiving authority)

5.

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

6.

The earnest money shall be forfeited, If:-

a)

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

b)

Failure of Successful bidder to furnish the required performance security within the specified time limit.

c)

Failure of successful bidder to execute the agreement within 07 days after fixation of contract.

7.

50% of the normal deposits (deducted at 10% from running bills) to be released after virtual completion of the work and balance 50% after completion of DLP.

8.

Additional performance security required as per NIT conditions shall be released after virtual completion of the work.

9.

It is mandatory for the contractor to submit the photographs of items of work executed him attached to his claim.

10.

Earnest money in the shape of CDR/FDR/BG shall be released after DLP is over successfully.

11.

Instruction to bidders regarding e-tendering process.

11.1

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

11.2

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

11.3

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

11.4

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

11.5.

Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, Original/Photocopies of documents related to bid be submitted physically /by registered post / through courier before date specified in Para - 1.

Note:-

Scan all the documents on 100 dpi with black and white option.

12.

The department will not be responsible for delay in online submission due to any reasons.

13.

Scanned copy of cost of tender document in shape of e-challan or Treasury challan/receipt and Earnest Money/Bid Security in shape of CDR/FDR if applicable pledged to Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar must be uploaded with the bid. The original e-challan or Treasury challan/receipt (cost of tender document non-Refundable), CDR/FDR (earnest money/bid security) and relevant documents to be submitted to the Executive Engineer R&B Landscaping Division, Rajbagh, Srinagar by registered post/Courier /by hand, by the successful bidder (L1) only within seven days after financial evaluation.

14.

Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.

15.

Price escalation and Taxes:- The unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include Price escalation and all taxes up to completion of the work, unless, otherwise specified. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

16.

Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

17.

In case of CDR and any other specified project. The relevant guidelines/standard bidding document shall be followed.

No:-

LD/ 3100-09

Dated:-

14-09-2022.

DIPK-10005-22

SD/-

Executive Engineer

R&B Landscaping Division,

Government of Jammu & Kashmir

STATE PROCUREMENT & SUPPLIES AGENCY (SPSA)

DEPARTMENT OF RURAL DEVELOPMENT & PANCHAYATI RAJ.

Head office: House No.21 Sector No.01, Trikuta Nagar, Jammu.

Sub-office: House No: 56, Santosh Villa, RajBagh, Srinagar.

E-mail: ceomd5p5a@gmail.com

No:-SPSA/RDD/Adv/01/2022/1609-10

Dated:-14.09.2022

ADVERTISEMENT NOTICE

Applications are invited in on-line mode from eligible persons for the post of Ombudsperson under Mahatma Gandhi NREGA for engagement in districts of UT of J&K as per below mentioned details:-

S.no	Name of the Post	No. of Posts	Main eligibility	Remuneration
1.	Ombudsperson	05	<div><div>1) The applicant must be a domicile of UT of J&K.</div><div>2) The applicant must be of eminent standing and impeccable integrity with at least Ten years of experience in public administration, law, academics, social work or management. Experience in working with people or community organization pertaining to the fields of public-administration, law, academics, social work or management is a mandatory qualification.</div><div>3) The applicant should not be a member of a political party.</div><div>4) The applicant must be physically active and capable of conducting field tours, inspections and visits to remote rural locations in the districts.</div><div>5) The Ombudsperson shall be appointed for a tenure of 02 years extendable by one year based on performance appraisal or till the incumbent attains the age of 65 years, whichever is earlier. There shall be no re-appointment.</div></div>	<div>Subject to any subsequent notification by the Union Territory of J&K, the Ombudsperson shall be allowed compensation, In form of fee of Rs. 10000/- (Rupees one Thousand only) per sitting with maximum upper limit of Rs. 20,000/- (Twenty Thousand only) per month. The role and responsibility and other terms and conditions will remain the same as per the Instructions issued In this regard by MoRD, Government of India, guidelines of MGNREGS Act, Rules and latest Annual Master Circular.</div>

The on-line application form, other details and the eligibility criteria under MGNREGA can be downloaded from our website www.jkpanchayat.in under advertised notice for Ombudsperson. The applications shall be accepted through on-line mode only from 15.09.2022 to 30.09.2022

Chief Executive officer/MD
SPSA, RDD, J&K, Jammu.

DIPK-10056-22

DownTown XI Wins T-20 Cricket Tournament



Observer News Service

SRINAGAR: DownTown XI on Thursday won the final match of T-20 Cricket Tournament organised by Down Town Cricket Club in collaboration with J&K Sports Council at Gani Memorial Stadium here.

DownTown XI won the match by 7 wickets defeating the Crazy XI. Owais was the top scorer for the team, contributing 45 runs to the team total. He was adjudged player of the match for his brilliant batting which included some good hitting across the fence.

Around 16 teams participated in the event with each player vowing to fight the menace at their personal level.

Earlier, Crazy XI won the toss and elected to bat. Mohsin Ramzan with 24 runs was the top scorer for the team.

Sujit Kumar DIG Central, J&K Police presided over the function as the chief guest while as Nuzhat Gul, Secretary Sports Council and Raja Zuhair, SP

North J&K Police attended the function as guest of honour.

Speaking on the occasion, Sujit Kumar said that sports are a unique way to stay away from all the social evils.

Nuzhat Gull while emphasised on the need to take up sports and role of Sports Council in organising and collaborating for such events.

Raja Zuhair, SP North J&K Police said that this year many leagues and knockout tournaments in almost all major games were played in the downtown which witnessed a massive participation.

Maqsood Ahmad, Deputy Manager along with groundsman of J&K Sports Council supervised the tournament and kept the venue tidy and up to mark all through.

Shahr-e-Khaas traders and manufacturers coordination committee, Senior Vice President Muhammad Rouf Kota said that the youth are future of the nation and that the committee wants them to engage in progressive and healthy activities.

India Beat Nepal To Lift SAFF Under-17 Title



Press Trust of India

NEW DELHI: Defending champions India produced a clinical performance to retain their SAFF U-17 Championship title as they crushed a 10-man Nepal 4-0 in the final in Colombo.

Boby Singh, Korou Singh, captain Vanlalpeka Guite, and Aman scored a goal each, to shape a resounding victory in India's favour.

In the group league, Nepal had defeated India 3-1.

However, in the final, India looked a side eager to take a complete charge of the proceedings right from the word go. They got off the blocks early in the match, looking to find the gaps in the Nepal defence, and managed to get the lead in the 18th minute through Boby.

Guite was in the thick of things again 12 minutes later, getting another assist to his name, as he played a through ball to Korou Singh, who just had to round the

keeper and slot it home.

The second goal meant that Nepal began attacking the Indian half with a lot more urgency, but the Indian midfield was managing to frustrate their efforts. The frustration came to the surface in the 39th minute, when Nepal captain Prashant Laksham elbowed Danny Laishram in the back after the two tangled up in a challenge an action that was straightaway awarded with a red card by the referee.

With the man advantage, India saw out the rest of the first half, before resuming the proceedings after the change of ends. Soon enough, Guite netted a goal of his own in the 63rd minute, when his cross from the left swerved into the top corner, handing India a 3-0 lead.

India's second half substitute Aman added salt into the wounds in injury time, netting the fourth goal, after he was set through behind the Nepal defence.

Karim Benzema Doubtful For Madrid Derby



Agencies

MADRID: Barring a quick recovery for Real Madrid forward Karim Benzema or a change of strategy by Atlético Madrid, Sunday's Spanish capital derby will be played mostly without the rivals' leading stars.

Benzema is expected to miss the match at Atlético after being sidelined last week with a right leg injury he picked up in the 3-0 win at Celtic in the Champions League.

But the hosts could likewise be without goalkeeper Jan Oblak, who is also injured, while

once again it seems likely that forward Antoine Griezmann will be limited to playing the final half hour because of a dispute between Atlético and Barcelona regarding his loan deal.

Madrid arrives to the derby on a roll, picking up from where it finished last season when it won both the European Cup and the Spanish league. Madrid has started the season with eight wins in as many games across all competitions and leads the league.

Atlético has had a lackluster start and enters the game five points behind in seventh place in the Spanish league.

Roger Federer To Retire From Pro Tennis At Age 41



Agencies

LONDON: Roger Federer is retiring from professional tennis at age 41 after a series of knee operations, closing a career in which he won 20 Grand Slam titles, finished five seasons ranked No. 1 and helped create a golden era of men's tennis with rivals Rafael Nadal and Novak Djokovic.

Federer posted what he called a "bittersweet decision" via both a written statement and an audio clip on Thursday, less than a week after 23-time major champion Serena Williams played what is expected to be the last match of her career.

Combined, the exits by two of the greatest athletes in their

sport's history represent a significant turning of the page.

"As many of you know, the past three years have presented me with challenges in the form of injuries and surgeries. I've worked hard to return to full competitive form," said Federer, who is home in Switzerland. "But I also know my body's capacities and limits, and its message to me lately has been clear."

Federer has not competed anywhere since Wimbledon in July 2021, and so, in that sense, his news is not all that surprising.

But he had appeared at an event marking the 100-year anniversary of Centre Court at the All England Club this July

and said he hoped to return to play there "one more time."

In Thursday's announcement, Federer said his farewell event will be the Laver Cup in London next week. That is a team event run by his management company.

Federer leaves the sport with a total of 103 tour-level titles on his substantial resume and 1,251 wins in singles matches, both second only to Jimmy Connors in the Open era, which began in 1968. Federer's records include being the oldest No. 1 in ATP rankings history — he returned to the top spot at 36 in 2018 — and most consecutive weeks there (his total weeks mark was eclipsed by Djokovic).

India-Pakistan T20 World Cup Clash Sold Out: ICC



Press Trust of India

DUBAI: The ICC T20 World Cup match between India and Pakistan has been sold out as over 500,000 fans have already booked their place to attend the showpiece event in Australia, starting October 16.

The clash between the arch-rivals, scheduled at the MCG on October 23, is sold out, "with additional standing room tickets snapped up within minutes of going on sale."

"An official re-sale platform will be launched closer to the event, where fans can exchange tickets at face value," ICC said in a release.

The ICC said "fans from 82 different countries have purchased tickets to watch the world's best players from 16 international teams, marking the return of full stadiums at ICC events for the first time since the Women's T20 World Cup in 2020, which culminated with 86,174 fans for the final at the MCG."

Former Pakistan Umpire Asad Rauf Dead

Press Trust of India

NEW DELHI: Former Pakistan umpire Asad Rauf has died after suffering a cardiac arrest in Lahore. He was 66.

Rauf had made his first appearance as an umpire in international cricket in 2000. He officiated in 64 Tests (49 as on-field umpire and 15 as TV umpire), 139 ODIs and 28 T20Is and was one of Pakistan's leading umpires in the mid 2000s.

His family members confirmed that he suffered a cardiac arrest on Wednesday night and was taken to a hospital but he died there.

He had not been feeling well for the last couple of days while running his business and came home early. Doctors say he had a cardiac arrest, his brother said from Lahore.

He will be buried in Lahore near his home on Thursday evening.

Rauf, who was also an accomplished first class batter and toured with the Pakistan team without playing a Test or an international match before turning to umpiring, also officiated in 11 women's T20 games.

Pakistan Announce T20 World Cup Squad

Agencies

Pakistan on Thursday announced their squad for the upcoming T20 World Cup in Australia which will be held from October 16 to November 13. In the 15-player World Cup squad, top-order batter Shan Masood has been included in the side for the shortest format for the first-time along with fast bowlers Mohammad Wasim Junior and Shaheen Shah Afridi, while Fakhar Zaman, Mohammad Haris and Shahnawaz Dhanani have been named as the three travelling reserves.

Wasim Junior has been included after recovering completely from the side strain he suffered during the Asia Cup while Afridi, who is undergoing rehabilitation for a knee injury in London and expected to resume bowling early next month, will join the squad in Brisbane on October 15.

Squad: Babar Azam (captain), Shadab Khan (vice-captain), Asif Ali, Haider Ali, Haris Rauf, Iftikhar Ahmed, Khushdil Shah, Mohammad Hasnain, Mohammad Nawaz, Mohammad Rizwan, Mohammad Wasim Junior, Naseem Shah, Shaheen Shah Afridi, Shan Masood and Usman Qadir.

Afghanistan Name 15-Member T20 WC Squad



Agencies

Darwish Rasooli and pacer Salim Safi were on Thursday picked in Afghanistan's 15-man squad for the T20 World Cup in Australia. The ICC event will be held from October 16 to November 13.

From the 17 players who were part of the Afghanistan Squad for the recently held Asia Cup, Samiullah Shinwari, Hashmatullah Shahidi, Afsar Zazai, Karim Janat and Noor Ahmad missed out. Fit-again Rasooli, leg-spin all-rounder Qais Ahmad and Safi

made the cut.

Afsar Zazai, Sharafuddin Ashraf, Rahmat Shah and Gulbadin Naib have been added to the travelling squad as reserves. The side will be led by the seasoned Mohammad Nabi.

Squad: Mohammad Nabi (captain), Najibullah Zadran (vice-captain), Rahmanullah Gurbaz, Azmatullah Omarzai, Darwish Rasooli, Farid Ahmad Malik, Fazal Haq Farooqi, Hazratullah Zazai, Ibrahim Zadran, Mujib ur Rahman, Naveen ul Haq, Qais Ahmad, Rashid Khan, Salim Safi and Usman Ghani.

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ADMISSION NOTICE-1

SESSION 2022-23

Age as on 1st Nov. 2022

NURSERY : 3+
KG - I : 4+

- ◆ Registration for Admission to Nursery and KG-I (Boys and Girls) alongwith detailed guidelines will be available online on the school website www.greenvalleykashmir.com from 15th September, 2022 to 18th September, 2022.
- ◆ Registration can be completed only on our school website.
- ◆ No offline registration option is available.
- ◆ For detailed instructions and eligibility criteria, please visit www.greenvalleykashmir.com.

Sd/-
Principal

Chinar Adv.