

How Bad Is Red Meat For You?
Health Risks Get Star Ratings

AGENCIES

Paris: Research about what is healthy comes so thick and fast -- red meat can appear good for you one week, stroke-inducing the next -- that a confused public often struggles to keep up. But a massive new review published on Monday aims to look beyond the latest study by evaluating the available evidence on a range of health topics and giving it a star rating.

The US-based Institute for Health Metrics and Evaluation (IHME), which has become a global reference for health statistics, analysed the existing research in 180 areas to find out how much a particular risk factor, such as smoking, is linked to a health outcome, such as lung cancer. The connection between smoking and lung cancer was given the highest five-star rating, as was the link between high blood pressure and heart disease, which means that the evidence is solid and unlikely to change in the future.



a lot of unprocessed red meat and having a stroke was given just one star, meaning there was "no evidence of an association", the study said. The links between red meat and colon cancer, breast cancer, ischaemic heart disease and diabetes were all given two stars. Christopher Murray, IHME director and a senior author of several of the "Burden of Proof" studies published in the journal Nature Medicine, said he was "very surprised at how many of

the diet risk-outcome relationships are relatively weak." Murray told a press conference that the meta-analysis was prompted by concern that "everyone follows the latest published study," even though the results often "swing from one end to the other". The researchers looked at the existing research on the subjects, crunched the numbers to find consistency, then asked "what is the most conservative interpretation of the

evidence?" Murray said. What about vegetables? The researchers investigated how eating more vegetables affected a range of health outcomes, looking at 50 studies encompassing 4.6 million participants across 34 countries. Increasing the amount of vegetables people eat from zero to four a day led to a 23 percent decline in the risk of ischaemic stroke, with the connection getting three stars, IHME epidemiologist and study co-author Jefrey Stanaway said. The link between eating vegetables and type two diabetes received only one star. But "even under the most conservative interpretation of the evidence, vegetable consumption is significantly associated with reduced chronic disease risk," Stanaway said. Experts not involved in the research called it interesting, but warned against over simplification. Kevin McConway, a statistician at the UK's Open University, worried that "a great deal is inevitably lost" when complex studies were boiled down to a star rating. Duane Mellor, a dietician at the UK's Aston University, said the red meat research was "not that surprising" because it focused on unprocessed products. "Typically it is intake of processed red meat, such as bacon and sausages, which has been associated with a higher risk of disease, which those papers did not report on," he said. The IHME said it plans to update its findings as new research comes in, hoping the new tool will guide the choices of the public and policymakers. It will also soon release findings about other health relationships including those involving alcohol, air pollution and further dietary factors.

موت ایک اصل حقیقت ہے۔ اس سے کسی کا انکار نہیں۔ یہ تکمیل حیات کا دوسرا نام ہے۔ اسی فیصلہ الہی کے تحت موزے 9 اکتوبر 2022 صبح کے سوانہ بجے ہفت گن پورہ مومن آباد میں بخاری نااندان کی ایک مایہ ناز شخصیت زویہ مرحوم سید معراج الدین بخاری داعی اہل کولیبک کہیں گی۔ لہذا ہم ان تمام شفقت سے لبریز ہمدرد مہیسوں، پڑوقا قاریوں، ذمی ہم احبابوں، دینی سماجی ویسائی شخصیتوں کے علاوہ اسلامی سکالروں و مدرسوں کے مملوک کاتبہ دل سے شکر یہ ادا کرتے ہیں۔ جنہوں نے ہمارے گھر آ کر ہمیں اس نازک موقع پر صدمہ عظیم میں ہماری ڈھارس بندھائی۔ ہم ہمیشہ ان سب کے مشکور ہوں رہیں گے۔ ان شاء اللہ۔ متعلقین سوگواران ہفت گن پورہ مومن آباد کولیبک جموں و کشمیر بینک inf

The Jammu And Kashmir State Board Of School Education
BRANCH OFFICE MAGAM
The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate of 12th under Below mentioned particulars
Name: Rouf Ahmad Parry S/o Abdul Rashid Parry R/o Chairhara Magam Budgam
Details of Marks Certificate lost Higher Secondary School Examination (class12th) Roll No 2408202 Session /Year Regular. 2017
Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the some before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is treated as cancelled. Sd/ Assistant Secretary Sub Office Magam bmg

WhatsApp Allows Some Beta Testers To Add Up To 1,024 Users To Groups
IANs
After announcing several new features, the Meta-owned messaging platform WhatsApp is now releasing the ability to add up to 1,024 participants to groups, for some beta testers.

According to WA-BetaInfo, this feature is available on WhatsApp beta for Android and iOS, but it is limited to a certain undefined number of beta testers. The report mentioned that if any user wants to check if the feature is available on their WhatsApp account, they can try to create a group or add new participants to an existing one.



WhatsApp is also developing new tools to give admins more control over these larger groups in the future, such as a list of pending participants and an approval system, as per the report. In May, along with new features, the company rolled out the ability to add up to 512 people to a group from 256 people. Meanwhile, recently, the platform rolled out another feature for business accounts -- WhatsApp Premium -- beta testers in certain countries. Through WhatsApp Premium, businesses can take advantage of some advanced features, such as a better way to be reached by customers and some improvements when linking new devices.

Office of the Executive Engineer R&B Division Kupwara
NIT No.75-Kupwara/7382-90 of 2022-23 e-tendering DATED:- 10-10-2022
For & on behalf of Lieutenant Governor of J&K Union Territory, e-tenders (in single cover system) are invited on item rate basis from approved and eligible Contractors registered with Union Territory J&K Govt. CPWD, Railways and other State/Central Governments for the followings works:-
Table with columns: Sl. No, Name of Work, Est. Cost (Rs. In Lacs), Cost of T/Doc. (In rupees), Earnest Money (In rupees), Time of Completion In days, Time & Date of Opening of Bid, Class of Contractor, Major Head of Account.
Terms and Conditions:
a. Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.
b. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith Cell No. NIT No. & Sr. No of NIT) in favour of Executive Engineer R&B Division Kupwara (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Kupwara
c. The Successful Bidder has to produce an amount equal to 3% additional performance security deposit of the allotted cost. The same shall be released after successful completion of the defect liability Period of the work. The EMD of 2% successful bidders shall be released after receipt of 3% Performance Security
d. The GST-3B for last Quarter (Quarterly return) and Previous month for (Monthly return) Should be uploaded, irrespective of date of Tender
e. No bid shall be accepted if the online enlistment card is not uploaded and found on JKPWDOMS of those departments who are adopting procedure of online registration cards as per circular instruction issued by development Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022
f. 1st lowest bidder will submit the CDR/FDR within two days after opening of Tender failing which 2nd lowest will be approached. Besides 1st lowest will be debarred from participating in tendering process for one year in this division.
g. Manual offers delivered by post/fax or in person, or offers sent by e-mail or telex shall not be accepted against electronic tenders, even if such offers are received in time. All such offers shall be considered as invalid offers and shall be rejected summarily, without any consideration
h. In case the L-1 fails deposit the requisite document, the action against the L-1 as per PWD rules leading to blacklisting of contractor
i. On Opening of financial bid the L1 has to produce the Original CDR/FDR pledged to the opening Authority before allotting the work along with Cost of tender document in the shape of Treasury Challan
j. Upload Valid Registration CARD /Renewal, PAN Card, GST Certificate and latest GST clearance ending previous Month.
k. It is mandatory for all bidders participating to submit all documents in terms of soft copies in tendering website and no documents in terms of Hard Copies shall be entertained. However, lowest bidder will be called for submission of CDR/FDR as well as Treasury Challan and CDR/FDR of the other participating tenderers/bidders will be released only after surrender of Treasury Challan.
l. Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids.
m. The department will not be responsible for delay in online submission due to any reasons. The bidders are advised to get the genuineness of their enlistment cards from the issuing authorities. This is mandatory and bids are liable to be rejected in absence of the genuineness of enlistment card
n. The contractor may purchase required material of quality and specifications prescribed, to be certified by Engineer in-charge
o. The steel/Key construction material shall be allowed only of approved brand by the government.
p. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical Bids.
q. The tenderers are directed to submit their tender online; in case the last date of opening of tenders happens to be a holiday/hartal the same shall be opened on the next working day.
01. Date of issue of Tender Notice 10-10-2022
02. Period of downloading of bidding documents From 10-10-2022 to 17-10-2022 (4.00P.M)
03. Bid submission start date 10-10-2022 from 10.00A.M)
04. Bid submission end date 17-10-2022 upto 04.00P.M)
05. Date & time of opening Bids (on line) 17-10-2022 at (6:00P.M) in the Office of the Executive Engineer RnB Division Kupwara
Executive Engineer R&B Division Kupwara. DIPK-11538/22

GOVERNMENT OF INDIA
MINISTRY OF LABOUR AND EMPLOYMENT
DIRECTORATE GENERAL OF EMPLOYMENT
F. No. A1-D011(11)/1/2022-Admin Section
INVITING APPLICATIONS FOR THE POST OF YOUNG PROFESSIONALS, ON CONTRACTUAL BASIS, UNDER NATIONAL CAREER SERVICE PROJECT OF MINISTRY OF LABOUR AND EMPLOYMENT
Ministry of Labour & Employment, Directorate General of Employment has established "National Career Service Portal" as a modernized version of the National Employment Service, which shall act as a common, Centralized platform to provide a better range of services, including, Jobseeker/Employer registration, Vacancy Notification, Counsellor services, Online/Offline Job Fairs, online Employability Training, Bilingual call centre, rich career content with sectors and profiles, and many more career related services etc.
Under the National Career Service project, applications are invited for YOUNG PROFESSIONALS, on contractual basis, for deployment at Model Career Centres at various locations in the country. The YP will be under the overall supervision of Director NCS, Directorate general of Employment, Ministry of Labour and Employment. The application, eligibility criteria/ conditions are available at www.ncs.gov.in. The interested candidates may apply over NCS portal at www.ncs.gov.in. The last date for the receipt of applications shall be 15 days from the date of publication of this advertisement. No Physical Applications will be entertained. To apply please visit the link given below
Link for apply online:
Table with columns: Sr. No, Vacancy Regions, No. of Position, Advertisement Link.
Link for More Details: https://labour.gov.in/circulars
National Institute for Career Service Directorate General of Employment Ministry of Labour and Employment
CBC- 23188/12/0002/2223

Government of Jammu & Kashmir
Mechanical Hospital & Central Heating Division, Srinagar
(Phone No: 0194-2496089, www.medkmr.org, e-mail id: xennhchdk@yahoo.in)
Subject: Providing and fitting of Oxygen flowmeters, Oxygen points, Suction points and Suction Jars at ward 5, ward9, ward11, MICU and other locations of Govt. SMHS Hospital, Srinagar.
References: ThisofficeNITno:MHCHD/TS/2022-23/93/e-tendering dt: 05.09.2022
CANCELLATION
In view of Administrative reasons, the above subject work tendered vide above referred e-NIT is here by cancelled and shall be issued afresh shortly.
Sd/- Executive Engineer, MHCHD, Srinagar
DIPK-11517/22
No: MHCHD/TS/6215-18
Dated:11-10-2022

KASHMIR OBSERVER

Return Of Cinema

Opening of a multiplex at the high-security Sonawar in Srinagar has brought cinemas back to the Kashmir Valley after over three decades. The theatre's inaugural film was Aamir Khan's Laal Singh Chaddha, a big-budget remake of 1994 American classic "Forrest Gump" which was, in part, shot in Ladakh and Srinagar.

In 1989, as militancy gripped the Kashmir Valley, theatre owners downed their shutters. Though there was an attempt to reopen a cinema hall along the posh Residency Road in 1999, a grenade attack on the moviegoers killed one and injured several others, forcing the authorities to close the theatre again. Ever since, no other cinema hall has dared to screen any movie. Some of them like Palladium in Lal Chowk have been gutted and the others like Shah Cinema near Qamarwari have been used to accommodate the security personnel. So, the opening of a multiplex is a big development as it testifies to the return of a degree of normalcy to the union territory.

But despite the turmoil, many movies have been shot in Kashmir over the last three decades. This has included the films of Bollywood megastars such as Shah Rukh Khan, Salman Khan and Aamir Khan, the last one shot sequences of Laal Singh Chaddha last year. About twenty movies have been shot in the Valley during the troubled period, a number of them reflecting Kashmir either as an abode of unyielding terror, or an unremitting battleground between India and Pakistan. Shah Rukh Khan, who shot Jab Tak Hai Jaan a decade ago, used Kashmir's breathtaking geography as a backdrop for a love story rather than as a subject for a story about terrorism. Two years before Jab Tak Hai Jaan, Ranbir Kapoor starrer Rockstar was also shot in the Valley. It restored the Valley to its original image as a romantic abode after the intervening dose of conflict cinema.

Bollywood's return to the Valley - and now followed by a multiplex - however, portrays more than peace. Unlike in the past, Bollywood's relationship with Kashmir is no longer spontaneous and natural. Like everything else in the Valley, it has also become political. Movie-making in Kashmir is about peace, about reinforcing Kashmir's image as a paradise on earth, and also about reflecting the turmoil in the region. But being able to watch a movie at a cinema hall in Srinagar shows Kashmir has come a long way. It indicates a certain level of normalcy that has been restored

OTHER OPINION

India's Drug Problem

India's apex medical regulatory body, Central Drugs Standard Control Organisation (CDSCO), and state authorities have opened investigations into cough syrups manufactured by Maiden Pharmaceuticals after being alerted by the WHO. Sixty-six children have allegedly died in Gambia after consuming the medicines manufactured by the Haryana-based pharma company. The global health agency said that its laboratory analysis of samples of these syrups — Promethazine Oral Solution, Kofexmalin Baby Cough Syrup, Makoff Baby Cough Syrup, and Magrip N Cold Syrup — revealed the presence of "unacceptable amounts of diethylene glycol and ethylene glycol". These chemicals are toxic to humans, and can result in abdominal pain, vomiting, diarrhoea, inability to pass urine, headache, and altered mental state. It can also lead to acute kidney injury that can prove fatal in children. In 2020, 17 children died in Jammu and Kashmir after consuming a syrup with high levels of diethylene glycol. After this tragedy, India phased out cough syrups in favour of suspensions that do not carry the risk of containing the two toxins. However, by all accounts, such dubious quality drugs continue to be manufactured, and they often find their way to Third World countries where regulations are weak.

Preliminary inquiries have revealed that Maiden Pharmaceuticals manufactured the four cough syrups only for export to Gambia. That should be no reason for relaxing regulatory scrutiny on them in the country of their manufacture. Under the Drugs and Cosmetic Act, 1940 the primary remit for monitoring the manufacture and sale of drugs is that of state authorities. The CDSCO is responsible for laying down standards and providing expert advice to regulators in the states. However, as the 2020 J&K tragedy highlighted, there is very little information sharing between authorities in the states and the Centre. Drugs that fail quality tests in one state continue to be sold in others largely because there is no binding mechanism that stipulates the nationwide recall of such medicines.

According to a CDSCO survey in 2014-2016, about five per cent of Indian drugs, several of them manufactured by large pharma companies, failed the quality test. Independent studies suggest that this figure could be much higher. The country's pharma industry has largely been in denial over quality-related concerns expressed by national and international observers. After WHO's alert, the pharma exporter's body, Pharmexcil, did suspend the membership of Maiden Pharmaceuticals. Industry bodies need to do more, including setting up mechanisms for cooperation on quality control amongst firms. Adverse reports on Indian medicines, such as those from Gambia, could dent the country's well-earned reputation of being the pharmacy of the Third World.

Indian Express

Haider Abbas

The hard drawn line which US wants to convey to India is India's continuous economic bonhomie with Russia, particularly, after it is alleged that US has attacked and damaged 'beyond-repair' the Nord Stream -1 energy Baltic sea underwater gas pipeline from Russia to Europe! US is now getting into its groove to finally take a plunge on Russia, as the Russia-Ukraine war since February, is still no-where to come to an end

The Deal Broker

US Will Never Let India Buy 'Iranian Oil', Let Alone Its Natural Gas

Black clouds, as expected, have started to hover on Iran's proposal to India 'to buy' its gas and reply on it within 90 days. It was not to be that easy, of course on tested lines, as Iran has had a long-acrimonious relations with US, and US would never allow India or any other nation to buy 'energy-products' from Iran. The deal was perhaps destined to die-out, and the first symptom on it, has also come. US has imposed sanctions on an Indian company, allegedly to have bought oil from Iran! It has been reported in The Hindu on September 30, that 'US imposes sanction against Indian petrochemical company for 'clandestine Iran oil purchases.'

This has happened for the first time, in recent years, as in the wake of India's nuclear blasts (1998) US had sanctions on India which has by now quite faded from the public gaze. But, in the latest turn of events, there is a catch, as the sanctions have not been imposed on India but on just an Indian petrochemical company instead. The concerned company is Tibalaji Petrochem Private Limited, based in Mumbai, Maharashtra. The company is tightlipped till now. But, the issue has triggered considerable worry for New Delhi, as India actually had not attracted any such sanctions even in the wake of Russia S-400 deal with India or even in the wake of India buying Russian oil at a much 'slashed-down' rates, despite US sanctions on Russia in the backdrop of Russia-Ukraine war.

The step from US is with a loud-and-clear message that US wants India to fall-in-line not only in context of Iran but also with reference to Russia as well. US has accused the Indian company to have 'purchased millions of dollars worth of petrochemicals products for onward shipment to China.' In fact, China has never cared for US sanctions and Iran has been reeling under US sanctions for decades, and also does not care much for it, Iran is also under the black list of Financial Action Task Force (FATF), but in between this Iran-China trail, there is also an Indian company, and this is what did not go well with US. Iran survives only by selling its energy-products through grey-market, or else could have wilted under UN and EU sanctions imposed on it for so long. There is an almost total oil and economic embargo from US etc on Iran.

The standard practice of US is not to impose on sanctions on China but instead on Chinese companies which are engaged with trade with Iran. After US imposition of same on Iran, India totally abandoned Iran, even from its oil-purchase as that would have invited sanctions on India too. China has never cared a fig for any US sanctions as China is probably on all fronts engaged with US over the super-power status. By virtue of now sanctions on



China has never cared for US sanctions and Iran has been reeling under US sanctions for decades, and also does not care much for it, Iran is also under the black list of Financial Action Task Force (FATF), but in between this Iran-China trail, there is also an Indian company, and this is what did not go well with US

the India company, Tibalaji, US will freeze its accounts, if any in US and will also block entry of anyone related to this company, inside US. This company is a small fry compared to issues of 'nations' but the big question is what US wants to hone into India by its latest posture?

The hard drawn line which US wants to convey to India is India's continuous economic bonhomie with Russia, particularly, after it is alleged that US has attacked and damaged 'beyond-repair' the Nord Stream -1 energy Baltic sea underwater gas pipeline from Russia to Europe! US is now getting into its groove to finally take a plunge on Russia, as the Russia-Ukraine war since February, is still no-where to come to an end. US and EU are solidly behind Ukraine. US wants India to abide by it too, but India has not as yet toed the US line, and has maintained an equi-distance between Russia and US. But, from the action of US India quickly got its act and underwent into a quick-response against China, to placate US, as India blocked China's step to pass an anti-Australia (AUKUS) resolution, as India Today 2 reported on October 1, that 'India's 'deft diplomacy' thwarts Beijing's plans to pass anti-AUKUS resolution. China withdrew a draft resolution at the IAEA against the AUKUS grouping seeking to provide Australia with nuclear-powered submarines. The sources said India's 'deft diplomacy' played a crucial role in ensuring that many smaller countries took a clear stand against the Chinese proposal.' AUKUS stands for Australia, United Kingdom and United States.

India answered it, as against Chinese power of 'veto' at UN Security Council (UNSC), by blocking the Chinese resolution at IAEA, much to the applause of European nations as well as US. India has been lately quite engaged into throwing its weight behind AUKUS,

to act as a deterrent to China in India-Pacific. China does not want AUKUS to succeed as this alliance is to deepen defense ties and increase sharing of intelligence and technology, as under the pact, the UK and the US (have) agreed to help Australia build and operate its own fleet of nuclear-propelled submarines by 2040, expanding its military reach,' informed GCaptain 3 on September 24. India totally saved AUKUS by blocking Chinese at IAEA where there are around 170 nations. India is one of its board members.

India came out clearly with two messages. It brought glee to US and European nations, by making it clear that India has 'decades long' relations with Russia but does not share the same sentiment when it comes to China, with which India has border-issues! But, India very interestingly, also abstained from voting against Russia on October 1, at the UNSC resolution against Russia, annexation of 15% Ukrainian land. The resolution was sponsored by US and Albania. India through its steps (against China) regaled US and also kept Russia in good-humour, against US!

No doubt, India has its interests but it would be very-much-interesting to watch Russia when it would come to between China and India. Would Russia also support India? This is what the world would be keen to watch, as Russia had long expressed its unease over India growing strategic convergence with US over AUKUS. In all this melee, the Iran's prospects of India buying its energy-products may be thrown to the backburner.

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

The author is former UP State Information Commissioner and writes on international issues



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Safe Guarding Mental Health

Man has had always been beset by challenges, fears, apprehensions and disappointments. But never has he reacted such conditions as in the contemporary times. Suicides are frequent and self harm is vehement. We are paying a heavy price in the form of lost lives. Young men and women are leading in the race. They are at the forefront when it comes to negatively responding to the challenges of life. They have failed to value life. They are hasty and impatient. They are pessimistic and narrow-minded in thinking.

Stress, depression, anxiety, restlessness are the hallmarks of our generation particularly youth of our society. Most of the time depression and anxiety is bought by us. Adopting faulty world-views, hazardous life styles, living in imaginary or meta

universe, running away from realities and responsibilities of life lead to the major causes of depression, anxiety and other mental disorders.

There are many things that cause depression and resulting catastrophes among our youth. The competition in academics, job insecurities, bullying, mobile phone addictions, poor show in exams, envy, jealousy, relationship break ups (presently, the worst of all) are the major factors among many other. Life is to stand up against all odds and filter out unnecessary concerns. The purpose and goal setting are vital components to keep life moving with optimism.

A purposeless life is always bound to be pessimistic. Goals must be lofty and pragmatic. Utopias, sensual pleasures must be subordinate to intellect. Moving beyond filmy scripts, emotionally charged love sto-

ries, action, suspense and drama to a more critical attitude towards things is the need of the hour to safeguard a healthy outlook on life. The adolescent section of our society need to channelize their energies in creative arts, useful sports and social works. Self love, self reliance are the keys to defeat pessimism, disappointment and despair.

The art of sharing one's sorrows, mental issues, communicating one's problems to parents, friends, psychotherapists would go a long way in defeating mental disorders. And last but not least acknowledging that mental disorders are as real as any physical disorders like headache, toothache, stomachache, knee pain etc. It must not be attributed to black magic, superstitions and weak faith. One must never underestimate depression and anxiety. It should be talked out, and

treated as soon as possible. Remember depression begins from small things, unattended issues.

So one must monitor one's thoughts and inclinations. No one knows oneself better than his own self. Watch that if you are not taken away by negative forces or peace snatching activities! Allah's messenger, Muhammad (peace be upon him) teaches a great thing: "The strong believer is better and more beloved to Allah than the weak believer, although both are good. Strive for that which will benefit you, seek the help of Allah, and do not feel helpless. If anything befalls you, do not say, "if only I had done such and such" rather say "Qad-dara Allahu wa ma sha'a fa'ala (Allah has decreed and whatever he wills, He does)." For (saying) "If opens (the door) to the deeds of Satan."

Dr. Ashraf Amin

Normalising Harassment In The Name Of Responsibility

Why Cultivating Virtues Is Important For Upholding Democratic Values

Mohammad Saalim Farooq

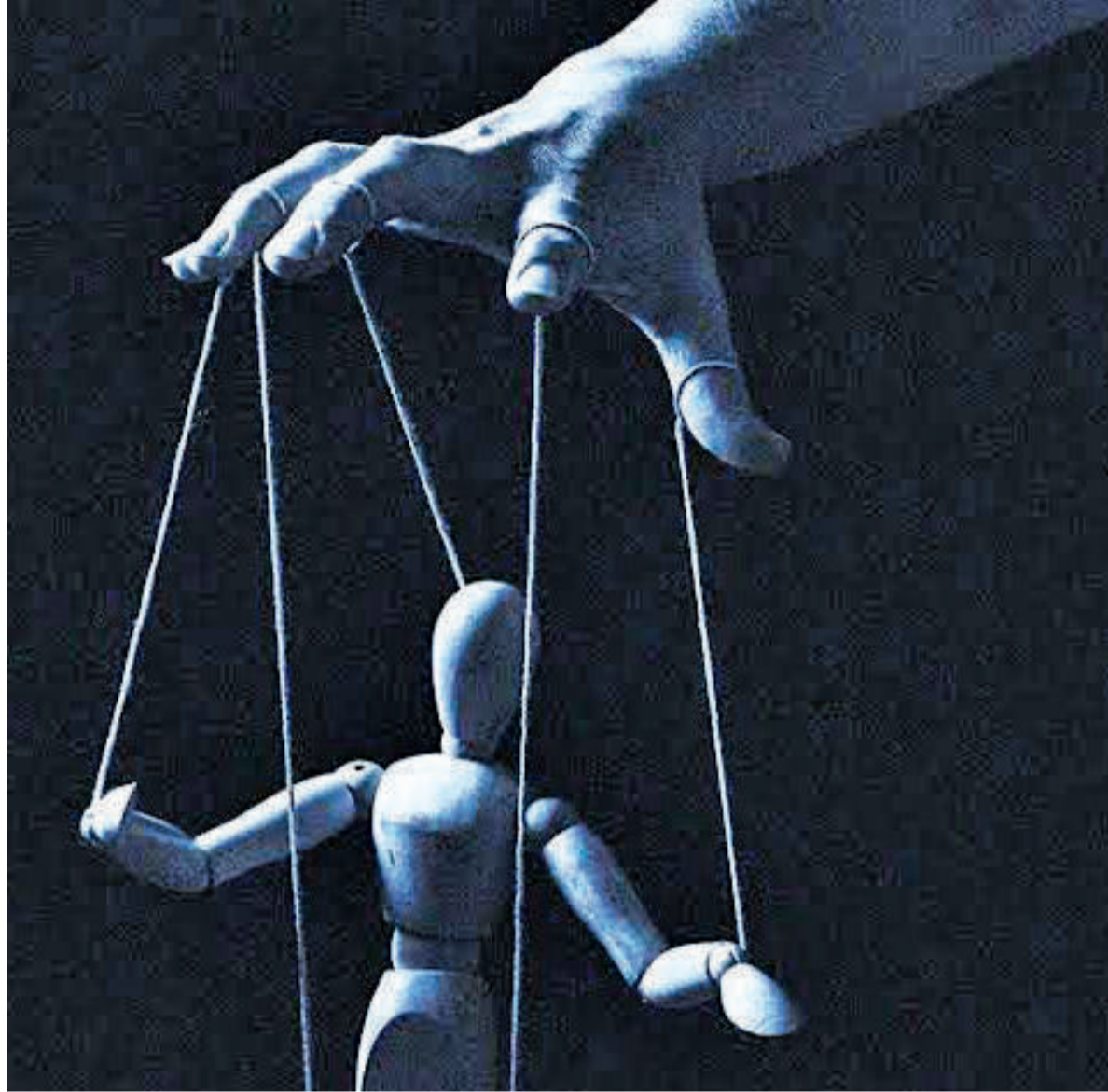
Politics is specified through its explicit relationship with the public. Political decision-making manifests through public institutions. When feminists claim even "personal is political", the claim is substantiated in making power relationships and domestic hierarchies open to public scrutiny. Any democracy remains inadequate in its structural framework if public institutions are partially constituted.

Institutions get structured by empowering democratically mandated agreements in the form of orders, MoUs, statutories or regimes. Every institution is upheld by rules and regulations, entrusted in the governance of an institutional head. A limitation in structuring a democracy through institutions is that we cannot create more institutions to check the functioning of other institutions. In other words, we cannot create another police force to check the police. This fundamental limitation is avoided by entrusting the responsibility of an institution with a head, where even the head has to work within the limits of law under which the institution is essentially constituted. To argue whether law is subject to interpretation of the head or whether head is subject to the interpretation of law would be to argue in circles. But it is here, within this circle, abuse emanates. This can be understood through an illustrious example. Imagine person A needs access to a public educational institution, let's say a college. While fulfilling the purpose for which access was required, A witnesses her former male students talking to each other in the college lawn. In the exuberance of seeing each other, students rush to their former teacher, greet her and describe their experience. While talking, the institutional head (henceforth *Principal Sahib*) rushes in to get hold of the "stranger" talking to college students. The conversation follows:

Principal Sahib: (yelling) Hey, Miss... Hello! Who are you? And why are you talking to my students?

Person A: Excuse me sir! Why are you yelling at me?

Principal Sahib: Hey! You cannot come here like this, and talk to our students. This is my college and I've a



responsibility to save the honour of my students.

Person A: Sir, I'm amusingly delighted to know that, but you are being very rude to me. Whatever it is, you cannot talk to me like this.

Principal Sahib: (angrily) don't talk! Who are you to these boys?

Person A: I've been their teacher and I was excited to see them study in this college.

Principal Sahib: Don't you see we

have people in uniform here, how can you talk to them here, this is my college not any public park.

Person A: Absolutely sir! This is a public institution with public access and not a private property. Public citizenry can have access to public institutions, and I also have the same rightfully.

Principal Sahib: We have rules here. No strangers are allowed. How can you come in?

Person A: Sir, first of all denying

people entry to public institutions is bizarre, now even if it is a rule then I need to be duly informed about it right at the entry point. But when your gatekeepers allowed me access, I stepped in with a good conscience.

Principal Sahib: You don't tell me this nonsense! It is common-sense to understand that no stranger should get in. Would you like it if a stranger steps in your house?

Person A: Sir, I fail to understand

this. How can you equate a public institution to my house? A specific and fundamental difference stands in between the two; a public institution has public access, whereas my house is my private property.

Principal Sahib: (exhumes with anger in his failure to respond logically) this is my college... I've all the responsibility here...you are a criminal...!

6

When public gets camouflaged as private, what follows is abuse, misuse, harassment, parochialism, orthodoxy and an immunity to growth and change. All such attributes are abandoned in envisioning values of democracy. Democratic spaces breed heterogeneity; celebrate differences while holding dignity of individuals in a higher esteem

know people like you...I will show you who I'm...

Person A: Excuse me sir! How can you call me a criminal? I'm sorry to inform you but you are subjecting me to public harassment.

Principal Sahib: (while rushing away in anger) Oh you shut up! (Gibberish)

Where does the illustration specify the political and moral err committed? *Principal Sahib* is agitated when his authority (vested in him for public service) is challenged by an ordinary citizen. His pathology seems to be disconcerting and off-putting. Politically

Principal Sahib remains to be obnoxiously naive to differentiate between public and private spaces and morally he boasts himself as a custodian of a parochially understood decency. This is precisely what Dunning-Kruger effect is all about; *Principal Sahib* with all his limited political and moral knowledge greatly overestimates himself. Perhaps, he remains, unconsciously stuck in the vicious circle of law versus interpreter. One of my scholar friends rightly observes the phenomena as "personalization of public institutions". His argument is that in a democratic space abuse gets reproduced when public institutions are considered as an extension of personal or private spaces.

As feminists would lament about confining women to their domestic drudgery and argue for their emancipation by putting in praxis a political struggle with a slogan of "personal is political", it becomes increasingly necessary to recognize the other side of the coin. When a man positioned as head extends his privately conceived authority (performed as a patriarch) into publically contextualized institutions, he imagines himself as the giver, interpreter and adjudicator of law (or any public rule) in a similar manner he conceives of himself as the 'head of a family'.

Conclusively, the phenomenon remains in a stark contradiction with democratic principles. When public gets camouflaged as private, what follows is abuse, misuse, harassment, parochialism, orthodoxy and an immunity to growth and change. All such attributes are abandoned in envisioning values of democracy. Democratic spaces breed heterogeneity; celebrate differences while holding dignity of individuals in a higher esteem. However, when public institutions are captured by officials, like *Principal Sahib* of our example, driven by paternalistic psychopathology coupled with incompetence, abuse of power becomes the order of the day. This is why training in developing virtues, as Aristotle had once emphasized, which are in consonance with democratic values of tolerance, freedom, respecting individual dignity remains important.

The author is a Ph.D. candidate at University of Delhi

Three Ways To Make The Most Of College

David Comerford
Paul Cowell

Choosing a college or university course is one of the most important decisions you will ever make. What you study and where you study it will shape your career, your friends and peers and, quite possibly, the rest of your life.

That sounds daunting, especially when this critical decision usually presents itself early on in life. So how are you to make the most of these opportunities? As an education economist and a behavioural scientist, we are well placed to give some good, evidence-based tips on how to make the most of your college or university experience.

1. Try out clubs and societies

The benefits of a university education are not simply in developing a command of a discipline or its transferable skills, but also in the social skills that are acquired and developed over years of study.

This was notably apparent during the pandemic. Although universities were able to transform themselves in terms of delivering courses, the social aspect of being a student was sorely missed by many.

You are shortchanging yourself if you do not explore the opportunities on offer in the clubs and societies at your university. If you have a tendency to be shy then all the more reason to join something. When you enjoy and focus on the club's activity - whether that's ping pong, skydiving or building sets for a play - the conversations will happen naturally.

Don't be fooled into thinking that your time and energy are too limited to devote to anything other than study. A routine of physical activity promotes good sleep and wellbeing.

An activity that takes your mind off work also gives you time to digest your thoughts, which often facilitates those eureka moments. This might explain why Nobel laureates are more likely than their colleagues to be world-class in some extracurricular activities.

Additionally, you will encounter people through clubs and societies who will, even without your knowing it, become role models. The edifying effects of socialising



with people whom we admire is a central theme of the Theory of Moral Sentiments, a wise little book written by the founding father of economics, Adam Smith. A clever experiment tested Smith's observation and found that merely watching a film which had a positive role model in it was sufficient to boost students' test scores a week later.

2. Be conscious of your peers
We are social beings and, consciously or not, we assimilate with those around us. For example, you might think that your academic ambition and diligence is an immutable trait within you. Not so. The economist Bruce Sacerdote leveraged the fact that students were randomly assigned their roommates to test the effect of peers. He found that who you live with has a

significant effect on grades. More recent studies suggest that these



A MORE PERVERSIVE EFFECT, though one that is harder to measure, is that our peers shape our perceptions of what is possible

effects persist over a lifetime. A set of recent papers showed that a large driver of social mobility is our social network. A

poorer person is more likely to advance into a higher paying job if they have connections with affluent people. There will surely be some cases where this pattern is explained by affluent people directly intervening to help their friends get a foot on the career ladder, but the magnitude of the observed effects is unlikely to be explained by this mechanism alone.

A more pervasive effect, though one that is harder to measure, is that our peers shape our perceptions of what is possible. A related lesson from economics is that poorer students can be afraid to take risks or seek support, which can inhibit academic and extracurricular fulfilment.

The flipside of the entitlement associated with privilege is that those raised in more straitened conditions can lack the confi-

dence to seek what is available to them. Surrounding yourself with ambitious peers therefore seems likely to promote ambition and discovery.

3. Challenge yourself academically

University is an opportunity for you to invest in yourself. It is a luxury to be able to make mistakes and to receive guidance from an expert. Use that opportunity to push yourself and learn new things.

There are some students who make the mistake of quitting quantitative subjects such as science, technology, economics or statistics. It's a mistake because people who do persist with quantitative subjects usually earn a premium. In fact, economics outperforms all other subjects (including medicine and mathematics) when measuring average lifetime earnings, for both men and women.

A face-value read on this is that training in quantitative subjects causes people to become more productive in the labour market. This seems likely - these subjects train students to rigorously test hypotheses and evaluate evidence, which is key to knowledge generation and, therefore, progress.

But part of what might be going on here is that graduating from a STEM course signals that you are not a quitter. Another part of it might be that in STEM courses you are hanging around with the sort of people who aim to be high-value employees.

Of course completing a degree in any discipline requires perseverance and the "value" of education is subjective, but the evidence shows particular gains in earnings among those who persist with subjects that teach the scientific method.

A final point of reassurance: time at university is, above all, a time for exploration. It is our experience that if you go into university with an open mind and a have-a-go attitude then you will surely stumble into opportunities that will carry you on to a rich and meaningful life.

You should not be afraid of failure. When we run with the fastest, we shouldn't be too hard on ourselves when we occasionally find ourselves towards the back of the pack. Often these are the times when we learn the most.

By arrangements with The Conversation

Mother's Mood Can Impact Children's Speech Development: Researchers

ANI

According to research, post-natal depressive mood can have an impact on children's development and speech. However, it was previously unknown how this impairment manifests itself in infants' early language development.

In a study, scientists at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig have now investigated how well babies can distinguish speech sounds from one another depending on their mother's mood.

This ability is considered an important prerequisite for further steps towards a well-developed language. If sounds can be distinguished from one another, individual words can also be distinguished from one another. It became clear that if mothers indicate a more negative mood two months after birth, their children show on average less mature processing of speech sounds at the age of six months.

The infants found it particularly difficult to distinguish between syllable pitches. Specifically, they showed that the development of their so-called Mismatch Response was delayed than in those whose mothers were in a more positive mood. This Mismatch Response in turn serves as a measure of how well someone can separate sounds from one another.

If this development towards a pronounced mismatch reaction is delayed, this is considered an indication of an increased risk of suffering from a speech disorder later in life.

"We suspect that the affected mothers use less infant-directed-speech," explains Gesa Schaadt, a postdoc at MPI CBS, professor of development in childhood and adolescence at FU Berlin and first author of the study, which has now appeared in the journal JAMA Network Open. "They probably use less pitch variation when directing speech to their infants." This also leads to a more limited perception of different pitches in the children, she said. This perception, in turn, is considered a prerequisite for further language development.

The results show how important it is that parents use infant-directed speech for the further language development of their children. Infant-directed speech that varies greatly in pitch, emphasizes certain parts of words more clearly - and thus focuses the little ones' attention on what is being said - is considered appropriate for children.

'Underlying Health Issues Linked To Poor Outcomes After Fracture In Older Adults'

ANI

Having specific combinations of underlying health issues is a significant risk for poorer health outcomes in older adults who have had a fracture earlier, a recent study from the Garvan Institute of Medical Research has revealed.

The findings of the study were published in the journal JAMA Network Open.

The study was conducted on more than 300,000 Danish people aged 50 or older who had sustained a fracture. In patients with fractures closer to the centre of the body (for example, in the hip, spine, upper arm or leg), the researchers found a higher mortality rate than expected for the general population of the same age. If those people with fractures also had multiple or complex health conditions, the mortality risk was higher again.

The researchers found that certain clusters of conditions were associated with increased mortality rates, suggesting this information could be used by clinicians to highlight patients who may require more intensive medical care.

"This is an important study that could really change the way in which we provide medical treatment to older adults," said Professor Jacqueline Center, Head of the Clinical Studies and Epidemiology lab and lead author of the study. "It can potentially be a new way of thinking about how we view people with fractures, considering the site of fracture in light of their specific underlying health conditions." Typically, the management of health conditions like osteoporosis, heart disease or diabetes is considered in terms of the individual disease. However, these new findings suggest that looking at clusters of underlying conditions could indicate someone is at high risk of poorer outcomes, over and above the risk from the condition being treated.



Video games may represent a serious risk to some children with arrhythmic conditions; they might be lethal in patients with predisposing, but often previously unrecognised arrhythmic conditions

We already know that some children have heart conditions that can put them at risk when playing competitive sports, but we were shocked to discover that some patients were having life-threatening blackouts during video gaming

Video Games May Trigger Lethal Heart Problems In Some Children: Study

Press Trust Of India

Playing video games may lead to life-threatening irregular heartbeat in susceptible children whose predisposition may have been previously unrecognised, according to a study.

The research, published recently in the journal Heart Rhythm, documents an uncommon, but distinct pattern among children who lose consciousness while playing video games.

"Video games may represent a serious risk to some children with arrhythmic conditions; they might be lethal in patients with predisposing, but often previously unrecognised arrhythmic conditions," said study lead investigator Claire M. Lawley from The Heart Centre for Children, Australia.

"Children who suddenly lose consciousness while electronic gaming

should be assessed by a heart specialist as this could be the first sign of a serious heart problem," Lawley said.

The team reviewed research literature and carried out a multisite international outreach effort to identify cases of children with sudden loss of consciousness while playing video games.

Across the 22 cases they found, multiplayer war gaming was the most frequent trigger. Some children died following a cardiac arrest, they said. Subsequent diagnoses of several heart rhythm conditions put the children at continuing risk, according to the researchers.

Catecholaminergic polymorphic ventricular tachycardia (CPVT) and congenital long QT syndrome (LQTS) types 1 and 2 were the most common underlying causes. Both the conditions are characterised by an abnormal heart rhythm.

The researchers noted a high incidence of potentially relevant genetic

variants (63 per cent) among the patients, which has significant implications for their families.

In some cases, the investigation of a child who lost consciousness during video gaming led to many family members being diagnosed with an important familial heart rhythm problem, they said. Families and healthcare teams should think about safety precautions around electronic gaming in children who have a condition where dangerous fast heart rhythms are a risk," Lawley said.

The researchers attributed adrenergic stimulation - of the nerves in body's sympathetic nervous system - related to the emotionally charged electronic gaming environment behind this phenomenon.

At the time of the cardiac incidents, many of the patients were in excited states, having just won or lost games, or

were engaging in conflict with companions, they said.

"We already know that some children have heart conditions that can put them at risk when playing competitive sports, but we were shocked to discover that some patients were having life-threatening blackouts during video gaming," added study co-investigator Christian Turner, from The Heart Centre for Children.

"Video gaming was something I previously thought would be an alternative 'safe activity'. This is a really important discovery," Turner said.

The researchers noted that the need is to ensure everyone knows how important it is to get checked out when someone has had a blacking out episode in these circumstances.

The study notes that while this phenomenon is not a common occurrence, it is becoming more prevalent.

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Notice Inviting e-Tender

e-NIT No. (68) of 2022-23 Dated: 07.10.2022

For and on behalf of Vice-Chancellor, SKUAST(K), e-tenders (in Single-cover system) are invited on percentage basis from approved and eligible Electric contractors whose cards are valid up to 31-12-2022 registered with State PWD, CPWD, Railways and other State/Central Govt. departments for the following work:-

S. No	Name of the work	Estimated Cost (in lacs)	Earnest Money (in Rs.)	Class of Contractor	Cost of TD	Time of completion
1.	"Establishment of Post Entry Quarantine (PEQ) facility for Import of Planting Material of Horticulture Crops" by way of Supply, Installation, Testing & Commissioning of 300 mm dia machine bore well with 200 mm casing tube well 150 Mtr depth and submersible motor at EVSc & AH Shuhama SKUAST Kashmir	25.35	50,700	A class	1000/-	10 days
2.	"Establishment of Post Entry Quarantine (PEQ) facility for Import of Planting Material of Horticulture Crops" by way of Supply, Installation, Testing & Commissioning of 250 KVA 33/0.44 KV Distribution transformer at EVSc & AH Shuhama SKUAST Kashmir	31.33	62,660	A Class	1000/-	10 days
3.	"Establishment of Post Entry Quarantine (PEQ) facility for Import of Planting Material of Horticulture Crops" by way of Supply, Installation, Testing & Commissioning of 30 KVA DG Set for Borewell at EV Sc & AH Shuhama SKUAST Kashmir	07.46	14,920	A Class	500/-	07 days

Position of AAA: Accorded
a) Position of T.S : Sanctioned
b) Position of funds: Committed

1. The Bidding document consisting of qualifying information, eligibility criteria, specifications, set of terms and conditions and other details can be downloaded from the departmental website www.jktenders.gov. in as per following schedule:-

1.	Date of issue of Tender Notice	07.10.2022
2.	Date of start of downloading	07.10.2022
3.	Pre-bid meeting date	NA
4.	Bid submission start Date	07.10.2022
5.	Bid submission end date	17.10.2022 (6.00 PM)
6.	Date of opening of Technical bid of the bidders (online)	18.10.2022 (11.00 AM)
7.	Date of opening Financial bid of qualifying bidders (online)	19.10.2022

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