

CRITICAL CARE AMBULANCE

FREE FOR EVERY ONE



Call, Any Time 24x7

9484100200
01942310018

CONTROL ROOM:
27 Gogji Bagh, Near
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.

Chief Engineer, KPDCL, 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 winters have been started like Upgradation of transmission lines, branch cuttings and other line works.

"These works would be completed before November 15 and the new power schedule will be announced accordingly," he said.

Kashmir has been facing power cuts for several days due to increase in power demand with the usage of electric gadgets, as the temperature continues to fall ahead of the winter season.

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 non-metered areas. But it also depends on the increase in power demand. If people [More on P6](#)

CRPF Officer Held For Sexually Harassing Woman Officer

Press Trust Of India

A commandant of the Central Reserve Police Force (CRPF) is 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](#)



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

RISHI SUNAK SET TO SCRIPT HISTORY

UK To Have First Indian-Origin PM

Press Trust Of India

London: Rishi Sunak will make history as Britain's first Indian-origin 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

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

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



Photo Courtesy: Twitter

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

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

The prime minister highlighted numerous measures taken by his government to boost economy and development, saying a country is safe only when its borders are secure, its economy robust and society full of self-confidence.

The armed forces are pillars of India's security, he said.

Noting that India has become the fifth largest world economy from 10th in the last seven-eight years ago, Modi also spoke about the emergence of over 80,000 start-ups and the ISRO's record of simultaneously launching 36 satellites to assert that these feats fill soldiers with pride.

The tricolour acted as a protective shield for Indians in the Ukraine war, he said.

In a swipe [More on P6](#)

CDS Calls For 'Preparedness Of Highest Order'

Observer News Service

The 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 headquarters 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](#)

6 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."

SHORT TAKES

Pak Rangers, BSF Exchange Sweets

The 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

A 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 abluion. 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

A teenage girl on Monday allegedly committed suicide 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 sub-district 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

An 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

Police on Monday started 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

Jammu 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.

Night Time Eating Linked To Depression, Anxiety: Study

Press Trust Of India

Eating at night may be associated with depression- and 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



rhythm disorders," said study co-corresponding author Frank A. J. L. Scheer from Brigham and Women's Hospital, US.

"Future studies in shift workers and clinical populations are required to firmly establish if changes in meal timing can prevent their increased mood vulnerability. Until then, our study brings a new 'player' to the table: the timing of food intake matters for our mood," Scheer said.

The findings open the door for a novel sleep be-

havioral strategy that might also benefit individuals experiencing mental health disorders.

The study adds to a growing body of evidence finding that strategies that optimise sleep and circadian rhythms may help promote mental health.

The researchers enrolled 19 participants -- 12 men and 7 women -- for a randomised controlled study.

Participants were kept in dim light for four 28-hour "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 anxiety-like 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 depression- and 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-related disorders," Chellappa added.

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

Press Trust Of India

Women are twice as likely as men to experience the long-term symptoms of COVID-19, according to a study.

Researchers at the Institute 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.

Windows 11's New Features Make File Sharing More Easier



“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

IAN S

With 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 OneDrive, 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.

PUBLIC NOTICE

I want to transfer of my Power connection from ali mohammad sultan s/O 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

inf

OBSERVER

Published Since 1997 KASHMIR
<https://kashmirobserver.net>

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
JAVOID NEWS AGENCY	KULGAM
MALIK NEWS AGENCY	AERWANI
IRSHAD NEWS AGENCY	KOKERNAG
RAYEES NEWS AGENCY	AWANTIPORA
PAMPORE NEW AGENCY	PAMPORE
SANGAM NEWS AGENCY	SANGAM
GAZI KHURSHED NEWS AGENCY	PULWAMA
MANZOOR NEWS AGENCY	PULWAMA
ALTAF NEWS AGENCY	PULWAMA
MANZOOR NEWS AGENCY	NORPORA
JAVOID 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
JAVOID NEWS AGENCY	QAZIGUND
NISAR NEWS AGENCY	BANIHAL

FOR ANY QUERY, CALL CIRCULATION DEPTT. : 0194-2502327

Rape Accused Arrested In Srinagar: Police

Observer News Service

Srinagar: 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

Srinagar: 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 considerably 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.



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.

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

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.

"This hospital also got empaneled in 2018 and the agreement (MOU) was valid for three years, which expired in the month of December 2021 and no new agreement/MOU has been signed till date," it said.

"Moreover, the concerned empanelment/de-empanelment committee of SHA has de-empaneled this hospital w.e.f. 21st October

2022, where this hospital is not supposed to entertain any Golden Card Beneficiary," it added.

An administrator of Khyber hospital said that there was an agreement of three years starting from 2018 and it expired on December 22 2021.

"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 Ayushman Bharat said that on request of Khyber hospital administration, it was de-empaneled 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)

Wild Bung Destroyed At Chanapora Bund

Observer News Service

Srinagar: The members of Youth Forum in a bid to curb the drug menace destroyed the wild bung at Natipora-Chanapora Bund.

Youth Forum headed by its Chairman Shakir Riyaz Khan destroyed a huge chunk of wild bung on the

bankment of a stream in Natipora-Chanapora here.

The wild bung was destroyed in collaboration with Chanapora police headed 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

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 menace," he said.

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.

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 Tasleem 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.

The seminar was held in a bid to curb the drug menace destroyed the wild bung at Natipora-Chanapora Bund.

Youth Forum headed by its Chairman Shakir Riyaz Khan destroyed a huge chunk of wild bung on the

AP Holds District-Level Review Meeting

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 Moham-

ad 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.

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 Rasool 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 Bemina, 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 Anchari
M/N Nayeema
R/o Umer Colony Naqash Band Mohalla Lal Bazar Srinagar



INF

محمد صادق نجار، ذکورہ کا انتقال پر ملال



انتہائی دکھ کے ساتھ مطلع کیا جاتا ہے کہ جلال کالونی، ذکورہ، سرینگر کے محمد صادق نجار علالت کے بعد کل انتقال کر گئے۔ انا اللہ و انا الیہ راجعون۔ انہیں آبائی مقبرہ میں سپرد خاک کر دیا گیا ہے۔ دُعا ہے کہ مرحوم کو اللہ تعالیٰ جنت الفردوس نصیب کریں۔ تعزیت کیلئے صرف تین دن مخصوص ہیں، چہارم کی کوئی رسم نہیں ہوگی۔ خواتین سے بھی گزارش ہے، کہ تعزیت کیلئے آتے وقت کوئی میوہ، یا پھل وغیرہ ساتھ نہ لائیں۔

سوگواران: محمد عارف (فرزند) بشیر احمد
نجار، غلام قادر نجار، نور محمد نجار (برادران)

INF

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

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS
SRINAGAR: 0194-2103259
ANANTNAG: 01932-228243
BARAMULLA: 0194-102029
BIJBHERA: 01932-228243
PAMPURE: 01933-294132
PATTAN: 01954-293507
QAZIGUND: 01951-296153

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

PRAYERS	
FAJR	5:20
ZUHR	12:15
ASR	4:08
Magrib	5:49
ISHA	7:10

HIJRI CALENDAR
28 Rabi ul Awwal
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
- 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 Novaya Zemlya USSR
- 1985 - Kosmos 1700 communications satellite placed in geostationary orbit
- 1986 - International Red Cross ousted from South Africa
- 1991 - Aaqib Javed takes 7-37 in 10 overs v India in cric 1-dayer at Sharjah

From KO Archives

'Kashmiri' Held With \$71,000 In New Delhi

Observer News Service

NEW 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 premises belonging to ten global hawala operators and foreign exchange racketeers.

(Kashmir Observer, October 25, 2000)

KASHMIR OBSERVER

Bitter Harvest

Kashmir 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 OPINION

A Quitter After All

Having 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 torrid 24 hours of Conservative mayhem, unmistakably the 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.

The Guardian

On Rescuing Kashmir's Water Bodies

Dr Raja Muzaffar Bhat

The 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 NGT's 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 Tribunal was served upon Executive Officer Municipal 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 dated 26.06.2020 to 25.09.2020 i.e. the date of latest 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 :



"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.

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

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.

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

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

MAIL YOUR LETTERS

P.O. Box # 337, GPO, Srinagar-190 001
email: editpage.ko@gmail.com

No Jobs

UNEMPLOYMENT 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

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

Delighted by Disgust

Bradley J. Irish

Halloween 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 holiday.

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 noted that "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 hanging 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 today 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

I 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, nevertheless, took a pre-planned trip to visit 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

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 laser-sharp 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 destination, 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!).

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 worst-case 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



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.

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

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?

— Huffpost

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 Indian 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 competitors from 34 States and UTs, as well as from teams from the Indian Police and Paramilitary.

He told Kashmir Observer, "Playing in the Senior National Pencak Silat Championship 2022



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 perform well and win a gold medal at international level.

Shahid Hilal attributes his achievement to his parents, who helped him at every turn. He also showed gratitude to his trainer, Adil Hussain, the coach."

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 addressing the participants laid stress on

active participation in sports activities. He also advised the participants that they will enjoy the game by playing with true sportsman spirit. He also wished that players will work hard to get their place at National and International level.

Earlier, Chief Guest administered a pledge to the participating players under the banner of "Nasha Mukht Bharat Abhiyan".

JD, Youth Services & Sports while presenting the welcome address thanked the chief guest for sparing the precious time with the players which will further encourage them to take active part in sports activities.

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.



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

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.

T20 WORLD CUP

Bangladesh Beat Netherlands By 9 Runs

Press Trust of India

HOBART: Bangladesh beat the Netherlands by nine runs in their opening Super 12 game of the T20 World Cup here on Monday.

Bangladesh posted 144 for eight after the Netherlands opted to bowl first. Afif Hossain top-scored for Bangladesh with 38 while Bas de Leede took two wickets for 29 runs.

In response, the Netherlands were dismissed for 135 in 20 overs. Pacer Taksin Ahmed was the pick of the Bangladesh

bowlers with four wickets. Brief scores: Bangladesh



144/8 in 20 overs (Afif Hossain 38; Bas de Leede 2/29). Netherlands 135 all out in 20 overs (Colin Ackermann 62; Taksin Ahmed 4/25).

Shakib excited about pace bowling prospects

Bangladesh's veteran all-rounder and captain Shakib Al Hasan is excited to see the team's fast-bowling unit finally coming of age on the big stage.

"It was an important 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.

Taksin 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.

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 Metropolitan 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 pay in some way. If they like to watch soccer, then those Atletico Madrid fans should never be allowed to step foot in a stadium



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 identify the abusers who would be banned by the club. The Prosecutor's Office of Madrid is also investigating the case.

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

Abbas Ads#700644730

Meals on the Go...

NOW ON BOULEVARD INTRODUCING FISH & CHIPS

Bun Maska

Chai

Who Says Healthy Food Can't Taste Good?

BRING YOUR KIDS ALONG

JK BANK LAWNS, NEAR GHAT 6, BOULEVARD-SRINAGAR