# KASHNIR OF PUBLICATION

Tuesday 25 October 2022 | 28 Rabi-ul-Awwal | 1444 Hijri | Srinagar | Vol: 25 | Issue: 250 | Pages: 08 | Price: ₹3

www.kashmirobserver.net • twitter.com / kashmirobserver • facebook.com/kashmirobserver • Postal Regn: L/159/KO/SK/2014-2016

**CRITICAL CARE AMBULANCE** 

**FREE FOR EVERY ONE** 



# Call, Any Time 24x7

9484100200 01942310018

**CONTROL ROOM:** 27 Gogji Bagh, Near  $(\mathbf{Q})$ **Oasis School, Srinagar** 

#### WINTER WOES

### **New Power Schedule To Be Out Next Month: KPDCL**

#### Agencies

Srinagar: The Kashmir Power Distribution Corporation Limited (KPDCL) said on Monday that a new power curtailment schedule will be out next month and the consumers might have to face longer cuts, if the electricity is not used judiciously.

KPDCL Chief Engineer, Engineer Javed Yousuf Dar said that there has been no new power schedule, but would likely be issued after November 10 onwards. He, however, said that some mandatory works ahead of the



A PDD official said there would be further reduction in power supply from the second week of next month.

"There will be around 4-hour power curtailment in metered areas and over 6-hours in nonmetered areas. But it also depends on the increase in power demand. If people More



A NOMAD TAKING HIS HERD THROUGH Mughal road in south Kashmir's Shopian district, days after the Valley received early snowfall. KO Photo, Abid Bhat

# **PM's Veiled Warning To Pak, China From LAC** 'India Considered War Never First But Last Resort; Strength Necessary For Peace'

**Press Trust Of India** 

The prime minister highighted numerous me

taken by his government to boost economy and develop-

ment, saying a country is safe

only when its borders are se-

cure, its economy robust and

society full of self-confidence.

of India's security, he said.

The armed forces are pillars

Noting that India has be-

come the fifth largest world

economy from 10th in the last

seven-eight years ago, Modi

also spoke about the emer-gence of over 80,000 start-

ups and the ISRO's record of

simultaneously launching 36

satellites to assert that these

The tricolour acted as a pro-

S

E

feats fill soldiers with pride.

**UK To Have First Indian-Origin PM Press Trust Of India** London: Rishi Sunak will make

**RISHI SUNAK SET TO SCRIPT HISTORY** 

history as Britain's first Indianorigin Prime Minister after being elected unopposed as the new leader of the governing Conservative Party on Diwali as Penny Mordaunt withdrew from the race.

The 42-year-old former Chancellor of Exchequer, a devout Hindu, will enter 10 Downing Street to be the youngest British prime minister in 210 years after his audience with King Charles III at Buckingham Palace, which is likely to be on Tuesday. He will be the first Hindu Prime Minister of Indian heritage in the UK.

In his first address as Tory leader soon after the result was declared, Sunak said his priority would be to bring the country together and said he was "humbled and honoured" to get the greatest privilege of his life to give back to the country I owe so much .

'The UK is a great country, but there is no doubt we face a profound economic challenge.' said Sunak, with reference to



#### **CRPF Officer Held For Sexually Harassing** Woman Officer

#### **Press Trust Of India**

commandant of the Central Reserve Police Force (CRPF) was arrested on the charge of sexually harassing a woman officer of the force in Jammu and Kashmir's Udhampur district, officials said on Monday.

A complaint was registered on Sunday in which an assistant commandant of a CRPF unit at Battal Ballian alleged that commandant Surinder Singh Rana was sexually and mentally harassing her, they said.

Based on the complaint, an FIR number was lodged against the commandant under Indian More on P6

Kargil: India stands for peace and has always considered war as not the first but last resort, but its armed forces have the strength and strategies to give a befitting reply to anyone who casts an evil eye on the nation, Prime Minister Narendra Modi said Monday.

Addressing soldiers here on Diwali, Modi said India is against war but also underscored the need for strength to ensure peace and asserted that its growing power boosts the chances of global peace and prosperity.

The whole world is looking at India which is a "balancing force", he told soldiers at the site of the armed forces' heroic feats in the Kargil war in 1999 as



India beat back Pakistani forces. Modi invoked the epics of Ramayan and Mahabharat to assert that it is in Indian

S

tradition to avoid war be it in Lanka or Kurukshetra and the country stands for world peace.

tective shield for Indians in the Ukraine war, he said. In a swipe More on P6

T

**OUR ARMED FORCES HAVE THE STRATEGIES** as well as the strength. If anyone dares cast an evil eye on us, our three armed forces know very well how to give a befitting reply to the enemy in its own language."

HOR

#### **CDS Calls For 'Preparedness Of Highest Order'**

#### **Observer News Service**

he newly appointed Chief of Defence Staff (CDS), Gen Anil Chauhan on Monday visited forward posts in Rajouri districts of Jammu and Kashmir and stressed upon the soldiers the need for operational preparedness of the highest order. Gen Chauhan, accompanied by White Knight Corps Commander Lt Gen Manjinder Singh, also celebrated Diwali with soldiers posted on the frontlines, A defence ministry spokesperson said. The CDS, he said, also laid a wreath at Naman Sthal, the war memorial of Naushera Sector and paid his More on P6

the economic turmoil he is inheriting following outgoing prime minister Liz Truss' disastrous tax-cutting mini-budget last month.

"We now need stability and unity and I will make it my utmost priority to bring our party and our country together; because that is the only way we will overcome the challenges we face and build a better, more prosperous future for our children and our grandchildren," he said from the Conservative Party headguarters near Parliament here.

"I pledge that I will serve you with integrity and humility and I will work day in day out to deliver for the British people," he said. Sunak will be moving into 10, Downing Street at a time when Britain's economy is facing a triple whammy of slowing growth, high inflation triggered by spiralling More on P6

#### **Pak Rangers, BSF Exchange Sweets**

he Border Security Force and the Pakistan Rangers on Monday exchanged sweets at several border outposts along the International Border in the Jammu region and Punjab on Diwali. The border guarding forces of India and Pakistan exchange sweets and wishes on various religious festivals such as Eid and Diwali, and also on their respective Independence Days. Armies two sides also exchanged sweets at some forward posts along the Line of Control on the occasion. "Today, on the occasion of Diwali, BSF and Pakistan Rangers exchanged sweets at various border outposts under the Jammu frontier in a very cordial atmosphere," a BSF spokesperson said. It was done along More on P6

#### **Elderly Woman Drowns In Kupwara**

66-year-old woman drowned in a naag (a small water body) adjacent to the famous shrine of Ziyarat Hazrat Muqami Shahwali (RA) on Monday. News agency GNS quoting officials reported that the woman identified as Saba Begum (66) wife of late

Molvi Ghulam Mohammad Pirzada fell into the water body at around 4 a.m. while having ablution. Locals said that people

visit the shrine early, more so on Mondays and Thursdays, for prayers. Confirming it, a police official said that the body of the woman was later retrieved and handed over to family for last rites.

#### **Teen Girl Hangs** Self To Death

teenage girl on Monday allegedly committed suicide A allegedly committee characteristics by hanging herself to death in Kreeri area of north Kashmir's Baramulla district. The girl, aged 14, hanged herself to death at her residence in Vizer village of Kreeri on Monday morning, reports said. The girl, reports said, was taken to the subdistrict hospital (SDH) Kreeri in an unconscious state. However, the doctors there declared her dead. Notably, this is the second incident in the district in a day. Earlier an elderly man committed suicide at his home in Khanpura area. Meanwhile, police have taken cognizance of both the incidents and have initiated further investigations-(KNO)

# **Bomb Scare** In Srinagar

TAK

n unattended bag containing small cylinder and urea triggered bomb scare in Parimpora area of the city outskirts on Monday. A joint team of police, 02 RR of army and CRPF found the suspicious bag containing small cylinder and urea in orchards in Parimpora, a police officer said. To remain on the safer side, he said, the security forces carried out a controlled blast to open the Bag. However foul play More on P6

#### **Police Probe Blaze** At KP Man's House

olice on Monday started Ρ investigations into a fire incident at a migrant Kashmiri Pandit's house in Handwara area of North Kashmir's Kupwara district. The house belonging to Janki Nath at village Batgund was damaged in a fire incident on Sunday, a police spokesperson said. The house, he said, was being used by two locals including Abdul Rashid War and Ghulam Hassan War with the consent of the owner for keeping grass and other dry materials, which appear to have caught fire.

"Gh Haasan had been acting as caretaker of the house since the last eight years with the consent of the home More on P6

#### **No New Corona** Case In J&K

ammu and Kashmir on Monday reported no fresh Covid case, even as the number of active cases in the Union territory dropped to just 23, officials said here. "There was no fresh COVID-19 case reported in Jammu and Kashmir in the past 24 hours," an official spokesman said. He said there were only 23 active cases in the Union territory -- nine in Jammu region and 14 in the Kashmir valley. While 4,79,266 persons were infected by the virus since March 2020, 4,74,458 of them were recovered. The death toll due to the viral disease in J&K stood at 4,785. The spokesman said there were 51 confirmed cases of mucormycosis (black fungus) on Monday in the UT.





# **O** To place an advertisement CALL +91-194 2502327

Monday - Saturday (9am - 6pm) No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir



# **Night Time Eating Linked To Depression, Anxiety: Study**

#### **Press Trust Of India**

ating at night may be associated with depressionand anxiety-like moods compared to having daytime meals, according to a study. The study, published in the journal Proceedings of the National Academy of Sciences, examined the effects of eating during the day and at night as opposed to solely during the day. The researchers found that among individuals in the daytime and nighttime eating groups, anxiety- and depression-like mood levels rose by 16 per cent and 26 per cent, respectively.

This increase was not seen in the group of participants who only ate during the day, indicating that meal timing may affect mood vulnerability, they said.

"Our findings provide evidence for the timing of food intake as a novel strategy to potentially minimise mood vulnerability in individuals experiencing circadian misalignment, such as people engaged in shift work, experiencing jet lag, or suffering from circadian door for a novel sleep be-



rhythm disorders," said co-corresponding also benefit individuals exstudy author Frank A. J. L. Scheer periencing mental health from Brigham and Womdisorders. en's Hospital, US.

The study adds to a "Future studies in shift growing body of evidence workers and clinical popfinding that strategies that ulations are required to optimise sleep and circadifirmly establish if changes an rhythms may help proin meal timing can prevent mote mental health. their increased mood vul-The researchers ennerability. Until then, our rolled 19 participants -- 12

study brings a new 'player' men and 7 women -- for to the table: the timing of a randomised controlled food intake matters for our study. Participants were kept

The findings open the in dim light for four 28hour "days," such that by

the fourth "day" their behavioral cycles were inverted by 12 hours, simulating night work and causing circadian misalignment.

Participants were randomly assigned to one of two meal timing groups: the daytime and nighttime meal control group, which had meals according to a 28-hour cycle, and the daytime-only meal intervention group, which had meals on a 24-hour cycle.

The researchers assessed depression- and anxiety-like mood levels

every hour. They found that meal timing significantly affected the participants' mood levels.

During the simulated night shift (day 4), those in the daytime and nighttime meal control group had increased depression-like mood levels and anxietylike mood levels, compared to day 1.

In contrast, there were no changes in mood in the daytime meal intervention group during the simulated night shift. Participants with a greater degree of circadian misalignment experienced more depressionand anxiety-like moods.

"Meal timing is emerging as an important aspect of nutrition that may influence physical health," said Sarah L. Chellappa, who is now at the University of Cologne in Germany.

"But the causal role of the timing of food intake on mental health remains to be tested. Future studies are required to establish if changes in meal timing can help individuals experiencing depressive and anxiety/ anxiety-related disorders," Chellappa added.

Women Twice As Likely As Men To Develop Long Covid, Study Finds

#### **Press Trust Of India**

omen are twice as likely as men to experience the longterm symptoms of COVID-19, according to a study. Researchers at the Insti-

tute for Health Metrics and Evaluation (IHME) at the University of Washington, US, estimate that globally 63 per cent of those with long COVID during the first two years of the pandemic were

female. The World Health Organization (WHO) defines long COVID as symptoms that are present three months after becoming infected with COVID-19 with a minimum duration of two months.

The study, published recently in the journal JAMA, also found that the risk of developing long COVID increased dramatically for women who were hospitalised with the SARS-CoV-2 virus compared to men who also faced hospitalisation.

"Since SARS-CoV-2 first began to spread around the globe in 2020, three long COVID symptom clusters have prevented otherwise

healthy people from fully recovering, keeping them from returning to work or school and even forcing them to seek further medical attention or other rehabilitative services," said Theo Vos, Professor of Health Metrics at IHME and the research paper's senior author.

The team estimates that in 2020 and 2021, around 51 per cent of long COVID patients complained of persistent fatigue with bodily pain or mood swings, 60 per cent reported that they suffered from respiratory issues, and 35 per cent reported cognitive problems.

The researchers also found that In 38 per cent of Long Covid cases, two or all three of the symptom clusters overlapped.

"This important research estimates the proportion, severity, and duration of long COVID symptoms that can help health communities and policymakers understand the need for proper medical treatment and adequate access to services to help people recover," study lead author Sarah Wulf Hanson, research scientist at IHME, said in a statement.

KASHMIR

inf

# Windows 11's New Features **Make File Sharing More Easier**



mood," Scheer said.





I want to transfer of my Power connection from ali mohammad sultan s/0 Gh Mohammad Sultan R/O sultan mohlla Kathi Darwaza Srinagar bearing consumer no 0204020008489 Sub division Rainawari To Misra w/O Mohammad Maqbool sultan R/O sultan mohlla saidakadal sgr if any body has any objection in this regard may contact to the ex engineer sub division Rainawari within preiod of seven days after thayno objection shall be entertained MISRA, W/O MOHAMMAD MAQBOOL SULTAN **R/O SULTAN MOHLLA SAIDAKADAL SGR** 9797190654

the availability of new features in Windows 11 along with some exciting new experiences to help you be your most productive and creative, while also having fun

#### IANS

th an aim to enhance user experience, tech giant Microsoft has rolled out several new features, including files sharing, to help users share files and photos easily to Windows 11.

To make sharing files even more accessible, the company has enhanced the Windows Share experience so that users can share files with more discoverable devices nearby directly from their desktop, File Explorer, Photos, Snipping Tool, Xbox and other apps.

"Today, we are excited to announce the availability of new features in Windows 11 along with some exciting new experiences to help you be your most productive and creative,

while also having fun," the company said in a statement.

"Announced in September, these new features and experiences begin to be available today and are a continuation of our commitment and journey to deliver continuous innovation in Windows to inspire and empower you," it added.

The taskbar is getting two highly requested enhancements. First, if you like to pin a more extensive selection of apps to your taskbar than space allows, Taskbar gives you an entry point to an overflow menu that will enable you to view all your overflowed apps in one space.

Second, when you right-click on the taskbar, in addition to Taskbar Settings, you will also see an option to jump directly into your Task Manager.

"These improvements have been made in direct response to your feedback and to give you access to what is important with a single click," the company said.

The company also announced the Memories feature, which resurfaces pictures' users have saved on One-Drive, making revisiting life's magical moments simple and effortless.

Through its partnership with Amazon, you can now access Android apps and games from the Amazon Appstore, generally available in 31 countries, including Australia, Canada, France, Germany, Italy, Japan, Spain, the UK, the US, among others.

With more than 50,000 titles to choose from, it's easy to discover and download your favourite apps and games on your Windows device.

# DULITA LITA

#### IS AVAILABLE IN SOUTH KASHMIR AT FOLLOWING PLACES

JANISAR NEWS AGENCY	ANANTNAG
REYAZ NEWS AGENCY	ANANTNAG
RESHI NEWS AGENCY	ANANTNAG
BUDROO NEWS AGENCY	BIJBEHARA
GHULAM HASSAN NEWS AGNECY	SRIGUFWARA
LOORI NEW AGENCY	SANGAM
IRSHAD NEWS AGENCY	KOKERNAG
FRIENDS NEWS AGNECY	KULGAM
JAVAID NEWS AGENCY	KULGAM
MALIK NEWS AGENCY	AERWANI
IRSHAD NEWS AGENCY	KOKERNAG
RAYEES NEWS AGNECY	AWANTIPORA
PAMPORE NEW AGENCY	PAMPORE
SANGAM NEWS AGENCY	SANGAM
GAZI KHURSHEED NEWS AGENCY	PULWAMA
MANZOOR NEWS AGENCY	PUWLAMA
ALTAF NEWS AGENCY	PULWAMA
MANZOOR NEWS AGENCY	NORPORA
JAVAID NEWS AGENCY	AWANTIPORA
LONE NEW/ADVT AGENCY	RATNIPORA, PULWAMA
BOOZE NEWS AGNECY	AWANTIPORA
3 WAY TRAL NEWS AGENCY	TRAL
SYED MAQBOOL NEWS AGNECY	TRAL
DAR NEWS AGENCY	PULWAMA
SHAFI NEWS AGENCY	RAJPORA
REYZ NEWS AGENCY	PAMPORE
QUDOOS NEWS AGENCY	SHOPIAN
TURRAY NEWS AGENCY	SHOPIAN
FAROOQ NEWS AGENCY	KAKAPORA PULWAMA
JAVAID NEWS AGENCY	QAZIGUND
NISAR NEWS AGENCY	BANIHAL

#### OR ANY QUERY, CALL CIRCULATION DEPTT. : 0194-2502327

DISCLAIMER: KASHMIR OBSERVER MAKES EVERY EFFORT TO ENSURE THATTHE INFORMATION CARRIED IN DISPLAY/CLASSIFIED ADVERTISEMENTS, APPEARING IN THE NEWSPAPER IS CORRECT. HOWEVER THE NEWSPAPER TAKES NO RESPONSIBILITY NOR DOES IT NECESSARILY ENDORSE THE CONTENTS OF THESE ADVERTS. THE READERS ARE THEREFORE REQUESTED TO VERIFY THE CONTENTS BEFORE ACTING THEREUPON. MANAGEMENT



# KASHMIR OBSERVER<sup>™</sup> Srinagar | Tuesday | 25-10-2022

### **Rape Accused Arrested In Srinagar: Police**

**Observer News Service** 

rinagar: Jammu and Kashmir police on Monday claimed to have arrested a rape accused after multiple raids in Srinagar and said that the accused will be produced in court tomorrow.

As per a statement issued to the news agency-Kashmir News Observer (KNO), a police spokesman said that Police station sadder received a complaint from a lady that her minor daughter has been raped by one accused namely Shahid Ahmad, son of Shabir Ahmad Bhat of Galwanpora Hyderpora.

"To this effect, a case under FIR number 103/22 under sections 3/4 of POCSO act and 363, 376, 506 of IPC was registered in Saddar Police station and investigation was set into motion. After hectic efforts and multiple raids the accused was arrested within one hour by a special team led by SHO Sadar, Inspector Mudassir Nazar under supervision of SP south Lakshya Sharma," police said.

"Further investigation in the case is underway. The accused will be produced in court for further police remand tomorrow," the statement said.

### **No Need To Worry About Dengue: DHSK**

**Observer News Service** 

rinagar: As the Dengue death toll in Jammu region climbed to 7, the Directorate of Health Services Kashmir Monday said there is no need to panic amidst winters as the survival of mosquito in cold is not possible in Kashmir.

He said the department has already issued advisories in which common masses have been emphasized upon to take precautionary measures.

Director Health Services Kashmir, Dr Mushtaq Ahmad Rather said there is no need to panic about the spread of dengue. "Winter has approached. There is a considerable dip in temperature, so the survival of dengue mosquitoes in the cold is dead possible", he said.

The Director Health Services Kashmir also said though few cases and deaths have been reported in Jammu division because of moderate temperature there, however in Kashmir valley the climate has consider



People purchase firecrackers on the occasion of Diwali at Lal Chowk on Monday. KO Photo Abid Bhat

# **Private Hospital Refuses To Accept Golden Cards, Patients Suffer**

#### Agencies

Srinagar: Hundreds of poor patients are suffering as the Golden Card at Khyber Hospital in Srinagar is not being accepted with authorities saying that the hospital has been de-empaneled on the request of the hospital administration.

Several patients said that earlier Golden Cards were accepted at Khyber hospital Srinagar but that is not the case anymore.

They said that poor patients from far flung areas have to return without treatment after being told that the hospital does not entertain the cards.

"I have been getting treatment at Khyber since 2013 and have to undergo dialysis for kidneys twice a month, said a patient from Kupwara.

**Observer News Service** 

He said that the gov-2022, where this hospital is ernment must look into it not supposed to entertain any Golden Card Beneficiaor make separate arrangery," it added. The Golden Card allows

An administrator of free treatment to patients in Khyber hospital said that there was an agreement of three years starting from A letter of de-empanelment of Khyber hospital 2018 and it expired on Desaid that the hospital joined cember 22 2021. hands with the government

"Before one month of expiry of agreement, we forwarded authorities a letter of expiry date and informed them that the agreement is expiring and tell us about further plans but nothing has been done as of now," he said.

He said that since 2021 they have sought response from authorities many times but there was reply till now.

"It was the duty of the authorities to make it clear whether they want to continue with us or not. Our payment since 2020 is pending

and when authorities were not paying us when we were in agreement, how would they pay us without any agreement," he added.

A top official of Ayushmaan Bharat said that on request of Khyber hospital administration, it was deempaneled and no other hospital has been de-empaneled as of now.

"They mailed us that they don't want to continue due to certain reasons including some payment issues with the insurance company. As such they cannot continue and should be exempted," he said, adding, a meeting in this regard was held and they were de-empaneled.

Asked about the payment, he said that their issue is with the insurance company and not with them. (KNO)

#### TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092,2455883 PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155 CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +919484100200 AIRPORTS SHIEK UL ALAM AIRPORT: 01942303311 X RAILWAYS SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIJBHERA: 01932-228243 PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153 **HIGHWAY STATUS** Sgr-Jammu highway - ( Open ) Mughal Road - (Open) Srinagar-Leh-(Open) PRAYERS FAJR 5:20 HIJRI **ZUHR** 12:15 CALENDAR 4:08 ASR Magrib 5:49 28 Rabi ul Awwal ISHA 7:10 1444

### **This Day In History**

1930 - 1st scheduled transcontinental air service began

- 1932 Benito Mussolini promises to remain dictator for 30 years
- 1935 Hurricane-produced floods kill 2,000 in Jeremie & Jacmel Haiti
- 1938 Japanese troops occupies Hankou & Wuhan
- 1944 Battle at Cape Engano: 4 Japanese ships sink
- 1944 Battle at Samar-island
- 1944 Battle in Straits of Surigao: Japanese fleet destroyed
- 1951 Peace talks aimed at ending Korean War resumed in Panmunjom
- 1952 Nazar Mohammad scores Pakistan's 1st Test century 124\* v India

1955 - Austria resumed its sovereignty after departure of last Allied occupation forces, for 1st time since German occupation of 1938

1955 - Tappan sells 1st microwave oven

1960 - 1st electronic wrist watch placed on sale, NYC

1960 - Cuba nationalizes all remaining US businesses

1971 - Belgium & People's Republic of China establish diplomatic relations 1971 - General Meeting of UN agrees to admit

People's Republic of China

ment to the beneficiaries. "This hospital also got empaneled in 2018 and the agreement (MOU) was valid for three years, which ex-

to provide its services in-

cluding free/cashless treat-

ments for them.

Jammu and Kashmir.

empanelment committee of SHA has de-empaneled this hospital w.e.f. 21st October

pired in the month of December 2021 and no new agreement/MOU has been signed till date," it said. "Moreover, the concerned empanelment/de-

napora here.

ably changed and as such there is no possibility of Dengue.

"Despite all circumstances the DHSK is fully prepared to deal with any eventuality", he asserted.

destroyed the wild bung at Natipora-Chanapora Bund.

Srinagar: The members of Youth Fo-

rum in a bid to curb the drug menace

Youth Forum headed by its Chairman Shakir Riyaz Khan destroyed a huge chunk of wild bung on the emheaded by Station House officer (SHO), Sajad Assad.

Youth Forum Chairman, Shakir, said that a video recently went viral from the same locality wherein a man was found preparing bung on the

Wild Bung Destroyed At Chanapora Bund

bankment of a stream in Natipora-Cha-

collaboration with Chanapora police

The wild bung was destroyed in

Several members of the Youth forum including Vice Chairman Aijaz Ahmad Bhat, General Secretary Bilal Ahmad, Secretary Wahid Khan and others participated in the drive.

embankment. "It was decided by the

Youth Forum to ensure that the entire

bung will be destroyed from the spot to

share our bit in curbing the drug men-

# **Seminar On Entrepreneurship Scenario Held**

#### **Observer News Service**

Srinagar: SMS (M) GDC Hyderpora organized a one day Seminar on the theme "Entrepreneurship Scenario in J & K: Opportunities and Challenges" in the memory of Late Prof. G.M. Bhat.

The Chief Guest of the seminar was Prof Tasleema Jan, Head, Department of Education, University of Kashmir.

The other eminent guest speakers on the occasion were Dr. Sheikh Fayaz Ahmad, Assistant Professor ZIBS Zhejiang University, China; Dr. Shabir Ahmad Parra, Dept. of Electronics of Instrumentation Technology, University of Kashmir; Abdul Hamid Bhat CEO Rahim Motors,

Rangreth, Srinagar and Dr. Sheikh Javid, Dept. of Electronics of Instrumentation Technology, University of Kashmir.

The Principal SMS (M) GDC Hyderpora, Prof. Gh. Jeelani Qureshi inaugurated the seminar, welcoming the guests and elaborated the purpose of organizing the seminar.



ace," he said.

#### **Observer News Service**

Srinagar: Apni Party on Monday held a district-level meeting to discuss certain party issues and review the performance of the office bearers.

The meeting, presided over by the party chief Syed Mohammad Altaf Bukhari, was organized at the party's central office in Srinagar.

Party's Senior Vice President Ghulam Hassan Mir, General Secretary Rafi Ahmad Mir, Provincial President Mohammad Ashraf Mir, District President Srinagar Noor Mohammad Sheikh, Senior leader and Chairman DDC Srinagar Malik Aftab were also present at the meeting.

According to a press statement issued, the leaders discussed certain party issues and reviewed the performance of the district-level leaders and senior party workers in the Srinagar district.

On this occasion, Syed Mohammad Altaf Bukhari urged party leaders and senior workers to enhance their political activities in terms of serving the people.

- 1971 United Nations votes to expel the Chinese Nationalist ruled Taiwan and admit the Communist People's Republic of China
- 1974 US Air Force fires 1st ICBM
- 1975 USSR's Venera 10 makes day-side Venus landing
- 1977 Digital Equipment Corporation releases OpenVMS V1.0.
- 1978 Israeli government approves "in principle", a draft compromise peace
- 1979 USSR performs underground nuclear test
- 1981 200,000 demonstrate in Brussel against cruise missile
- 1983 US invades Grenada, a country 1/2,000 its population (US Wins!)
- 1984 USSR performs nuclear test at Novava Zemlya USSR
- 1985 Kosmos 1700 communications satellite placed in geostationary orbit
- 1986 International Red Cross ousted from South Africa
- 1991 Aagib Javed takes 7-37 in 10 overs v India in cric 1-daver at Shariah



### 'Kashmiri' Held With \$71.000 In New Delhi

**Observer News Service** 

EW DELHI- Busting the second major currency racket in the capital in a week, the enforcement directorate (ED) has arrested a person and recovered huge quantities of foreign and Indian currencies from his possession

Acting on a tip-off, ED officials searched a person, hailing from Kashmir, and recovered 71,083 dollars (over Rs 32 lakh), Rs 90,000 worth Indian currency and some documents from his car, ED special director KR.Bhargava said here today. He said the car was also seized and the Delhi

Police had been asked to check the person's, antecedents whether he had any links with militants in Kashmir.

ED sleuths had recovered nearly Rs one crore in Indian as well as foreign currency during raids last week at 11 prem ises belonging to ten global hawala operators and foreign exchange racketeers.

(Kashmir Observer, October 25, 2000)



#### The Jammu And Kashmir **Board Of School Education**

New Campus Bemina Srinagar

I have passed/appeared in Secondary School Examination (Class- 10th)under Roll No:. 851272 Session: Annual Year 2011 through the Jammu and Kashmir Board of School Education. Due to the error committed by the concerned School/ parent, my Name has been recorded with the Board as Ishrat Rasoool while as actual Name is Ishrat Rasool Now, I have applied for correction/rectification of error in the Jammu and Kashmir Board of School Education. New Campus Bernina. Srinagar, if any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Certificates-KD within seven days from the date of Publication of this notice, after the expiry of said period no objection will be entertained. Name: Ishrat Rasool F/o Ghulam Rasool Anchary DOB 23-07-1995 M/N Naveema R/o Umer Colony Naqash Band Mohalla Lal Bazar Srinagar



INF

# *Think* Opinion, Analysis, Essays

Send your write ups and feedback at editpage.ko@gmail.com

# **KASHMIR OBSERVER**

# **Bitter Harvest**

ashmir witnessed a bumper apple crop this year but despite that the farmers have not benefited to the extent they should have. Transportation has been the biggest challenge with the apple-laden trucks finding themselves stranded for days on end, leading to the perishing of a large quantity of produce. This has dealt a severe blow to the sector which is the backbone of the local economy. Currently, five lakh families (around 25 lakh people) in the state are practicing horticulture. Apple occupies around 40 percent of the total area under fruit and accounts for 90 percent of the total production of fruits in the state. Apple season, as a result, is a crucial time for Kashmir economy. Any disruption of the season, either due to a troubled situation or caused by hurdles in transportation can wreak havoc. And it has been done this year. This year has witnessed a bumper crop of apples, more than 2.1 million metric tonnes, according to a statement by the divisional commissioner Pandurang K Pole. The Kashmir Valley produces two-thirds of the country's apples and earns around Rs 10,000 crore from the industry.

Already, the growing costs of pesticides and transportation have reduced considerably the returns from exports. And if the sector suffers major losses because of the obstacles in transportation, it would not only affect the apple farmers but also the economy as a whole. The existing state of affairs is thus grim news for the region.

However, the apple crop is not just hemmed in by the transportation mess, it has in recent years also faced competition from the imported Iranian apple. Though Kashmir accounts for more than 75 percent of India's total apple production, the Iranian apple has threatened to further undermine its profitability. Last year, finance minister Nirmala Sitharaman proposed the imposition of a 35 percent Agriculture Infrastructure and Development Cess in the Union Budget on the apples. However, the cess was not levied on the domestic production of apples. This was expected to benefit Kashmiri apple but it hasn't as the Iranian apple and those from other countries are reducing its appeal for Indian consumers.

It is incumbent on the government to intervene and ensure that the trucks are given a smooth passage. In fact, the government needs to do more to ensure that the apples get a fair price as lakhs of families depend on the trade for their livelihood. And to that end, a hassle-free transportation is critical and government needs to step in to ensure it and everything is done to save the apple trade. The governments needs not only to ensure a safe environment and safe passage for the trade but also an effort not to politicize the sector.

#### OTHER OPINON

# A Quitter After All

**Here a** aving boasted that she was not a quitter, Ms Truss threw in the towel a day later. The about-turn was par for the course for the most belligerently incompetent British prime ministership in modern, and perhaps any other, times. She departs humiliated, after 45 days, the shortest serving prime minister in British history. But she deserved to go.

Ms Truss's Downing Street announcement followed a rid 24 hours of Cons tive maybem, unmistakably death throes of a collapsing regime. The then home secretary, Suella Braverman, was sacked after an argument about looser immigration controls. Conservative MPs were then reduced to dismayed disarray over how to vote on a Labour motion against fracking. After that, it was simply a matter of time. On Thursday, the backbench 1922 Committee chair, Sir Graham Brady, went to No 10 to say that the game was up for Ms Truss's inept and tin-eared leadership. In her brief tenure, Ms Truss proved that she lacked the skills to lead. Her judgments and her tone were almost always wrong. Elected by party members without the backing of Tory MPs, she took her victory as a partisan mandate. She exiled the majority of MPs, more of whom had supported Rishi Sunak than her, from her government before being forced to bring some of them back too late. In a Downing Street where neoliberal ideologues and thinktanks were given free rein, she slashed taxes for the rich – a shocking move that proved a deserved economic and political disaster. A run on the pound, a lurch in the bond market and an emergency intervention by the Bank of England followed. Confidence in Conservative economic management collapsed and the opinion polls tanked. None of this, however, will end the ferment and factionalism consuming the Tory party. There has been talk of MPs coalescing around a compromise unity candidate to succeed Ms Truss - Theresa May spoke up for this approach on Thursday. But the Tories appear too far gone in disunity and rivalry for a stitch-up like that to work. The early signs are that several serving and former ministers will try again. as in July. New rules, requiring 100 nominations, have been set so that Tory members can be pressed not to overturn the MPs' preferred leader a second time. But there will be some candidates, possibly (but disgracefully if so) including an unrepentant Mr Johnson, who will want members to have the final say. It is entirely possible that, next week, the Tory party will inflict a Truss 2.0 on the country. Such an outcome would be terrible for the Tory party and British democracy, and catastrophic for Britain. The party would feel unleadable and the country ungovernable. The markets might take fright, especially if there was yet another change of chancellor. But it would be the public, already suffering a battering on costs and budgets, and with record numbers dependent on food banks, who would suffer most. That is why, in the end and sooner rather than later, the true solution to the crisis in the Tory party is an early general election. Only a new government with a new mandate can give the British people the fresh start that they need and deserve.

# On Rescuing Kashmir's Water Bodies

#### Dr Raja Muzaffar Bhat

he Supreme Court recently castigated Municipal Council Bandipora for illegal and unscientific dumping of municipal solid waste (MSW) near the banks of Wullar lake. Supreme Court two member bench of Justices Ajay Rastogi and C T Ravikumar said that Municipal Committee Bandipora cannot play with the lives of the people. On October 19th 2022, the SC double bench dismissed an appeal filed by Chief Executive Officer (CEO) of the Municipal Council Bandipora against the imposition of environmental compensation of Rs 64.21 lakh for unscientific dumping and disposal of solid waste. The compensation was earlier imposed by the J & K Pollution Control Board (now called JK Pollution Control Committee) on February 9th 2021. Municipal Council Bandipora had gone to National Green Tribunal (NGT) with an appeal against the said order and seeking exemption from paying the fine, but the Tribunal on October 21st 2021 dismissed the appeal and directed the civic body to pay the compensation. After this Municipal Council Bandipora went to Supreme Court of India but the apex court dismissed the appeal outrightly.

#### Sequence of Events

In 2019, this author had filed a petition in NGT against unscientific dumping of municipal solid waste by Bandipora Municipal Council at Zalwan Nussu area in the outskirts of the town. I had visited the area several times and found lots of waste being dumped in violation of MSW Rules 2016. Ironically, the waste was being unscientifically disposed off by an organisation which was supposed to enforce the MSW Rules 2016 on ground.

In addition to waste dumping in Wullar, I raised waste dumping and illegal encroachment of Hokersar and Kreechu Chanhara wetlands as well before the NGT in the same petition. On August 27th 2020, the NGTs Principal Bench issued a detailed order asking the National Wetlands Committee to compile data of status of compliance of environmental norms in respect of all significant wetlands in the country to ensure remedial action. The Divisional Commissioner Kashmir was asked to ensure scientific solid waste management near wetlands and utilization of SBM Gramin funds for the same which was in-fact my suggestion to the NGT.

As the order was not implemented in letter and spirit, the J&K Pollution Control Board on 9.2.2021 issued a penalty notice directing MC Bandipora to pay Rs 64. 21 lakhs under Polluter Pays Principle as per approved guidelines of the Central Pollution Control Board and the National Green Tribunal (NGT)

#### The Order reads:

'Whereas, on continuous failure on part of the Executive Officer Municipal Committee Bandipora to dispose of solid waste in a scientific manner a show cause notice for levying of Environmental Compensation, in light of the directions of the Hon'ble National Green Trihunal was served upon Executive Officer Mu nicipal Committee Bandipora vide No. PCB/ LSK/489/020/124-130 dt. 26.06.2020, calling upon him there to show reasons within fifteen(15) days as to why Environmental Compensation be not levied upon him for these blatant violations of Environmental Laws, Now, therefore, in view of foregoing back ground Environmental Compensation under Polluter Pays Principle as per approved guidelines of the Central Pollution Control Board and the Hon'ble National Green Tribunal, to the tune of the Rs.64,21,000/- is hereby levied upon Executive Officer Municipal Committee, Bandipora for violation of Solid Waste Management Rules, 2016 for the period commencing from the date show cause notice



"In view of the above, no interference is called for with the above order. However, the amount recovered may be utilized for restoration of the environment by preparing an action plan with timelines by a joint Committee comprising State PCB and District Magistrate, Bandipora. The plan may be prepared within two months and executed within the stipulated timeline. The plan may take into account plans already prepared for protecting the water bodies/wetlands in compliance with the order of the Tribunal dated 22.07.2021 in O.A. No. 351/2019, Raja Muzaffar Bhat v. State of Jammu and Kashmir & Ors. The appeal is disposed of"

#### Appeal before Supreme Court

When the Municipal Council Bandipora didn't get any relief from NGT they went to the Supreme Court of India. The SC double bench of Justices Ajay Rastogi and CT Ravi Kumar in the order said that court finds no ground to interfere with the impugned order passed by the National Green Tribunal. The civil appeal was accordingly disposed of. The Supreme Court while reprimanding the J&K Govt and Municipal Council Bandipora said that the state cannot play with the lives of people.

"Is it the way you deal with matters? Is it the consciousness of your state? You cannot play with the lives of the people.Deposit the fine," the SC bench said while dismissing the plea filed by the civic body.

The counsel appearing for the Municipal Council Bandipora submitted that the penalty was levied despite the new dumping ground being ready. He submitted that the municipal council has taken remedial action for scientific management of solid waste. But these arguments were not at all considered by the Supreme Court

#### Municipal Council Udhampur

In another case, the National Green Tribunal (NGT) in May 2020 didn't give any relief to the Municipal Council Udhampur and upheld the order of the J&K Pollution Control Board wherein Environmental Compensation to the tune of Rs 1.39 crore had been imposed for unscientific disposal of Municipal Solid Waste (MSW) in a forest area on Jammu Srinagar highway (NH44).

The National Green Tribunal while dealing with a case titled Paryavaran Suraksha Samiti and Another Versus Union of India and Others had in 2019 decided to levy Environmental Compensation under the 'Polluter Pays Principle'. The NGT prepared a formula for working out the compensation for polluting the environment through effluents, municipal solid waste and sewage etc. The J&K Pollution Control Board on the basis of the news reports about illegal and unscientific dumping of municipal solid waste in the outskirts of the town took up this issue Municipal Council Udhampur. The Pollution Control Board worked out the Environmental Compensation by directing the Municipal Council to pay Rs 1.39 crore for polluting the environment by resorting to illegal and unscientific dumping and disposal of solid waste.

The Council didn't adhere to the PCB orders. The PCB approached the Deputy Commissioner Udhampur for recovery of the amount along with the interest as arrears of land revenue under Land Revenue Act which is applied in such cases. The Municipal Council Udhampur approached the National Green Tribunal challenging the order of the J&K Pollution Control Board, but the NGT set aside the appeal and upheld the order of the J&K Pollution Control Board. It is unclear whether the compensation money has been paid or not.

The Guardian

report of Regional Director, PCB, Kashmir" Municipal Council Bandipora went to NGT to challenge the PCB's order. The NGT's 4 member Principal Bench headed by justice A K Goel on October 21st 2021 dismissed the appeal with the following observations :

dated 26.06.2020 to 25.09.2020 i.e. the date of latest

promo court.

#### Environmental Compensation Notices

On November 24th 2020, the Pollution Control Board J&K issued an Environmental Compensation notice to Municipal Council Sopore for unscientific waste disposal at Tarzoo Ningle area. This author had moved a petition before NGT in that case as well as wetland area was being converted into a landfill site by District Administration Baramulla and MC Sopore

On July 10th NGT issued a notice to Govt in my case and when the work continued the Environmental Compensation to the tune of Rs 130.46 lakhs was imposed on Municipal Council Sopore. I have been told that till date the amount has not been paid by the Council and it is unclear whether the said order was challenged or not. I will be writing a follow-up article on this issue soon. JK PCB had directed the MC Sopore to pay the said amount within 45 days , but till date the amount is yet to be paid, sources told me. What PCB has done is also unclear

All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, spaceand accuracy

of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

#### Conclusion

By rejecting the appeal filed by Municipal Council Bandipora the Supreme Court has made it clear that there cannot be any compromise with regards to managing the municipal solid waste as per guidelines of MSW Rules 2016. The Officers of Civic Bodies in J&K need to keep this thing in mind that they will be taken to task now as NGT as well as Supreme Court are both serious about destruction of environment in J&K particularly the unscientific waste disposal near water bodies (Rivers, Streams, Lakes, Wetlands etc). The recent penalty of Rs 35 Crores imposed by NGT against pollution in Doodh Ganga should also be a wake up call for the Government.

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

OBSERVER MAIL

# No Jobs

NEMPLOYMENT is a very serious problem for the young people in Kashmir. There are thousands of people who do not have any work to do and are not even able to find work for themselves. Unemployment refers to the situation where a person wants to work but cannot find employment in the labour market, and that is a phenomenon which is widely common in Kashmir. There are so many young dynamic and talented people who deserve to hold good positions but are not being provided with the right opportunities. It is ironic how jobs and opportunities are still achievable only through sifarish even in the 21st century and it might sound surprising or people might argue that it is not the case anymore, but truly it is. Besides the lack of jobs, lockdowns to contain the coronavirus for two consecutive years forced many industries to shut down thus increasing unemployment, making the scenario even worse. Also, an unemployed person is more likely to do socially unacceptable work to earn bread. Thus, very often in a society where there are a huge number of unemployed people, there will be a great proliferation of thieves, snatchers, bank-robbers and much more serious anti-social elements.

Unemployment has aided to the deteriorating mental health condition of the youth, many young people nowadays are committing suicide owing to a spectrum of social deprivations including unemployment. The government needs to pay heed to the plea of qualified young people and find more ways to create jobs. Moreover, people should focus on becoming job creators and not job seekers and they should not lose hope on not finding a job but rather work towards building their own ways of income so that they overcome unemployment for themselves and for people who would eventually work for them and their venture. The deserving students of Kashmir have been

MAIL YOUR LETTERS

P.O. Box # 337, GPO, Srinagar-190 001

email: editpage.ko@gmail.com

deprived of the right opportunities for long enough, now it is time for the authorities to stand up and create a productive platform for the talented youth of the valley.

Fazil Mir

Printed & Published by Sajjad Haider on behalf of Kashmir Observer LLP | Printed at: K.T Press Pvt. Ltd 120-Electronic Complex, Industrial Estate, Rangreth-Budgam Published from: 5-Boulevard Srinagar J&K | Editor: Sajjad Haider | RNI Registration No: 69503/98 | Postal Registration No-L/159/KO/SK/2014-16 | Legal Counsel: Tasaduq Khwaja Switchboard: (0194) 2502327 | +91 1947969705 | Editorial: (0194) 2502327 | Email: editor@kashmirobserver.net



#### **Bradley J. Irish**

alloween is a time to embrace all that is disgusting, from bloody slasher films to haunted houses full of fake guts and gore.

But the attraction to stuff that grosses us out goes beyond this annual holidav.

Flip through TV channels and you'll come across "adventurous eating" programs, in which hosts and contestants are served all manner of stomach-clenching foods; reality shows that take a deep dive into the work of pimple-popping dermatologists; and gross-out comedies that deploy tasteless humor - think vomiting and urination - to make viewers laugh.

You can see this in other forms of media, as well. In romance novels, for example, you can find portrayals of consensual sibling incest that are designed to titillate the reader. And, most extreme of all, there are internet shock sites that host real footage of death and dismemberment for those who want to seek it out.

It isn't just a recent media phenomenon, either. Early modern England has a similar culture of disgust, which I've written about in a forthcoming book.

Why are so many people drawn to things that should, by all rights, compel them to turn away in horror? Modern science has an answer, and it has everything to do with how the emotion of disgust fundamentally works.

#### WHAT IS DISGUST?

Disgust is fundamentally an emotion of avoidance: It signals that something might be harmful to your body, and encourages you to avoid it.

Scientists believe that disgust originally concerned food; Charles Darwin noted "how readily this feeling is excited by anything unusual in the appearance, odour, or nature of

our food." According to this theory, it slowly evolved to guard over all sorts of things that might put you in contact with dangerous pathogens, whether via disease, animals, bodily injury, corpses or sex.



AND IT IS NOT SIMPLY **THAT ELIZABETHANS** WERE DESENSITIZED, possessed of a different threshold for disgust. Contemporaries expressed their revulsion, even as they found themselves drawn to them. After seeing a charred body hanging in a merchant's warehouse. the diarist Samuel Pepys notedthat "it pleased me much, though an ill sight."

What's more, disgust seems to have evolved further to regulate things that are symbolically harmful: violations of morals, cultural rules and cherished values. This is why some people might say they're "disgusted" by an act of racism.

Because of these regulatory functions, disgust is often known as the "gatekeeper emotion," the "exclusionary emotion" or the "body and soul emotion."

#### THE ALLURE OF DISGUST

How, then, do we account for the fact that disgusting things can sometimes captivate us? Psychological research suggests

that disgusting stimuli both capture and retain your attention more effectively than emotionally neutral stimuli do.

According to media scholars Bridget Rubenking and Annie Lang, this likely happens because, from an evolutionary perspective, it seems that "an attentional bias toward disgust - no matter how aversive would better equip humans to avoid harmful substances." So although disgust can be an unpleasant feeling, the emotion has evolved to simultaneously seize people's attention.

But disgusting things don't just capture your attention; you can even enjoy them.

Psychologist Nina Strohminger

suggests that the pleasurable features of disgust may be an instance of what has been called "benign masochism" – the human tendency to seek out seemingly "negative" experiences for the purposes of enjoying "constrained risks," such as riding a roller coaster or eating extremely spicy foods.

According to Strohminger, it seems "possible that any negative feeling has the potential to be enjoyable when it is stripped of the belief that what is happening is actually bad, leaving behind physiological arousal that is, in itself, exhilarating or interesting."

So not only are you predisposed to be captivated by disgusting things, there's also a psychological mechanism that enables you, in the right circumstances, to enjoy them.

#### SHAKESPEAREAN DISGUST

Celebrating and profiting off this attraction isn't a product of the digital age. It was even happening in Shakespeare's time.

The playwright's notorious tragedy "Titus Andronicus" contains as much gore as today's slasher movies. According to one estimate, the play stages "14 killings, 9 of them on stage, 6 severed members, 1 rape (or 2 or 3, depending on how you count), 1 live burial, 1 case of insanity, and 1 of cannibalism - an average of 5.2 atrocities per act, or one

for every 97 lines."

When exploring the "problematic appeal of this play's violence," literary critic Cynthia Marshall asks, "Why would an audience, any audience, enjoy Titus's reiteration of violence against the human body?"

The answer, I believe, owes to the alluring nature of disgust that psychologists have documented. In early modern England, in fact, there was a cottage industry of disgust.

Large crowds viewed public executions, and the corpses of criminals were left hanged by chains for the public to gawk at. In open anatomy theaters, curious onlookers could watch doctors perform autopsies. In their shops, apothecaries displayed dismembered human body parts, before eventually mixing them into medicines – a practice scholars to-day call "medicinal cannibalism."

And it is not simply that Elizabethans were desensitized, possessed of a different threshold for disgust. Contemporaries expressed their revulsion, even as they found themselves drawn to them. After seeing a charred body hanging in a merchant's warehouse, the diarist Samuel Pepys noted that "it pleased me much, though an ill sight."

Then, as now, disgusting things captivate our attention and can even give us enjoyment - and the horrors of a play like "Titus Andronicus" reflect the fact that Elizabethans lived in a culture that encouraged people to gaze upon disgusting objects, even as they felt the urge to turn away. Shakespeare's audience, I think, embraced the repulsive pleasure, just as modern audiences do when viewing the latest film in the "Halloween" franchise.

The human emotion that shields you from harm equally allows you to take a perverse pleasure in the very things from which you need to be protected.

By arrangements with The Conversation

# A Case for Dr. Google

#### **Alexandra Niforos**

first felt the dull pang in my head on a Wednesday in mid-July 2021. I didn't think much of it, because like most people, I'm used to having the occasional headache usually from PMS or not drinking enough water. I popped an Advil, took a test to rule out COVID, and continued about my day.

That weekend, I still had a headache but, evertheless took a pre-planned trip to vis

to take a trip to the mall, but as soon as we hit the highway, a wave of nausea quickly rose inside of me. I reclined the passenger seat as far back as it could go, closed my eyes and concentrated on my breathing with lasersharp focus. I feared if I opened my eyes even a sliver, I would throw up all over her car.

The nausea must have been a forewarning of worse things to come. The next morning, I woke up early to run an errand and, during the six-block drive from my house to my des tination, realized I couldn't see. It wasn't that everything was dark, but more so that I no longer had any depth perception. I could see the houses on either side of the street, but my vision folded in the middle, leaving me unable to see the road. It was like I was trying to read a book, but all of the words were printed in the crease where the binding is centered. I was unable to see where I was going. I discovered the only way I could regain clarity was by closing one eye, so I drove that way for all six blocks there and back. Surprisingly, this was the first time amid all of the symptoms that I felt genuinely scared — it was now obvious something was very wrong and this wasn't just simply a stress-related issue. I went back to the doctor the next day and explained the frightening new development. She couldn't give me any concrete answers, but she did order an MRI. When I called to make an appointment, they told me the earliest they could get me in was two weeks later at an office an hour away (thank you, American health care system!).



have cared less about what I went through. I haven't been back there since.

Pseudotumor cerebri can cause permanent vision loss if not treated quickly enough, which terrified me at the time. Luckily, my eyes have gone back to normal for the most part. However, now when I go to the eye doctor for routine check-ups, I notice that the letters they put on the wall collapse in the middle of my vision. I can see the two letters on either side of the center, but the fifth one disappears into the middle, a new blind spot I have as a result of my former condition. I was lucky that my condition could be traced back to a medication I was taking. This meant that for me, recovery only required stopping the doxycycline and taking a new medicine, diamox, which decreases the rate at which spinal fluid is produced, for six months. However, in most other cases, this condition doesn't have a clear cause — or a guarantee that medication or surgery will cure it. I'm not quite sure what it means for me, or whether my condition will resurface in any way in the future, so I'm committed to monitoring it with regular check-ins with my doctors. I have spent much of my life convinced my anxiety was my downfall, and I worked to minimize and mitigate it as much as possible to maintain any sense of normalcy on my surface. I had never considered that leaning into it would be more helpful than hiding it would ever be. Aside from learning that sometimes anxiety can be an asset — a useful signal that something is truly wrong and needs to be addressed — I've also discovered that doctors don't always get it right. They're susceptible to human error, which means they might be missing something that's right in front of them. Sometimes it's up to us to take the situation into our own hands. Maybe that means speaking up and pushing harder when our doctor offers a solution that feels wrong. Maybe that means getting a second or third or fourth opinion. Or maybe it means doing our own research and seeing if anything fits. Regardless, we know ourselves best and have to do whatever we need to do to get the care we deserve - especially in a country where doctors are overworked, women are often susceptible to gender discrimination in medical treatment, and too many people don't have access to the care they need in the first place. Along with my blind spot, the thumping in my ear remains, an artifact from this journey that will not seem to go away. It's not constant, but it happens often enough to be disturbing. I've noticed that it tends to be aligned with my anxiety, the intensity of the whooshing increasing and decreasing with the ebb and flow of my internal mental health landscape. My medical trauma is forever intertwined with the facet of my mind that ultimately saved me. Ironic, isn't it?

it a friend in New York City. I stowed a big bottle of extra-strength Tylenol in my backpack and hopped on my flight. The visit was great, but I found myself taking pain relievers twice a day in order to lessen the ache and feel as much like my usual self as possible. I flew back home to Detroit two days later and pushed on with my week. Still, the pain in my head remained.

My naturally anxious and analytical mind began questioning why this might be happening. Was it stress? I was a recent grad living at home, I was working a job I hated, my house was in disarray from a bad flood the previous month, and the pandemic was still raging on. I wondered if the combined pressures might be enough to push my body over the edge. I convinced myself this was the case — until I also started feeling dizzy and seeing spots.

I scheduled a doctor's appointment for the following week. By then, a pulsing whoosh in my ear had begun, and my for-driving-only glasses had become a permanent fixture on my face to combat my spotty vision. I saw a new doctor at my regular clinic, and while she listened to me thoughtfully as I described my ailments, she also noted the history of anxiety and depression on my chart. Taking all of this into account, she told me she suspected I had a tension headache. I was prescribed muscle relaxers and instructed to keep a headache journal to track possible triggers. Then a nurse came in to flush my ears out with water, a particularly nauseating experience that did nothing to alleviate the tinnitus.

Due to my trust in doctors and because my anxiety often did contribute to extreme tension in my upper body, I went home believing that it would all be over soon. Being the proactive overachiever I am, I even booked a myofascial release massage with my grandmother's favorite masseuse in hopes of relieving every ounce of tension in my body. I remember lying face down on that table in the dark, incense-filled room as I explained to the masseuse that the doctor thought my anxiety was causing my head pain. She was quick to agree, assuring me that the answer to the tension she was attempting to knead out of my body was "relaxing more." Genius.

I left the appointment feeling sweaty and disheveled but the pounding in my head was still there. I started spending my evenings with an ice pack wrapped around my head.

Things took a sharp turn 2.5 weeks into my unrelenting pain. My mom asked if I wanted I lay awake that night tortured by the

pounding and the whooshing. I was even tempted to endure the chaos of the emergency room if it meant this would all be over. I wept on a telehealth appointment with my therapist that week, frustrated that I had no concrete answers for my unending nightmare and terrified as my mind raced with the worstcase scenarios. Everyone in my life offered well-meaning advice to stay calm and positive, but they couldn't feel the panic permeating every cell in my body.

One night later that week, I decided to give into my anxiety and do what every mental health professional would probably advise against: Google. I fell into a

black hole of frantic symptom-searching and read article after article. I only resurfaced when I discovered a Mayo Clinic page titled "Pseudotumor cerebri (idiopathic intracranial hypertension)." It explained a rare condition in which pressure increases in the head due to the inability to drain cerebrospinal fluid, which mimics the symptoms of a brain tumor.

"I decided to give into my anxiety and do

what every mental health professional would probably advise against: Google. I fell into a black hole of frantic symptom searching and read article after article.'

I could check off every symptom listed on the page, and was especially convinced that I'd found a plausible explanation when

one of them was "a whooshing sound in your head that pulses with your heartbeat." There weren't very many causes offered, but it said that the use of tetracyclines could contribute. I quickly Googled examples of tetracyclines and bingo! There was the

name of a medication I had been taking for four months: doxycycline, an antibiotic prescribed by my dermatologist to treat my acne. I immediately felt a

rush of relief and selfassurance. I had been right to feel fear and

panic, and giving in to my anxiety had provided me with an answer that no doctor had been able to offer thus far.

I told my parents about my revelation, which they met with hesitation (understandable, as I lack a medical degree and my only evidence was my internet self-diagnosis). However, my dad called an ophthalmologist friend, who agreed that it sounded like a pseudotumor. I also called my dermatolo-

gist's office, which advised me to stop taking the doxycycline just in case. My sister came home from summer camp that weekend, and she was the first person to outwardly meet me at the level of concern that I was feeling inside. She immediately pointed out that when I thought I was looking her in the eye while talking to her, my eyes were actually focused in a completely different direction. Scary.

Coincidentally, I had my yearly eye exam scheduled a few days later. I was quickly passed off from my optometrist to an ophthalmologist, who showed me my retinal imaging full of dark, ominous-looking spots surrounding my optic nerve (which was also hemorrhaging due to the pressure) — a clear diagnosis of pseudotumor cerebri.

The office called ahead to the emergency room, where I was admitted as an inpatient to receive a CT scan and MRI. I started crying at the suggestion that I might have to receive a spinal tap in order to relieve fluid, but later found out that because I stopped taking doxycycline a few days prior, this could be avoided. Another win for my intuition.

Oddly enough, the night I spent in the hospital was the most restful sleep I'd had in weeks, despite being frequently woken up to get my vitals taken. I felt like Sylvia Plath, the old brag of my heart reassuring myself, "I was right, I was right, I was right.'

I was released from the hospital the next day with orders to follow up with my ophthalmologist and to check in with a neurologist, and I spent the better part of the next year seeing them on a regular basis in order to ensure the fluid fully dispersed. I also went back to my dermatologist to tell her what had happened, but she frankly could not

Huffpost



decided to give into my anxiety and do what every mental health professional would probably advise against: Google. I fell into a black hole of frantic symptom-searching and read article after article.

# News

# KASHMIR OBSERVER SRINAGAR | TUESDAY | 25.10.2022

# **People across India revel in Diwali spirit after 2 years of muted celebrations**

#### PRESS TRUST OF INDIA

New Delhi: Colourful lights illuminated buildings and earthen lamps dotted houses as people across the country celebrated Diwali with pomp on Monday after two years of muted festivities due to the pandemic.

People, dressed in their finest, exchanged sweets and gifts, visited temples and greeted each other.

Some restrictions on bursting of firecrackers, particularly in the national capital, however, remained in force.

President Droupadi Murmu, Vice President Jagdeep Dhankhar and Prime Minister Narendra Modi greeted the people of the country and hoped the festival will bring happiness, wellbeing and strengthen the spirit of mutual cooperation and harmony.

Like previous years, Prime Minister Modi celebrated Diwali with soldiers. This time it was in Kargil.

Addressing the soldiers, he said India is against war but also underscored the need for strength to ensure peace and asserted that its growing power boosts the chances of global peace and prosperity.

India stands for peace and has always considered war as not the first but last resort, but its armed forces have the strength and strategies to give a befitting reply to anyone who casts an evil eye on the nation, he said.

The whole world is looking at India which is a "balancing force", he told soldiers at the site of the armed forces' heroic feats in the Kargil war in 1999 as India beat back Pakistani forces.

Modi invoked the epics of Ramayana and Mahabharata to assert that it is in Indian tradition to avoid war be it in Lanka or Kurukshetra and the country stands for world peace.

One of the most popular Hindu festivals, Diwali is associated with the day Lord Ram is believed to have returned to Ayodhya with his wife Sita and brother Lakshman after defeating Ravana during his 14 years in exile and is seen as



a celebration of the victory of good over evil.

At the Attari-Wagah border in Punjab, personnel of the Border Security Force (BSF) offered sweets to their Pakistani counterparts on the occasion. Officials of both the forces

shook hands and exchanged pleasantries for a few minutes. BSF and Pakistan Rangers personnel also exchanged sweets at some other border points, including Samba, Kathua, R S Pura and Akhnoor in Jammu and Kashmir.

Delhi Lieutenant Governor V K Saxena and Chief Minister Arvind Kejriwal wished happiness and prosperity to the people of the city on Diwali. Delhi's air quality turned "very poor" on Monday amid

an increase in stubble burning, bursting of firecrackers and moderately unfavourable

which allowed accumulation of pollutants.

However, the 24-hour average air quality index (AQI) of 312 was still the second best for the Diwali day in seven years. Before this, the city recorded an AQI of 281 on Diwali in 2018.

The Delhi government has reimposed a complete ban on the production, sale and use of all types of firecrackers till January 1, including on Diwali, a practice it has been following for the last two years.

To mark the occasion, Madhya Pradesh CM Shivraj Singh Chouhan had dinner with more than 400 children orphaned by COVID-19 and assured them all help from the government for

their education. Chouhan and his wife Sadhna Singh hosted a party for such children at the chief minister's official residence in Bhopal on Sunday night. "This is your mama's (maternal uncle) house," the chief minister said, adding that he wanted the children to enjoy, be happy and cheerful.

Uttar Pradesh Chief Minister Yogi Adityanath extended Diwali greetings and urged people's representatives and employees to celebrate the festival with the deprived and needy people.

"It should be our endeavour that today every house should be illuminated with the spirit of harmony, there should be 'Ramatv' all around," he said in a tweet.

The chief minister also said he took 'darshan' at Ram Lala and Hanuman Garhi temple in Ayodhya on Diwali. The residents of Goa cel-

ebrated Diwali by burning huge effigies of demon Narakasur in

the early hours of Monday as a long held tradition on the festival, marking the victory of good over evil.

The 'Narakasur Vadh' (kill-ing of the demon) competitions began in state capital Panaji and cities such as Margao and Vasco at night and continued till early

Monday morning. Goa Chief Minister Pramod Sawant greeted people on the occasion and expressed hope that the festival will bring peace, joy and prosperity to the state

Several other chief ministers and governors also extended Diwali greetings.

"Wishing you a Happy Diwali and Bandi Chhor Divas. I pray to God that each 'diya' on this Diwali day brings your home success and health," Punjab CM Bhagwant Mann said in a video message.

Bandi Chhor Divas coincides with Diwali and it marks the historical release of the sixth Sikh guru, Guru Hargobind, along with 52 kings from a Mughal prison in 1620.

Mann also asked people to celebrate a green Diwali.

"Pollution is a problem and has become a challenge. Therefore, efforts should be made to celebrate green Diwali," he said.

Maharashtra Chief Minister Eknath Shinde, while attending a Diwali event in his hometown of Thane, said, May this Diwali bring prosperity and good health to you all. We have to put the development of the state on fast-track, and give justice to all sections of society. An era of development has begun."

He also announced City and Industrial Development Corporation's new housing scheme under which 7,849 flats will be available at affordable rates at Bamandongri and Kharkopar in Ulve area of Navi Mumbai.

The festival of lights was also celebrated across Tamil Nadu and Puducherry. In lines with a Supreme Court order, the Tamil Nadu government had specified that crackers should be burst from 6 am to 7 am and 7 pm to 8 pm.

# **Over 54,000 students secure admission in DU colleges**

online payment of the admis-

The university has said can-

didates who fail to pay the

admission fees by Tuesday

will not be able to participate

in any subsequent Common

Seat Allocation System (CSAS)

The Delhi University said the vacant seats will be dis-

At Delhi University, admis-

sions to 79 undergraduate

programmes across 67 colleges, departments and centres

are being done through the

Common University Entrance

Test (CUET) scores for the first

Till last year, admissions

used to be done through merit

lists based on Class 12 marks,

which saw skyrocketing cut-

offs. The university used to

played on Wednesday.

rounds.

time.

sion fee was October 24.

#### **Press Trust of India**

New Delhi: Of the 72,800 students who have accepted the college and course allotted to them by the Delhi University, over 54,000 have sealed their admission by paying fees as of Monday evening, a varsity official said.

The last date for payment of fees for admission to Delhi University's undergraduate programmes following the first round of seat allocation is October 25 (Tuesday). Over 72,800 candidates, out

of 80,164, have accepted the college and course allotted to them in the varsity's first round of seat allocations. As of Monday evening,

54,162 candidates had paid their fees after their applications were approved, the official said.

announce up to seven cut-off Earlier, the last date for lists every year.

# **Delhi's AQI turns 'very** poor', max temp settles at 31.2 degrees Celsius

#### **Press Trust of India**

New Delhi: Delhi's air quality turned 'very poor' on Monday with its maximum temperature settling at 31.2 degrees Celsius, a notch below the season's average.

The minimum temperature was recorded at 14.5 degrees Celsius, two notches below the season's average.

Humidity levels oscillated between 43 per cent and 90 per cent. Delhiites woke up to a pleasant Monday morning with the minimum temperature settling at 14.9 degrees Celsius, two notches below the season's average.

The relative humidity at 8.30 am was recorded at 82 per cent. The weather department had forecast mainly clear sky for the day with the maximum temperature likely to settle

around 31 degrees Celsius. The air quality in Delhi on Diwali Monday turned "very poor" amid an increase in stubble burning, bursting of firecrackers and moderately unfavourable meteorological conditions which allowed accumulation of pollutants, according to Swiss organisation IQAir.

Delhi on Diwali was the most polluted city in the world followed by Lahore in Pakistan, it said. An AQI between zero and

50 is considered "good", 51 and 100 "satisfactory", 101 and 200 "moderate", 201 and 300 "poor", 301 and 400 "very poor", and 401 and 500 "severe"

The weatherman has forecast mainly clear sky for Tuesday with the maximum and minimum temperatures expected to settle at 31 and 15 degrees Celsius respectively.

### CONTD. FROM FRONT PAGE

### **New Power**

use electricity judiciously then there will be less power cuts. If people don't cooperate and use electricity beyond their registered load, they have to face

limited its development. He said India has been dealing with its enemies, both external and internal, with force and recounted the steps taken to uproot the terror, nax-

forces, saying this will boost their strength.

Reforms in the armed forces that were required for decades are now being implemented, he said. Modi said a nation is saf

#### **CDS Calls For**

laid down their lives in the service of the nation. Chauhan was briefed by "Gen Anil

Sunak's historic milestone as the country's first non-white prime minister was all but sealed. His victory marks a remarkable

turnaround in political fortunes for the former finance minister who lost

for the Queen's Platinum Jubilee celebrations at Westminster Abbey in June.

His self-made credentials of working his way through a non-scholarship place at one of the UK's best schools, Winchester College, to a coveted

the long power cuts," the official said.

"From December, there will be a new power curtailment schedule as there will be further increase in demand for electricity," the official said.

As per rules, metered areas are bound to get 24-hour power supply.

The official said there is a need for a power curtailment schedule in view of an increase in power demand.

Asked whether there will be improvement in power supply than last year, he replied, "It all depends upon people. If they use electricity judiciously, then there will be improvement in power supply. We have to optimize things from the availability of electricity.

The PDD has 1300 MWs of electricity available. However, during winters, the demand reaches over 2000 MWs.

The Centre has been allotting additional MWs of power to Jammu and Kashmir in view of higher demand in winters. But there has been less improvement in the Union Territory as over the years the PDD has failed to augment the existing infrastructure to receive additional electricity from the central grids.

"Additional allocation of power will end the power crisis only when required infrastructure is in place. How will we handle additional power when there is less infrastructure available?" the official added.

#### **CRPF Officer Held**

Penal Code (IPC) sections 354-A (making sexually coloured remarks -guilty of the offence of sexual harassment), 354-D (sexual favour shall mean and include any kind of unwanted sexual activity), 509 (intentional insult) at the Udhampur police station.

Udhampur Senior Superintendent Police (SSP) Vinood Kumar told PTI that the accused CRPF commandant was arrested by police and later court released him on bail.

The matter is being investigated, the SSP added.

#### **PM's Veiled Warning**

at previous governments, the prime minister said his dispensation has worked to remove the shortcomings of the past poor governance which constricted India's capabilities and

alism and extremism from within the country

claimed that India's war Modi against corruption is at a decisive stage and asserted that no corrupt person however powerful will be spared. Actions of federal agencies in alleged cases of corruption have often drawn criticism from opposition parties which have claimed that the government has been using them to target their leaders for political reasons, a charge rejected by the ruling BJP.

In his address, Modi recalled his visit to this frontier region, which is part of Ladakh that touches the border with China as well, during the war when the Indian military had "crushed the hood of terror"

"There has not been a single war with Pakistan when Kargil has not flown the victory flag," he said, adding that Diwali symbolised the "celebration of the end of terror".

"I have witnessed the Kargil war closely. It was my duty that had brought me to Kargil back then. There are many memories of that time when the sounds of victory were reverberating all around," Modi said, continuing with his custom of spending time with soldiers in different parts of the country during Diwali.

Modi said 'atmanirbhar bharat' is the most important aspect of the country's security as it needs to have minimal reliance on foreign weapons and systems.

"I admire our three wings of the armed forces as they decided that more than 400 pieces of defence equipment will no longer be bought from abroad, and will now be made in India itself." he said.

Indigenous weapons boost soldiers' confidence and carry an element of surprise for the enemy, he said, giving examples of several such items, including fighter jets and missiles, inducted.

From being an importer, Indian is now becoming an exporter in defence equipment, Modi said, adding that it is also working rapidly on modern and effective technology like drones.

The 'amrit kaal' will be a witness to the rising strength and capabilities of India, he said.

The prime minister also lauded the induction of women in the armed

borders are secure, economy strong and society full of confidence.

He said India has never viewed war as the first option. "We have always seen war as the final resort. We are in favour of global peace... But peace cannot be achieved without strength,' Modi said.

"Our armed forces have the strategies as well as the strength. If anyone dares cast an evil eye on us, our three armed forces know very well how to give a befitting reply to the enemy in its own language," the prime minister said.

In his speech, Modi also asserted that "slave mentality" acted as an obstacle to India and its forces for long, and the country is now getting rid of it.

In this context, he mentioned his government's decision to change the name of 'Rajpath' to 'Kartavya Path' and the installation of Subhas Chandra Bose's statue in India Gate besides the opening of National War Memorial and police memorial.

The prime minister paid tributes to soldiers for their bravery and asserted that they have been his family for many years, and Diwali's sweetness and brightness to him is in their midst.

Since coming to power in 2014, Modi has been visiting different military facilities to celebrate Diwali.

In 2014, the prime minister had celebrated the festival of lights with soldiers at the Siachen Glacier. In the following year, on the 50th anniversary of the 1965 war with Pakistan, Modi visited three memorials in Punjab where the Indian armed forces had fought pitched battles that proved to be key to the country's victory.

In 2016, the prime minister travelled to Himachal Pradesh to meet personnel of the Indo-Tibetan Border Police (ITBP), the Dogra Scouts and the army at Sumdoh near the China border.

Modi. in 2017. was in the Gurez sector in north Kashmir, while in 2018, he celebrated Diwali in Harsil in Uttarakhand which was followed by a visit to Kedarnath.

After being re-elected to the high office in 2019, Modi celebrated Diwali in Rajouri in Jammu and Kashmir. In 2020, he was at a border post of Longewala on Diwali, while last year, he was in Nowshera.

field commanders on the current operational situation and security scenario along the Line of Control (LoC). He also reviewed the development of defence infrastructure and operational preparedness undertaken despite challenging terrain and weather conditions in the region," the spokesperson said.

Addressing the troops, he said, the CDS exhorted them to inculcate professionalism and carry forward the rich tradition of courage and valour of the Indian Army.

"He also emphasised the need for operational preparedness of the highest order. The visit by the CDS on the occasion of Diwali acted as a great morale booster for troops deployed on the frontlines in challenging conditions," the spokesperson added.

#### **UK To Have**

energy prices in the wake of the Ukraine war and a budget shortfall that has eroded its financial credibility internationally.

His first task will be to restore Britain's international financial credibility after outgoing leader Truss's plan for unfunded tax cuts and a costly energy price guarantee spooked the

He will have no option but to raise tax rates and make spending cuts that will be unpopular and may have unforeseen political consequences.

"Congratulations @RishiSunak on being appointed as Leader of the Conservative Party and our next Prime Minister. You have my full support," tweeted Liz Truss.

Sunak's vision for India-UK bilateral ties has gone beyond the opportunity for the UK to sell things in India, wanting Britain to also "learn from India".

During the campaign in the previous Tory leadership contest, the former investment banker had said he wants to change the UK-India relationship to make it more of a two-way exchange that opens up easy access to UK students and companies in India.

After the dramatic exit of former prime minister Boris Johnson on Sunday and Leader of the Commons Penny Mordaunt conceding defeat on Monday, unable to meet the 100-MPs mark in time for the shortlist deadline,

out to outgoing Prime Minister Liz Truss just last month after his popularity among party colleagues did not translate in the wider Tory membership vote.

Truss stepped down last Thursday after 45 days in office, becoming Britain's shortest serving Prime Minister.

The outgoing prime minister won on a mandate to slash taxes to spark economic growth, but she was forced to U-turn on almost all of her economic policies after her mini-budget sent the markets into financial turmoil and the Pound Sterling crashing.

Sunak had famously challenged Truss' plans as "fairy-tale economics", and his supporters repeatedly pointed out how he had got the big calls right and was therefore the right candidate to restore economic credibility.

The UK-born son of Indian-origin general practitioner father Yashvir and pharmacist mother Usha had spoken extensively of his migrant roots during the last campaign and also referenced making history by lighting Diwali diyas at 11 Downing Street as the first Indian-origin Chancellor of the Exchequer.

"Sixty years after my Naniji boarded plane in East Africa (Kenya), on a warm sunny evening in October, her great-grandaughters, my kids, played in the street outside our home, painted Rangoli on the doorstep, lit sparklers and diyas; had fun like so many other families on Diwali. Except the street was Downing Street, and the door was the door to No. 11. said Sunak. in his campaign video a few months ago.

That personal story also extended to a visibly emotional reference to his parents-in-law - Infosys co-founder Narayana Murthy and Sudha Murthy - as he hit back at attacks on his wife Akshata Murthy's family wealth.

"I'm actually incredibly proud of what my parents-in-law built, he said, during heated television debates over the past few months.

As a devout Hindu, Sunak is a regular at the temple where he was born in Southampton and his daughters, Anoushka and Krishna, are also rooted in the Indian culture.

He recently shared how Anoushka performed Kuchipudi with her classmates Philosophy, Politics and Economics (PPE) from Oxford University and then an MBA from Stanford University as a Fulbright Scholar tick all the right boxes for the country's highest political office.

His private sector experience at Goldman Sachs and as a hedge fund manager seem to lend him the aura of someone who can be trusted in the face of harsh economic headwinds, further bolstered by his prescient warnings over Truss' unfunded tax cuts.

His political career began with winning a safe Tory seat of Richmond in Yorkshire in 2015 and from junior roles in the Treasury he was suddenly catapulted to the post of Chancellor of Exchequer when his former boss, Sajid Javid, resigned in February 2020.

#### Pak Rangers,

the border outposts in Samba, Kathua, R S Pura and Akhnoor border, he said.

At the Attari-Wagah border, the BSF offered sweets to Pakistan Rangers on the occasion of Diwali, officials said.

A commandant-rank officer of the BSF, along with other personnel, gave sweets to the Pakistan Rangers at the joint check post.

Officials of both forces shook hands and exchanged pleasantries for a few minutes.

The spokesperson said the BSF has always been at the forefront of creating a peaceful and congenial atmosphere on the border while dominating it effectively.

"Such gestures (exchange of sweets) help build a peaceful atmosphere and cordial relationships on the border between both the border guarding forces," he said.

#### **Bomb Scare**

cannot to ruled, officer added.(GNS) **Police Probe** 

owner," the spokesperson said, adding that an FIR No 70/2022 under relevant provisions of IPC was registered at PS Qalamabad on Oct 23.

The police said that an FSL team rushed to the spot at the same time and collected samples to ascertain the cause of fire and point of origin of the same. Further investigation into the matter is underway, it further added.'

bond market.

# STATE

### 'Govt Mulls Appointment **Of Posts In Universities** Through JKPSC, SSRB'

#### Agencies

**SRINAGAR:** The Jammu and Kashmir Public Universities Bill 2022 has proposed that the appointment to any post in all universities would be filled by Pub- the Department of the Governlic Service Commission (JKPSC) ment entrusted with the subject and Service Selection Recruit-

ment Board (SSRB). Before the formulation of Jammu and Kashmir Public Uniment was being done at the university level.

The bill says that it would be done on the reference of posts by universities to the Jammu and Kashmir Public Service Commission for Screening

According to the Jammu and Kashmir Public Universities Bill 2022, "Notwithstanding anything contained in any other law for the time being in force or ence of the candidate," it reads. any contract, customs, or usage to the contrary, all universities established and regulated under the Act shall refer all Open and Direct posts of officer cadre and all teachers and equivalent positions in their universities to the Jammu and Kashmir Public Service Commission (JKPSC) for an all India advertisement and screening.

Stating the provisions regarding eligibility, manner of appointment etc. to posts in the university, the bill reads, "The minimum qualification and eligibility for appointment to any post in the university shall be as provided for by the UGC regulations and regulations of other regulatory bodies governing such appointments."

"Every post referred to the Iammu and Kashmir Public Service Commission by the public universities shall be processed on a fast-track basis and the entire process from advertisement to screening shall be completed within three months," it reads.

The Jammu and Kashmir Public Universities Bill 2022 also reads, "Notwithstanding anything contained in this Act, the promotions under the Career Advancement Scheme (CAS) of teachers, officer cadre, and equivalent positions shall be dealt with by the University."

It also said that notwithstanding anything contained in this for Personal Interview/lecture act, appointments to all posi- demonstration and final selections including teaching posi- tion by the concerned Univertions and equivalent positions, sity," it reads-(KNO)

positions in the officer or nonteaching cadre and equivalent positions, or any other positions of the Higher Education Department of the government shall be governed and regulated by of Higher Education.

About the screening test, the bill reads that the Jammu and Kashmir Public Service Commisversities Bill 2022, the appoint- sion shall conduct a screening process in the following manner for all applicants or candidates except those applying for the posts of professor and equivalent positions.

"The screening process shall comprise a written test and an evaluation of the Academic Record and Research Performance or Academic Record, Qualifications, background and experi-It also reads that the written test shall comprise a compulsory general studies paper common to all subjects and faculties and a subject-specific paper depending on the posi-tion applied for. "Provided that the weightage accorded to the general studies paper shall not be less than 15 percent of the total weightage accorded to the written examination."

The syllabus of the papers above stated shall be as prescribed by the Jammu and Kashmir Public Service Commission. The academic record and research performance or academic record, qualifications, background, and experience of the candidate shall be evaluated based on a set of transparent criteria to be notified by the Jammu and Kashmir Public Ser-

vice Commission. The criterion shall be as far as possible based on the advice, guidelines and regulations issued by the UGC and other regulatory bodies from time to time.

"Based on the results of the written screening test and the academic record and research performance or academic record, qualifications, background, and experience score sheet of the candidate, the Jammu and Kashmir Public Service Commission shall recommend

candidates in the ratio of 1:4

# **Temperature Hovers** Below Normal In J&K



#### Agencies

**SRINAGAR:** Despite slight rise, night temperature con- night and it was 0.5°C below tinued to hover below normal normal for the south Kashmir in Jammu and Kashmir except Kupwara on Monday.

À meteorological depart-Srinagar recorded a low of 3.7°C against 3.6°C on the previous night. The temperature was 0.1°C below normal for the summer capital during this time of the year, he said. Qazigund recorded a low of 2.8°C against 2.2°C on the pre- in north Kashmir's Baramulla district.

vious night. The temperature was 0.7°C below normal for the gateway town of Kashmir, he said.

In Pahalgam, the mercury the official said. It was normal settled at minus 0.0°C against for the north Kashmir place, minus 0.6°C on the previous he said.

Jammu recorded a low of 14.2°C against 14.1°C on the previous night. It was 2.5°C Kokernag recorded a low of below normal for J&K's winter 4.4°C against 3.7°C on the precapital, he said. Banihal rement official here said that vious night and it was 1.0°C corded a low of 5.0°C (below below normal for the place, normal by 0.5°C), Batote 7.5°C he said. (0.9°C below normal), Ka-Gulmarg recorded a low of 0.5°C against minus 1.2°C on tra 13.6°C (below normal by 0.1°C) and Bhadarwah 5.3°C the previous night and it was (below normal by 0.1°C).

"Mainly dry weather shall world famous skiing resort continue over Jammu and Kashmir during the next 24 hours," the official said, add-In Kupwara town, the mer- ing, "no large change is ex-

# **Kishtwar Has Emerged As North India's Power Hub: MoS Singh**

1.9°C below normal for the

resort, he said.

#### **Press Trust Of India**

KISHTWAR: Jammu and Kashmir's Kishtwar has emerged as North India's power hub with a potential to serve the power needs of even the entire country in the coming times, Union Minister of State for Personnel Jitendra Singh said.

The minister was speaking on Sunday at the DISHA (District Development Coordination and Monitoring Committee) meeting of district Kishtwar convened by him to review in the Machail yatra. progress on various centrally-

implemented there. Kashmir has emerged as North to the tourism sector. India's power hub under the



be an exclusive one megawatt under the tourism circuit on a solar power plant for the holy priority basis, and linking the spot of Machail which would tourism sector with the Mission Youth schemes for the be a great boon for the pilgrims benefit of the youths.

While reviewing the sectorsponsored schemes (CSS) being wise progress of the district, the minister stressed the ad-Kishtwar in Jammu and ministration to give a major flip of five major upcoming hydro-He demanded that huge power generation capacity

# **First Intra-Party Election** In PC's 4-Decade History

KASHMIR OBSERVER Srinagar | Tuesday | 25-10-2022

#### Agencies

SRINAGAR: Senior Peoples Conracy" and "giving a sense of be-longingness to every leader in the party".

Bukhari, who is chairman of the PC's election authority, said that Peoples Conference is a four-decade-old party and like every other democratic political organization, it runs in accordance with democratic norms and constitution.

holding elections for the post of the president came from Sajad Gani Lone.

demands from anyone for the election. The idea of election for the post of president was suggested by Sajad Gani Lone himself," he said, adding that

the exercise is aimed at "giving a democratic feel and a sense of belonging to every leader within the party."

In its 44-year-old history, Peoples Conference is holding election for the post of founded by late Abdul Gani (KNO)

#### Lone(PC founder), Abdul Haq Khan( former minister), Nizamuddin Bhat( former MLA), Muhammad Akbar Lone( incumbent MP from Baramulla Lok Sabha seat), Muzaffar Hussain Baig( former deputy CM) were among its candidates. The party stayed away from

It secured 100622 votes fol-

After more than two decades, Since then Lone has revived

Asked about the party's pros-Bukhari said that the party would emerge as a major force in Jammu and Kashmir.

"PC has never got a chance the president in the first week to serve, let us hope the people of November. The party was will give us a chance," he said-

### **JAN ABHIYAAN: Multifarious Activities Held Across Shopian**

#### **Observer News Service**

SHOPIAN: Multifarious Activities have been conducted today by various Departments under the Jan Abhiyan Campaign across the length and breadth of the district, Shopian.

Departments are conducting these activities in the run up to Fourth Phase of Back to Village Programme, which starts next week.

Today continuing the trend, activities have been conducted by various departments to make the campaign more vibrant and effective in achievement of set Deliverables.

Jal Shakti, PDD, Sericulture, J& K Bank and various other departments have organised activities under the Programme as per their set Targets.

While speaking in the meeting, the minister also reiterated that Kishtwar district is a hub electric power projects with done by PDD Shopian at various blocks of the district.

Financial awareness camps were held by J&K Bank Branch Unit, Nagbal Shopian while as Department of Sericulture, Shopian held the Baseline Survey at Chotipora and Reshnagri for the purpose of identification of Silkworm rearers under Jan Abiyaan.

Jal Shakti Department conducted different types of activities at Dachoo, Chitragam and other places including orientation

to Pani Samittes on their role and responsibilities under JJM, Water Quality checking and Testing using Kits, Training of Resource persons and Sanitary Inspection of Water Supply Schemes, sources

in Gram Panchayats. All departments have intensified activities under the Campaign to saturate the targets set Deweeding, cleaning near DT out for the benefit of the people sites. Installation of branch fus- and to set Stage for the ambitious es and other activities have been outreach, Back to Village -4.

## Secy. Tourism Conducts Jan

Lone, late Molvi Iftikhar Hussain Ansari and others in 1978. In its first election in 1983,

ference leader Syed Basharat the party was the second high-Bukhari on Monday said the est vote-getter among State's first-ever election for the post regional parties. of the party's president is aimed at "promoting internal democlowed by Jamaat-e-Islamia with 85187 votes.

In 1983 election, Abdul Gani

He said the suggestion for

"There were no discussions or



cury settled at 3.2°C against pected for subsequent days 3.1°C on the previous night, till Oct 31." (GNS)

elections after 1987, which were marred by allegations of rigging. Peoples Conference rejoined electoral politics in 2009 when Sajad Gani Lone contested 2009 Lok Sabha polls from Baramulla. and strengthened the party beyond its stronghold of north





## **Chief Justice Magrey For Ensuring Justice To Public**

to him.

#### **Observer News Service**

**SRINAGAR:** Chief Justice of High Court of Jammu & Kashmir and teraction with the Chief Justice Ladakh, Justice Ali Mohammad also apprised him regarding Magrey stressed on ensuring some of the issues & demands Justice to the public.

He made the remarks while interacting with advocates of their genuine demands will be several Bar Associations, in- redressed, the Chief Justice also cluding District Bar Association, stressed on them to make best Baramulla: Sumbal; Bar Association Pattan and ensure Justice to the public. and Bar Association Pampore who called on him here.

Chief Justice of the High Court to needy people.

The advocates during the inpertaining to Bar Associations. While assuring them that all

and extended their best wishes

Bar Association use of facilities available in courts District Bar Association Baramulla and others assured

At the onset, the advocates the Chief Justice that they will congratulated Justice Marey work with zeal and dedication for assuming the office as 35th to ensure proper legal assistance

### **Woman Hangs Self To Death**

SRINAGAR: A woman hanged Official sources told a loherself to death at her resi- cal news agency CNS that after dence in Bugam area of south completion of Medico-legal for-Kashmir's Kulgam district on Monday.

malities, body was handed over to family for last rites. Meanwhile, Police has reg-

33-year old woman (name withheld) said to be mother of istered a case in this regard three, hanged herself to death in and further investigations Bugam Kulgam. initiated.

Modi government with a se- be given to the potential areas which can be of great potential ries of active power projects, of tourism like religious spots, to meet the needs in the power in total expected to generate trekking and mountaineering, sector in the Union Territory of more than 6,000 megawatt of adventure tourism, and up- Jammu and Kashmir and the electricity, Singh was quoted grading of camping sites in the country in the coming time. as having said in a statement district to attract a larger tourissued by the Union Personnel

Ministry.

He further added that tapist footfall in the district. ping of solar energy will fur-Singh stressed on inclusion ther augment the power needs The latest addition would of areas in Machail and Sarthal in far-flung areas of the district.

**KPs In Baramulla Observe Diwali** As 'Black Day'

**BARAMULLA:** With Hindus across the world celebrating Diwali, Kashmiri Pandits in Baramulla observed the festival of lights as 'Black Day' in solidarity with slain Puran Krishna Bhat. The slain was shot dead al-

legedly by militants in Shopian last week.

just days ago when our beloved salaries be released so that they Puran was killed by the mili- can feed their families. tants. How can we celebrate it? We are celebrating the day as a ulla Avtar Bhat said that their sal-Black day," a Kashmiri Pandit, ary from September has been the DC, Avtar added.

Triloki Nath Pandita, told a lowithheld by the government. About 30-40 percent employees have not received salaries from "It seems the administration

the last four months, he said. "We don't have money to people. We have been suffering buy sweets and crackers for for the last 30 years, we feel as the festival," he said and urged if we are not Kashmiris," Panthe government to release their pending salaries so that they The Pandits expressed their can celebrate the festival of anger against the administralights with their families.

Commissioner Deputy Baramulla had earlier assured ebrate Diwali, as it has been manded that their withheld and directed the concerned departments to release the salaries ahead of Diwali. But the President Pandit Colony Baram-DDO's didn't as they hadn't received any written order from Abhiyan At Drang, Tangmarg

Sarmad Hafeez Appreciates Role Of Locals In Development Of Tourism



**Observer News Service** 

the Secretary Tourism appreci-

ated the role played by the local

of tourism and tourism related

activities in the area.

The Secretary Tourism in-**TANGMARG:** As part of ongoing formed the participants that the basic purpose of organizing such Jan Abhiyan programme, Secretary, Tourism, Youth Services programs is to ensure that gover-& Sports, Sarmad Hafeez on nance reaches to the door steps Monday visited the Drung area of every area and people espeof Tangmarg during which he cially the youth are made aware interacted with various tourism about the various schemes / inistakeholders, PRIs, Youth Clubs tiatives regarding the creation of self employment opportunities Interacting with various for them. He stressed upon the

groups of tourism stakeholders, local population, especially the youth clubs and PRIs of the area, youth, to take due advantage of the recently issued guidelines for registration of home stays which population in the development have been made simpler and hassle free.

# **Conservation Of Wular Lake Raises Hopes Of Fishermen, Locals**

#### Agencies

SRINAGAR: With conservation efforts for Asia's second largest freshwater lake in northern Kashmir in full-swing, the people residing around the Wular lake hope for a better future as their entire business depends directly on the lake.

Manzoor Ahmad, a local fisherman of Dar-Mohalla Guroora said that a few years ago the people here gave up their fishing business as it was not very profitable. "Due to the filth spread across the lake, the people here did not have the courage to

do this business and they didn't even consider it appropriate to depend on this lake," he said. "Everyone was desperate because no one thought that the condition of the wular would change again. However, the government has changed its status a lot in a few years by the restoration process.'

Similarly, at Kulhama, Mohammad Sultan another fisherman said that their family have been dependent on the Lake for generations, However, due to the pollution in it, everyone was worried about the future of our next generations and everyone was

looking for the answer to the same question whether they will be able to carry on this business or not. "However, the government is claiming that the lake is being restored on a large scale and I wish I could see it again as it was two decades ago," he said.

A group of fishermen told a local news agency KNO, "We say with confidence that there is no political interference in the work of restoration. I'm sure Wular will not only get a new life, but will also give livelihood support to far more people than it currently does."

Muhammad Hussan Panchoo, another local said that the widespread pollution has stunted the fishing community, exacerbating poverty to the fisherman community. "Although we used to drink its water some years back which may not be the case now," he said, adding that by undertaking its restoration, "we now hope that it should be left as it was and further developed."

A top government official while giving a detailed developmental report on the lake said that the net area of the Lake at present is 130 square kilometer with an encroachment of 380 Kanals and 11 Marlas. He said that the area under encroachment is 0.001%. Eviction of 20 Kanals and 11 Marlas have been achieved and eviction of balance encroachment is going on while all efforts are made to retrieve the balance encroachments from Lake in which officials of Revenue, Forest & WUCMA departments are working with synergy to remove encroachments from the lake.

etc of the area.

He also said that the encroachments under plantations and cultivations which form the major chunk of encroachments shall be cleared by the end of this financial year while the water holding capacity through the Wular Action Plan of Lake is likely to be completed in 2022-23 at a cost of Rs. 200 Crore.

"For the restoration of the Lake, 4.35 Sq kms area has been cleaned so far while work for a pedestrian (non-motorable) pathway being built around Wular Lake is ongoing. The Lake, he said, is also at the top of the list of places where bird watchers go. "Here, bird lovers can see rare species like the alpine swift and the Himalayan woodpecker," he added-(KNO)

### Agencies cal news agency KNO.

is upset with us. It has been like a do or die situation for we dita added.

tion for not releasing their pending salaries and have de-"We are not going to cel-

# SPORTS

# **Shahid Hilal Wins Bronze At** National Pencak Silat C'ship

#### Adil Khan

SRINAGAR: The 10th Senior and Master (Men and Women) National Pencak Silat Championship 2022 was held from October 22 to October 24 at the Sher-i-Kashmir Indoor Stadium in Srinagar, where Shahid Hilal of the Grand Warriors Academy Srinagar took the bronze medal. Under the auspices of the In-

dian Pencak Silat Association, the Pencak Silat Association of J&K organised the championship, and was sponsored by J&K Sports Council.

In his weight category, Shahid Hilal finished third among com- form well and win a gold medal petitors from 34 States and UTs, at international level. as well as from teams from the Indian Police and Paramilitary.

He told Kashmir Observer, "Playing in the Senior National He also showed gratitude to his Pencak Silat Championship 2022 trainer, Adil Hussain, the coach.'



was a great experience as I have moved from Junior to Senior age category and from now I will start preparations for the next championship so that I may per-

Shahid Hilal attributes his achievement to his parents, who helped him at every turn.

# Provincial Level Kabaddi **Begins In Anantnag**



#### **Observer News Service**

**ANANTNAG:** A Provincial Level Inter District Kabaddi tournament for AAG Boys was on Monday inaugurated by Deputy Commissioner Anantnag Dr. Basharat Qayoom t Sports Stadium Pahalgam in the presence of Joint Director Youth Services & Sports Kashmir, Bashir Ahmad, District Youth Services & Sports Officer, Anantnag, Mushtaq Ahmad Pampori and other technical officials and field staff of the department.

Speaking at the inaugural ceremony Chief Guest while address- ther encourage them to take acing the participants laid stress on tive part in sports activities.

**Bangladesh Beat Netherlands By 9 Runs** active participation in sports ac-**HOBART:** tivities. He also advised the participants that they will enjoy the game beat the Netherlands by by playing with true sportsman nine runs in their openspirit. He also wished that players ing Super 12 game of the will work hard to get their place at T20 World Cup here on National and International level. Monday.

Bangladesh posted 144 Earlier, Chief Guest administered a pledge to the participatfor eight after the Nethering players under the banner of lands opted to bowl first. "Nasha Mukht Bharat Abhiyan". Afif Hossain top-scored for Bangladesh with 38 **JD**, Youth Services & Sports while presenting the welcome while Bas de Leede took address thanked the chief guest two wickets for 29 runs. for sparing the precious time In response, the Netherlands 38; Bas de Leede 2/29). Nethwere dismissed for 135 in 20 erlands 135 all out in 20 overs

with the players which will fur-

# **VIRAT KOHLI An Enigmatic Champion**

#### **Press Trust of India**

MELBOURNE: In our subconscious minds, we all aspire to become Virat Kohli.

Walk with a swagger, speak with authority and when need be, pull off a lofted backfoot punch for a straight six under extreme pressure. Alas, we are not champions

but mere mortals, who do the second-best thing: watch an artist at work and savour every moment till it lasts.

And maybe, live long enough to tell our grandkids that we were a privileged lot which witnessed geniuses like Roger Federer, Lionel Messi, Usain Bolt and our very own Virat Kohli in action.

Heady sporting achievements can do funny things. It can be the reason for unbridled joy but at times, some feats can make one go numb.

Sunday at the Melbourne Cricket Ground was one such occasion where Kohli had completely zoned out after Ravichandran Ashwin scored the most important one run of his life.

Press Trust of India

overs. Pacer Taksin Ahmed

was the pick of the Bangladesh Ahmed 4/25).

Bangladesh



Mission accomplished, he quietly trudged back but made people ponder in disbelief.

It was not West Delhi-born rugged Virat Kohli. The fist pumps were missing, the muscles of his chiseled jawline were relaxed. There was not even a single cuss word.

Was this Virat Kohli or an 'imposter' impersonating him? The vintage aggression was back in his game but not in his body language. The intensity was full on in his batting but he didn't need to fake it as he had

**T20 WORLD CUP** 

bowlers with four wickets.

scores:

144/8 in 20 overs (Afif Hossain

(Colin Ackermann 62; Taksin

Brief

once admitted to have done it. It seemed like a lull after the storm. Kohli didn't need to bare his emotions anymore to express himself. He seemed like a man at peace with himself.

Suryakumar Yadav, currently touted as world's best T20 batter had sprinted inside the MCG turf and engaged in a bear hug. Kohli hugged back but when the TV cameras zoomed in, it seemed he was still trying to soak it all in. There was a huge grin when skipper Rohit Sharma lifted him.

Shakib excited about pace

all-rounder and captain

Shakib Al Hasan is excited

to see the team's fast-

bowling unit finally com-

ing of age on the big stage.

win, I've played all editions

but haven't won, that was

on the back of my mind,"

the Bangladeshi skipper

said after their victory. Taskin Ahmed returned with

career-best figures of 4/25, while

his rookie new ball partner

Hasan Mahmud played a perfect

foil, to finish with 4-1-15-2.

"It was an important

veteran

Bangladesh's

Bangladesh **bowling prospects** 

# **Racists Have No Place In A** Football Stadium: Vinicius Jr

#### Agencies

MADRID: Real Madrid forward Vinicius Jr. believes that fans found guilty of racist abuse should be banned for life from attending games.

The 22-year-old Brazilian was a victim of abuse in September when Atletico Madrid fans were filmed directing racist chants at him outside their Wanda Metro-

politano Stadium ahead of their game against Real. "If you hurt other people, you must pay. It's hard to say that

(racism in soccer) will end with so many people still doing it. But I like to believe that there are more good people than bad," Vinicius told Brazilian TV Globo on Sunday.

"All the racist people must

Madrid fans should never be al- ecutor's Office of Madrid is also lowed to step foot in a stadium investigating the case.



again. That will make them suffer the consequences and reflect on their actions," he added.

Atletico and LaLiga condemned the abuse directed at Vinicius in the build-up to the Madrid derby, which Real won 2-1.

Local media also reported that monkey noises and chants of "Vinicius. die" were heard throughout the game.

Atletico said they are collaborating with authorities to pay in some way. If they like to identify the abusers who would watch soccer, then those Atletico be banned by the club. The Pros-

**DIRECTOR, J&K APOLLO INFORMATION CENTER A MUSHTAQ MANDOO** WISHES HAPPY DIWALI



Wishing you a gleam of diyas, echo of holy chants, contentment and happiness today, tomorrow and forever. Have a happy and prosperous Diwali! A MUSHTAQ MANDOO **Director, J&K Apollo Information Center** 



♥ JK BANK LAWNS, NEAR GHAT 6, BOULEVARD-SRINAGAR