

Former chief minister and National Conference president Dr Farooq Abdullah on Thursday said his party was always ready for elections whenever they are held in Jammu and Kashmir. Talking to reporters in Handwara, Dr Farooq said that the situation was never good in the Valley, but elections would still be held. "If you remember when there were major floods in the Valley, elections were held even at that time," he added. On being asked about resumption of cross LoC trade in Jammu and Kashmir, he said that it was up to the governments of India and Pakistan to decide. **More on P6**



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- 306 - Maxentius proclaimed Emperor of Rome
- 312 - Emperor Constantine the Great beats rival Maxentius at the Battle of the Milvian Bridge
- 1420 - Beijing is declared the capital of the Ming dynasty under the Yongle Emperor
- 1492 - Christopher Columbus sights Cuba and claims it for Spain under the name "Juana"
- 1516 - Battle of Yavis Khan: Turkish forces under the Grand Vizier Sinan Pasha defeat the Mameluks near Gaza
- 1531 - Battle of Amba Sel: Imam Ahmad ibn Ibrahim al-Ghazi again defeats the army of Lebna Dengel, Emperor of Ethiopia. The southern part of Ethiopia falls under Imam
- 1740 - Ivan VI becomes Tsar of Russia [OS=Oct 17]
- 1831 - Michael Faraday demonstrates his dynamo invention, an electrical generator
- 1864 - Second Battle at Fair Oaks, Virginia, ends with 1554 casualties
- 1864 - Battle of Wauhatchie, Tennessee
- 1886 - Statue of Liberty dedicated by US President Grover Cleveland, celebrated by first confetti (ticker tape) parade in New York City
- 1914 - German battle cruiser Goeben enters Black Sea
- 1916 - Australian government holds a national referendum seeking support for the proposal of compulsory conscription; it is rejected
- 1918 - Czechoslovakia gains independence as Austria-Hungary breaks up
- 1922 - Benito Mussolini takes control of Italy's government
- 1924 - French-Russian trade agreement signed
- 1943 - German submarine U-220 sunk by US aircraft in the Atlantic
- 1944 - Russia & Bulgaria sign weapons pact
- 1946 - German rocket engineers begin work in USSR
- 1948 - Flag of Israel is adopted
- 1954 - Nobel Prize for Literature is awarded to Ernest Hemingway
- 1962 - Radio Moscow reports nuclear missiles in Cuba deactivated

When contacted the principal secretary power development department Ajit Kumar told Observer News Service, the 'deficiencies pertained to the state's claim for reimbursement of the expenditure it had already incurred on the power projects. The MoU did not mention this. However, Kumar said the Centre had agreed to reimburse the expenditure and necessary modifications would be incorporated in the MoU shortly.

KASHMIR OBSERVER

Stop Minority Killings

About 17 Kashmiri Pandit families have left the Valley since May this year after the targeted killings of the members of the community, according to the Kashmiri Pandit Sangharsh Samiti (KPSS), an organization of the Pandits' who hadn't fled Kashmir in the early nineties. The District Administration Shopian has, however, rebutted the KPSS claim saying the families have left to spend summer in the warm Jammu following the end of the harvest season. And this appears to be true also. A large number of Kashmiris migrate to Jammu, Delhi and other parts of the country to escape the harsh winter.

However, the KPSS has stuck to its guns saying several Pandit families have quietly shifted to Jammu in the wake of the recent targeted attacks on the community. In a tweet on Monday, the KPSS said that nine more families of resident Kashmiri Pandits had left South Kashmir bringing the total to 17 families so far this year. If true, these are the Pandits who had not left Kashmir in the early nineties but now are doing so. These families from Shopian district's Chaudharygund and Chotigam villages had stayed put even when the militancy was at its peak in the 1990s. According to reports quoting locals, only one Pandit woman is left of the eight families in Chaudharygund and she too is moving out. The villages witnessed the killings of two Pandits in the last two months. In this village, a Pandit named Puran Krishan Bhat was killed by militants outside his ancestral house on October 15. Two migrant labourers were also killed soon after.

This is a distressing situation. At least 17 people have been killed in targeted attacks on civilians, minorities and migrants across Kashmir this year. Of these, three were Kashmiri Pandits. The civilian killings in Kashmir have become a big issue in the Valley and across the country. In the Valley, the killings have become a deep source of worry for the security forces who are already stretched. According to an estimate, there are around 8000 minority employees including Kashmiri Pandits who are posted in Kashmir, and it would be a security nightmare to protect all of them. Hence the serious concern expressed by the various political parties across the country is understandable.

The concern has further been aggravated by the media reports of the exodus of Pandit families from various parts of the Valley, which, however, have been denied by the government. Pandits are demanding that the government waive off the bond requiring them to remain permanently posted in Kashmir. And if the government gave in to their demand, it would defeat the very purpose of the Pandits' employment in Kashmir: the purpose behind this was to somehow incentivize the return of Pandits to their homeland. This is, thus, a very tricky situation and the government needs to do a tight-rope walk to ensure both of its ends are served: killings stop altogether and Pandits also don't leave. So, the administration needs to do more to provide a sense of security to the community and take firm steps to stop the killings. Here is also hoping that Pandit families who are claimed to have left the Valley return to the Valley in early spring next year.

OTHER OPINION

Healthy boundaries:
Lessons to learn from cats

Not only are cats "sensitive", they're also "communicative individuals" who respond to their human companions' affectionate overtures. Sure, it might not be the bowl-you-over kind of love that dogs display, but in the restrained language of cats, even an upright tail or twitching ear speaks volumes when read correctly. Proof of this comes from a recent study by researchers at Paris Nanterre University, who published their findings in the journal Animal Cognition. They found that when cats hear a sentence spoken in the same tone by their human companion and by a stranger, they respond to the former while completely ignoring the latter. The conclusion: Cats do form bonds of affection with specific humans and don't just use them, as anti-feline propaganda would have it, for food and shelter.

Cats have long suffered under the Garfield stereotype, perceived as self-centred creatures, not especially loyal or demonstrative. They don't come when whistled to or fetch slippers and newspapers, they might hiss and swat even when a loving hand pets them without consent and they will, when overwhelmed by human attention, hide themselves away. But all that this means is that cats have a greater respect for their physical and emotional boundaries than most humans recognise.

If anything, the lesson to draw from the study's conclusion is that to have a cat's self-possession and ability to shut out the irrelevant is not such a bad thing. The world today is built to blur important lines — be it the one between work and leisure, noise and information, or society and private life. In such a world, cats offer a model of healthy boundaries for everyone to emulate.

Indian Express

Will Rishi Sunak End Up Being
Captured By The Tory Right?

Peter Osborne

Liz Truss left office on Tuesday as Britain's shortest-lived and most incompetent prime minister, meaning that anyone who takes over is certain to be an improvement.

This explains the surge of goodwill to her successor, Rishi Sunak.

Tory MPs know how close the party came to falling apart under Truss. They know the alternative to a Sunak premiership is electoral obliteration.

The financial markets have taken over the management of the British state - and they have chosen Rishi Sunak

His enemies are out of the game. The spectre of Boris Johnson, greatly diminished by last weekend's shambolic tilt at the premiership, has vanished.

The disgraced former prime minister is now expected to restart work on his interrupted biography of Shakespeare. Truss, suffering from the political equivalent of post-traumatic stress, is finished.

The Tory press - which bears a heavy share of responsibility for promoting Truss - has swung behind Sunak. So have the financial markets. This all-important development should be no surprise.

Over the past few weeks Britain has undergone "a financial coup d'etat" against Truss and her clueless Chancellor Kwasi Kwarteng. Simply put, the markets threatened chaos if they stayed in place. And further chaos if Johnson returned.

The markets have spoken

Much has been made, understandably so, of the fact that Sunak is the first British prime minister of Asian heritage. Far more important, in the current context, Sunak is the first former Goldman Sachs banker to enter No 10. The financial markets have taken over the management of the British state - and they have chosen Rishi Sunak.

He joins a very long list of figures from the New York investment bank reaching international pre-eminence, including former European Central Bank chief Mario Draghi, former deputy prime minister of Egypt Ziad Bahaa-Eldin, and former Australian Prime Minister Malcolm Turnbull.

Sunak, who served as chancellor of the exchequer under Johnson for three years, understands the financial markets - and they trust him.

No wonder sterling has risen and yields in gilts (British government debt) have fallen sharply since it became likely that Sunak would take over from Truss. What's more, luck is on his side. With gas prices falling much faster than expected, inflation will fall too, lifting pressure off interest rates. Sunak has more freedom of action than appeared likely over the summer.

But Sunak was not elected by the British people. He was appointed by Wall Street and the City of London. He is the London representative of the global financial markets. He will do what the markets demand.

But without a democratic mandate.

A looming recession

This takes me to the big question mark surrounding the Sunak premiership: how will he handle the looming recession?

Ever since John Maynard Keynes reinvented the laws of economics in the 1930s, governments have increased spending to combat recessions. With a financial black hole to be filled, Sunak's masters in the financial markets will not allow him to boost output through fiscal methods.

They will insist on cuts, forcing Britain into austerity.

People walk in Greenwich Park with the office buildings of the Canary Wharf financial



The financial markets have taken over the management
of the British state - and they have chosen Rishi Sunak

district in the background in London on the bank holiday, December 28, 2020

Unemployment will rise. Living standards will fall faster than at any time in the post-war period. Public services will be slashed, meaning poverty and even destitution. Britain has not faced a period like this since the oil crisis in the 1970s, and possibly, I fear, even the Great Depression of the 1930s.

So-called "Trussonomics" was an attempt to evade this predicament. Sunak will have to face it.

As chancellor, Sunak has proved that he has the financial skills to manage the national budget. Has this unelected prime minister got the political skills to explain spending cuts and job losses to the British people?

On the evidence so far, the answer is no. Sunak started out as favourite to win last summer's Tory leadership campaign. He threw it away because he lacked charm, empathy and authority. It was quite something to lose to a candidate as useless as Truss, but Sunak managed it.

To his great credit, he did warn of the disastrous consequences of Truss' economic plans and had the good sense to steer clear of her short-lived government.

But in other respects, he kowtowed to Tory members in his desperation to get the top job. Like her, he launched attacks on "activist lawyers" and stuck with the shaming and hopeless policy of shipping refugees to Rwanda.

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Captured by Tory right

When Truss disastrously proposed, in a letter to Conservative Friends of Israel, to ponder a shift of the British embassy in Israel to Jerusalem, hapless Sunak lacked the wit to steer clear of a daft policy certain to damage British interests.

Not to be outdone, Sunak actually moved in lockstep with Truss, saying that he, too, would consider ripping up British foreign policy in the Middle East in order to follow former US President Donald Trump's decision to shift the US embassy. There is already evidence that, like Truss and Johnson before him, Sunak will end up being captured by the Tory right.

According to a disturbing report in The Times, Sunak has "assured Eurosceptics in private that he will maintain the Northern Ireland Protocol Bill, stick with the Rwanda policy, introduce new legislation to prevent the European Convention on Human Rights blocking deportations, and to take a firm line on transgender ideology in schools".

Let's hope that Sunak possesses the courage to lead Britain out of the cesspit he inherits from Boris Johnson and Liz Truss

If this report is accurate, Sunak will seek to win the necessary political capital to pursue brutal austerity policies by pandering to the far right and waging culture wars against the most vulnerable people in the world. To put it another way, he will try to make up for his lack of democratic legitimacy by resorting to ugly populism.

If so, he will deserve to fail.

Let's hope Britain's first prime minister of Asian heritage is better than that, and possesses the courage to lead Britain out of the cesspit he inherits from Boris Johnson and Liz Truss.

If so there's a chance, with a lot of luck, that Sunak could become a great prime minister at this most difficult time

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by Middle East Eye. The author won best commentary/ blogging in both 2022 and 2017, and was also named freelancer of the year in 2016 at the Drum Online Media Awards for articles he wrote for Middle East Eye. He was also named as British Press Awards Columnist of the Year in 2013



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Self-Styled Seminaries

What if I tell you that Kashmir is turning into a paradise for religious business? You will be shocked to hear that many self-styled clerics have made darsgah (religious seminary) the centre of business.

Earlier, there were only a few Darasghahs in the valley which were well managed by the authorities and the facilities provided to the children were good enough especially for the students.

Every day we see a huge number of vehicles with loudspeaker asking for donations in city streets and villages too, have we ever wondered why people from one district go to another district to collect donations?

Because new small seminaries are being built by self-made clerics to earn their livelihood as it costs no money to run your own seminary.

Children are being treated like animals in such seminaries. I once saw that children were washing their clothes with cold water on bank of a stream in the bitter cold in Bandipora district of North Kashmir. When I spoke to them, one of them said that they use the same cold water daily for bathing and wudu (ablution) etc as their Darasghah lacks proper infrastructure. The seminary they were staying in was poorly built and one of the student was standing on the road side with a receipt book from the same Madrasa to collect donations

from commuters.

Who forced them to study there when we have so many good Madarasas in the valley as well as in Bandipora district?

Every child has the right to live happily, self-styled religious clerics treat students in such Madrasas like animals.

Recently, a case where teachers was booked for beating a minor student was reported. Thus, times have changed; corporal punishment is banned in schools, daycare and alternative child care institutions, but alas! no-one dares to talk about the hardships faced by minors in these seminaries.

Such Darasghah lack proper

registration and get no funds from any Madrasa organizations. Self-styled clerics force student to collect donations.

Article 24 of the Indian constitution clearly states that, "No child below the age of fourteen years shall be employed to work in any factory or mine or employed in any hazardous employment."

When there are laws and regulations for everyone in the world, why are these self-made clerics are set free to do whatever they want?

Such a small self-made seminary should be regulated by the Waqf Board or the administration only with terms and conditions.

Ab.Basit khawaja

Executive Dysfunction and Its Role in ADHD

Wasim Kakroo

ADHD is a neuro-developmental condition that affects a person's ability to exercise executive function. Executive dysfunction is related to brain and nervous system dysfunction, just like other signs of ADHD. Executive dysfunction is most frequently linked to ADHD, while it is also connected to many other mental health disorders, such as obsessive-compulsive disorder (OCD), depression, and schizophrenia. In this article, we'll talk about executive function and dysfunction, including how they manifest, and how they relate to ADHD. We will also talk about the possible treatments of this issue.

WHAT IS EXECUTIVE FUNCTIONING?

Executive functioning is the name given to the ability of the frontal lobe of our brain that helps us in controlling our thoughts, behaviors and emotions. One can plan and organize their time more effectively and control their emotions and behavior with the help of executive functioning skills. These abilities are required to set priorities, remember information, pay attention, focus, and self-censor (avoid saying or doing the inappropriate thing) whenever required. A person's executive functioning also helps them in their understanding of how their actions and words today have an impact on their future, for better or worse.

WHAT ARE THE VARIOUS SIGNS AND SYMPTOMS OF EXECUTIVE DYSFUNCTION?

Signs and symptoms of executive dysfunction vary from person to person. Additionally, as a child with ADHD enters into adulthood, their symptoms might alter over time. Executive dysfunction manifests itself in both children and adults as:

1. Having trouble organizing your tasks
2. struggles to control one's emotions
3. Setting up schedules is difficult
4. Having trouble meeting deadlines
5. Inability to remember things
6. Arriving late for social engagements, appointments, meetings, school, or job
7. difficulties in carrying out simple activities
8. Behavioral outbursts

This may lead to poor academic or professional performance, difficulties working in a team environment, and interpersonal issues with peers, family, and other people. Goal-setting, learning new skills, adjusting to life's changes, and upholding responsibilities and relationships can be particularly challenging.

WHAT LEADS TO EXECUTIVE DYSFUNCTION?

The frontal lobe region of the brain has historically been associated with problems with executive function. In addition, research has also found that problems in the prefrontal cortex, Basal ganglia, Thalamus and cerebellum also lead to executive dysfunction. Therefore, issues with executive function might result from genetic variances, harm to above mentioned brain regions,



or neurotransmitter imbalances.

HOW IS EXECUTIVE DYSFUNCTION RELATED TO ADHD?

Many or all of the signs of executive dysfunction are likely to be present in an individual with ADHD. Executive dysfunction is a collection of symptoms that are linked to ADHD; however it is possible to have executive dysfunction without having ADHD. E.g., Autism sufferers also exhibit it. Executive dysfunction might also result from other conditions. With illnesses like depression, executive functions may fluctuate based on how a person is feeling, however with ADHD; it's a persistent brain problem. This may explain why it may present itself differently in people with ADHD.

WHAT TYPES OF EXECUTIVE DYSFUNCTION ARE FOUND IN PEOPLE WITH ADHD?

Various areas of life, especially where self control is needed, are affected by executive dysfunction. Executive dysfunction can lead to impairment in a person's daily life. The capacity to inhibit one's tendency to go for a task that is not preferred, maintain attention and concentration, know what to focus on when, shift focus, have working memory (keeping information in mind), and plan and organize oneself are a few of the executive functions that may get impaired. Some issues that happen because of executive dysfunction include:

THE CAPACITY TO INHIBIT ONE'S TENDENCY to go for a task that is not preferred, maintain attention and concentration, know what to focus on when, shift focus, have working memory (keeping information in mind), and plan and organize oneself are a few of the executive functions that may get impaired

1. **Issues with working memory:** It has been shown that executive dysfunction can lead to problems with working memory. Life can be very challenging for someone who struggles with

working memory. The range of memory problems that executive dysfunction can cause is endless; you might forget little particulars or entire occurrences. You can forget what you were supposed to do on a particular day or leave something at home that you required for your day.

2. **Issues with organization, planning and time management:** We must be able to plan our tasks, organize our resources, and complete them in a fair amount of time if we are to do everything that we want to do. This whole process may be hampered by executive dysfunction. A person with executive dysfunction may be disorganized, have trouble establishing plans or adhering to them once they are created, and be unable to finish tasks within the required time frame.
3. **Issues with paying attention and poor concentration:** Since deficits in attention is one of the characteristic features of ADHD, thus this aspect of executive dysfunction is an important one that is related to ADHD. To do anything, one needs to be able to focus and concentrate.

It may seem tough to maintain continuous focus for a task when you have executive dysfunction. The person may wind up doing something completely different, sometimes without even recognizing it, even when they try to concentrate and focus on one thing.

4. **Issues with behavioral and emotional control:** How we behave and manage our emotions greatly affects how we interact with others. The ability to control one's emotions may be more difficult for those with executive dysfunction than for others. It is quite challenging to control your behavior when you are unable to control your feelings. Interpersonal conflicts and behavioral issues may result from this.
5. **Issues with multi-tasking and problem-solving:** The capacity to handle multiple tasks at once and solve issues is important, even in childhood. It becomes much more important as you get older. However, they can seem like an insurmountable challenge if you have executive dysfunction.

Someone with executive dysfunction could only be able to handle one task at a time, and they can struggle to solve problems. Problems can seem challenging because executive dysfunction interferes with flexible thinking, which is the capacity to view a situation from various angles.

HOW IS EXECUTIVE DYSFUNCTION IN ADHD TREATED?

If you are battling with executive dysfunction as a part of your ADHD, you may talk to a psychiatrist who may help you with medications including stimulants and antidepressants.

Another option for treating executive dysfunction is psychotherapy (including behavior therapy, Cognitive Behavior Therapy, Mindfulness etc.) that is offered by trained Clinical Psychologists. This type of treatment provides fresh perspectives that result in more adaptive behavior.

In addition, below are some tips that might be of some help:

1. **To get things done, speak aloud as you go.** Try talking yourself through a task if you're having problems starting it. Even though it may seem insignificant, speaking is a physical activity that occasionally serves as a catalyst for other physical activities, such as standing up to begin your task.
2. **Decide where to begin.** When you can't prioritize, you can't begin since every step of the process seems equally important to starting. Executive dysfunction has the capacity to make you completely forget how to prioritize the steps in a task. Find a suitable starting point, try to calm down, and speak to yourself aloud. It only needs to be a spot where you can begin; it doesn't even need to be the "best" or "perfect" place to start.
3. **Try breaking the task into steps:** All of a sudden, everything might seem too complicated while experiencing executive dysfunction. Things can be made simpler by dividing them into manageable tasks.
4. **Try to think forward:** Getting dressed in the morning can be tough due of executive dysfunction because there are so many choices to be made, such as "Do I want to take a shower?" or "Which outfits are best for the activities I have planned for that day?" Mornings can run much more smoothly when one does a little easy planning, like laying out your clothing the night before.
5. **The pomodoro technique:** According to the pomodoro technique, you should work for a predetermined period of time, take a break, and then resume the process. As an illustration, you could set a timer for 25 minutes, work for that amount of time, and then take a break (maybe rewarding yourself with a cup of tea or a short walk or watching a funny reel video). You can then begin working for another block of time.
6. **Use tools:** Use time management tools, computers, or alarm clock watches.
7. **Use of visual aids:** Make visual schedules or task aids, like flow charts of project milestones, and review them numerous times per day.

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SEASONAL DEPRESSION

Small Things You Can Do Every Day To Cope

Jolanta Burke
Annie Curtis

Many of us tend to feel sad or not like our usual self as autumn and winter approach. But for some, these feelings persist until spring arrives.

Known as seasonal affective disorder (or Sad), it's a type of depression that occurs only during specific seasons. Alongside persistent low mood, some people may find they feel more lethargic than usual, have difficulty getting up in the morning and crave more carbs than normal.

If you're someone who has Sad (or think you might), here are a few things you can do to improve your mood during the colder months.

WHAT TO DO EVERY DAY

Since Sad happens during seasons when the days are shorter and we get less sunlight, it's thought to be caused by a disruption of our body clocks (also known as circadian-rhythm disturbance). We all have a "master clock" in the brain that uses daylight to control all of our body's processes – from hunger to when we feel ready for bed.

Circadian rhythm disturbance has been linked to sleep disturbances, changes in mood and our eating patterns and metabolism, all of which are affected by Sad.

This is why getting outside and into natural daylight can be so important for people who have Sad.

In the morning, aim to get outside for at least a few minutes. Since light sends direct signals to your master body clock to tell it it's time to wake up, morning light will help you feel more alert throughout the day. It may also help you fall asleep earlier in the evening.

At lunch, try again to get outside and get more natural light exposure. But if you can't get outside or it's overcast, you may want to try bright-light therapy. This exposes people to bright fluorescent light using a special lamp or mask. Research shows that 30 minutes of bright light therapy daily can help reduce symptoms of Sad.

If you find it difficult to convince yourself to get away from your desk at lunchtime, try to organise some activities to do that may help you get outside. For example, try to organise a daily lunchtime group walk with your colleagues or neighbours. Alongside getting you out into the daylight, exercising in a group can also boost positive emotions and connectedness, which is good for wellbeing and mental health.

Another activity you could try during your lunchtime walk is the "three good things in nature" task. The aim of this activity is to boost mindfulness and appreciation of nature by taking note of at least three things from the natural environment while you're on your daily walk. Not only will this get you outside, it may also help improve your mood and wellbeing.

In the evenings, aim to set aside time to do things you enjoy. This may



It doesn't matter what hobby you choose, as long as it stretches your skills and helps you get into a state of flow. This is the feeling of "losing yourself" in what you're doing and is a major component in experiencing subjective happiness

help to improve your mood and may ease some symptoms of Sad.

Other things you can do during winter months to improve your mood include:

PRACTISE HUMOUR

Introducing more humour into your life may help balance out your negative emotions and could even improve sleep quality, mood and reduce symptoms of depression.

In the evening, take ten minutes

to think of some funny things that happened during the day. Or think of a challenging situation you faced and instead try to think about how you'd deal with it in a funny way in the future. Making the time to watch something funny on TV three or four times a week may also help to boost your mood.

FIND A HOBBY

Start a new hobby or pick up one you haven't practised for a while.

Engaging in a hobby will keep your mind less idle and more engaged, leaving you with less time to ruminate, if that's something you tend to do. Perhaps try learning to knit. This is associated with increased mindfulness, calmness and a boost of positive emotions. Mastering new recipes may also be a great way of boosting wellbeing.

It doesn't matter what hobby you choose, as long as it stretches your skills and helps you get into a state

of flow. This is the feeling of "losing yourself" in what you're doing and is a major component in experiencing subjective happiness. You might not feel better while you are doing your hobby (as it requires concentration), but as soon as you complete your task, you will experience a sense of accomplishment and a boost of positive emotions.

KEEP YOUR BODY CLOCK IN RHYTHM

Since Sad is thought to be caused by circadian-rhythm disturbance, keeping your circadian rhythm in time may help to reduce symptoms of Sad.

Sleep plays a big role in keeping your body clock in check. So in the evenings, try to avoid too much bright light as this will delay your sleep. You should also try to keep similar times for going to sleep and waking up both during the week and on weekends. Alongside proper sleep, eating your meals at regular times may also help to keep your body clock in time.

While it may be normal to feel a dip in your mood after the clocks first change, if you're finding that symptoms are lingering for many weeks or are having a big effect on your life, you may want to speak to your doctor. In the meantime, remember that even just a few small changes every day may help keep Sad symptoms at bay.

By arrangements with The Conversation

Director JKEDI Inaugurates 10-Day Training Programme At Budgam



Observer News Service

BUDGAM- Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), Ajaz Ahmad Bhat Thursday inaugurated 10-Day Entrepreneurship Development Programme (EDP), for female aspirants at EDI Office Budgam. On the occasion, the Director also interacted with the female participants conducted at District Nodal Office, Budgam. The scheme is a special endeavour of Mission Youth, Government of Jammu and Kashmir and is aimed at providing financial assistance to young women for setting up gainful self-employment ventures suited to their skills, training, aptitude and local conditions. It will empower and encourage women to set up income-generating units through manufacturing, services or trading activities. The candidates will undergo a 10-Day training programme with a focus on self-development, basic business skills, business and marketing plan formulation, account management, sector-specific technical

THE SCHEME IS A SPECIAL ENDEAVOUR OF MISSION YOUTH, GOVERNMENT OF JAMMU AND KASHMIR and is aimed at providing financial assistance to young women for setting up gainful self-employment ventures suited to their skills, training, aptitude and local conditions. It will empower and encourage women to set up income-generating units through manufacturing, services or trading activities.

181 Villages Identified For Development Under TVDP: Govt

‘Step will empower youth, strengthen rural economy’

Observer News Service

SRINAGAR- To strengthen rural economy and empower the youth and women by direct and indirect employment opportunities, Government of Jammu and Kashmir has identified 181 villages having picturesque beauty and cultural significance for transformation into tourist destinations under Tourist Villages Development Program (TVDP). Under Mission Youth's initiative, registered youth and Self Help Groups are provided opportunity to be a part of the Government's endeavour to boost rural tourism in J&K. The youth-led sustainable tourism initiative will strengthen rural economy and community entrepreneurship, empowering youth and women by providing direct and indirect employment opportunities. This step will showcase the landscapes, indigenous knowledge systems, cultural diversity and heritage, local values and traditions, besides encouraging film shooting and offering financial incentives as well as ensuring a digital platform to all these villages. Mission Youth is working in collaboration with Tourism Department for utilizing the available resources in development of these villages as tourist villages. Government will also develop basic infrastructure in these villages under the close supervision of Task Force which has already been constituted and any group willing to be part of the Government's initiative will be given Rs 10 lakh as financial assistance for self employment activities in tourism sector. Further, an amount of Rs one lakh will be given for creation of home-stay facility and there will be subsidy of Rs 50,000. This step will go a long way in attracting the tourists to those



areas which remained unexplored till date. Moreover, up to Rs 8-10 lakh incentive will be provided for movie/song shootings in these villages, also aimed at promotion of these rural tourist destinations. Preference will be given to local registered artists having sufficient experience in grant of assistance for shootings in the identified villages. Similarly, a dedicated portal - AVSAR-‘Connect to Opportunities Initiative’- has been provisioned to facilitate our youth with real-time information flow notifying students about pre-placement activities and job opportunities. All ITIs and other technical institutions in the UT were on-boarded in the program for achieving the best outcomes for our youth. The easily accessible online platform would act as an interface between trained and skilled workforce and will also deal with industry requirement in J&K. Under the New Industrial Scheme, special focus is given on training of local youth to fulfill the needs of skilled workforce. Another programme ‘Sahyta’ has been rolled out to provide a special financial assistance for youth in distress. Financial assistance of one lakh is being

provided under the scheme to youth in distress for setting up solo self-employment units. Under sector specific scheme for dental professionals, a customised financial support is being provided to dentists for setting up dental clinics. An amount of 8 lakh is provided as financial assistance under this scheme for setting up their venture. Another scheme ‘‘Rise Together’’ envisions promoting community-based entrepreneurship optimally to generate jobs, and income and promote the spirit of social service among new-age young entrepreneurs in J&K. Under the scheme, the eligible youth groups are provided with financial assistance to the extent of Rs 20 lakh comprising of upfront subsidy component minimum of Rs 2.5 lakh or 10 per cent of the project cost and a loan provided by the Bank to the extent of Rs 17.50 lakh. With all these initiatives, government has endeavoured to make interest and empowerment of youth as top priority. The government envisions reaching out to all the young population of Jammu & Kashmir within next five and making possible for them to be actually a propelling force for socio-economic transformation of Jammu & Kashmir.

QR Code Based Labelling Of GI Crafts Soon: Director H&H

Observer News Service

SRINAGAR- The Director Handicrafts and Handloom Kashmir held a meeting with the members of Tahafuz Society, which is the Registered Proprietor of the six crafts viz. Kashmir Pashmina, Kani, Sozni, Khatamband, Paper Machie and Walnut Wood Carvings under the Geographical Indications Act 1999 of India, for deciding the parameters for labelling of Kani Shawl, Sozni, Paper Machie, Walnut Wood, Copper Ware, Chain Stitch and Khatamband crafts. Labels of different types were also demonstrated in the meeting to the stake holders in accordance with their adaptability for the variety of handicraft items. The proposal of choice based labels to the customers as per their liking was also

discussed and agreed upon. Technical parameters regarding the labels of different types were also discussed and the expertise was also sought from the members of Tahafuz society. The labelling of Pashmina has increased manifolds since the last year and a half besides the department has also introduced the labelling of Hand Knotted Carpets. The Handicrafts and Handloom Department has been facilitating the promotion of GI tagged products symbolizing empowerment of the artisans. These initiatives are aimed to help recognize and promote age-old crafts. The Director while highlighting the importance of Quick Response (QR) based labelling of handmade products has committed to launch the QR code based labelling of the GI crafts very soon.

VC SKUAST-K inaugurates 2 Walnut Processing Units At Zirhama, Sogam

Asks Farmers, Growers To Take Benefits Of WPUs

Observer News Service

KUPWARA- The Vice Chancellor, SKUAST-K, Prof. Nazir Ahmad Ganai Thursday inaugurated 2 Model Hi-Tech Walnut Processing Units (WPUs) at Sogam and Zirhama in Kupwara district in presence of galaxy of Officers, DDC Member, BDC chairperson and local farmers. Addressing the function at Sogam, the Vice Chancellor (VC), said that it was a big breakthrough in the process of One District One Product (ODOP) initiative. He said Kupwara district has already been designated as Walnut Producing District and establishment of Walnut Processing Units is a step forward to achieve the goal. The VC said that both Units comprising Walnut Dehuller cum Washer, Solar Tunnel

Dryer, Cracking, Grading and Vacuum packing to ensure its value addition. He asked the concerned officers and unit holders to make attractive labelling of their units in consultation with SKUAST-K. Prof. Ganai urged the farmers and Walnut growers to come forward and take advantage of these hi-tech walnut processing units. He asked farmers to contact SKUAST-K, KVK and Horticulture departments to get scientific know-how regarding establishing Walnut nurseries and plantation of Walnut orchards. He asked farmers to learn more about how they can get maximum benefits from the minimum available land. The VC said that these facilities will increase the value addition of the Walnut and decrease the labour cost of the product.

CONTD. FROM FRONT PAGE

J&K Govt Opens

these sought-after tourist destinations will remain open this winter. Speaking with Kashmir Observer, President Travel Agents Association of Kashmir (TAAK), Farooq Kuthoo said that it's a step in the right direction. "The Government's decision to keep these places parallelly open to Gulmarg during winter months is a positive development. During winters, Gulmarg is usually sold out and choked. If this winter, the administration keeps Sonmarg and other places open, it'll be a great deal for local stakeholders," he said. Farooq further added that last year, the administration had said that Sonmarg will remain open for selective traffic in winter. "However, nothing happened. We understand that these things take time but we hope things will be different this year," says Kuthoo, adding that the administration's primary focus should be to enhance the infrastructure of these places. Notably, this year Kashmir, especially places near the border have remained abuzz with tourists. From this year onwards the government has also decided to start special helicopter services to these areas for tourists. "Promoting winter tourism in the length and breadth of Kashmir would create more employment avenues for the locals and tourism players who can add these destinations to their itineraries and sell Kashmir, not only as a summer destination but also as a winter tourist destination," says Sajad Malik, a Srinagar based hotelier. It is pertinent to mention here that this year Kashmir's tourism remained uninterrupted in the summer season and emerged as a strategic asset for stakeholders in Kashmir as more than two million arrivals till ending August have changed the way tourism was looked at in the previous years. "The biggest boon for Kashmir's tourism is the snow which draws lakhs of tourists to the Valley. However, until last year, only Gulmarg was accommodating these tourists. But this year, we've added four more destinations on the winter tourism map. The government has now geared up," says a senior official from the Tourism Department. The official further said that all necessary arrangements including uninterrupted electricity supply and water supply have been put in place. "Most of the hotels in Gurez and Sonmarg have improved their infrastructure, especially the heating

system. Everything is ready. I'm pretty sure this year will be a start to a new kind of winter tourism in Kashmir," the official said. Almost a fortnight back, Kashmir's Divisional Commissioner, Pandurang K Pole visited Sonmarg where he chaired a high level meeting of officers to review winter preparedness for keeping Sonamarg open during the winters. At the outset, threadbare discussion was also held regarding the necessary preparations and arrangements including water, electricity, health, road, fire service, snow clearing operation, mobile communication, traffic management, firewood and other related facilities to be put in place for keeping Sonamarg open during the winters. "It is imperative to have all facilities available to the tourists, especially heating arrangements in hotels, water and electricity besides a proper plan for its promotion at all levels as a winter destination so that tourists can have the best experience here," Pole said. **Soldier Killed,** outfit LeT, Nisar Ahmad Bhat, was arrested alive," the spokesperson said, adding that the security forces are carrying out searches to nab another terrorist, a Pakistani national named Usman. "Arms and ammunition including one modified AKS-74U, one magazine, 28 rounds among other incriminating materials have been recovered from the arrested terrorist," the spokesperson said. **Police Files Charges** member in Gopalpora village of Chadoora, in which Karan Kumar was injured. After the attack, he said, a case vide FIR No. 147/2022 under relevant sections of law was registered at Police Station Chadoora and investigation was taken up. "During the course of investigation, offences under section 307 IPC , 16, 18 ,23 39 ULA(P) were established against the above 04 accused (including a juvenile) and the chargesheet to this effect was produced before Competent Court today in shortest possible time of 72 days after obtaining the sanction from the competent authority," the spokesperson added. **India Has Resolve** have to "bear its consequences". "I would like to ask Pakistan about the rights given to the people living

in our areas where it has maintained illegal occupation... We keep on hearing about the inhuman acts committed against innocent Indians for which Pakistan is fully responsible. And here I am talking about Pakistan-occupied Kashmir," he added. Accusing Pakistan of "shedding crocodile tears" in the name of human rights, Singh said, "the pain of the people of Pakistan-occupied-Kashmir also troubles us and not just them." "The 'tandav' of terrorism that J&K has seen in the name of Kashmiriyat cannot be described," he said while asserting that terrorism has no religion and the only aim of terrorists is to target India. He claimed that in the last few years "some so-called intellectuals have cried human rights violations when actions were taken against terrorists". The Army hosted 'Shaurya Diwas' at the old airfield of Srinagar (Budgam airfield) to mark the 75th anniversary of the arrival of the 1 Sikh Regiment at the old airfield of Srinagar in 1947 to protect Jammu and Kashmir from Pakistani forces. It was the first military operation of Independent India, a move that changed the course of the 1947-48 War. The first of the Indian Army soldiers dispatched for the mission had landed at the airfield on October 27, 1947, to repulse Pakistani forces. At the venue, huge cut-outs of Brig Rajinder Singh, Brig Mohd Usman, Maj Somnath Sharma and Maqbool Sherwani were mounted. Usha Sharma, the octogenarian daughter of Brigadier Rajinder Singh and family members of other martyrs also attended the event. **A New Beginning** investment of Rs 19,000 crore till 2019 since Independence while in the last three years, an investment of Rs 57,000 crore has been made which shows that the Union Territory has moved ahead on the path of success," he added. The J&K Lieutenant Governor, Manoj Sinha also attended the 'Chintan Shivir'. The Home Minister also maintained that the areas affected by Left Wing Extremism, Jammu and Kashmir and the North East, which were once hot spots of violence and unrest, are now becoming hot spots of development. Shah said that the security situation in the North East has improved significantly in the last eight years and since 2014 there has been a 74 percent

reduction in insurgency incidents, 60 percent in casualties amongst security forces and about 90 percent in civilian casualties. "Apart from this, efforts have been made to establish lasting peace in the region by signing of agreements with the NLFT, Bodo, Bru, Karbi Anglong under which more than 9,000 militants have surrendered," the Home Minister said, adding that With the restoration of peace in the North East, AFSPA has been withdrawn from more than 60 percent areas. Highlighting the improvement in the situation in the LWE affected areas, Shah said the incidents of violence in these areas have come down by 77 percent and deaths in these incidents have reduced by more than 85 percent. "We have made important changes in the NIA and the UAPA (Unlawful Activities (Prevention) Act) to give more powers to the anti-terror agency...The agency has been given extra-territorial jurisdiction," he said. "The agency has also got powers to seize properties of a terrorist. We have decided that every state will have a NIA unit to develop a strong anti-terror network," Shah said. The home minister said cyber crime is a big challenge before the country and the world today and the home ministry is committed to fight against it. The government led by Narendra Modi is determined to save the country and the youth from the menace of narcotics and its policy is showing results, with drugs worth more than Rs 20,000 crore being seized so far, Shah said. He also said that some NGOs have indulged in religious conversion, anti-national activities and misuse of funds to stall the country's economic progress, and strong action has been taken against such entities. He said that even though law and order is a state subject, crimes have become borderless due to advancement of technology and success can be achieved against such trans-border crimes only when states and the Centre sit together and formulate a strategy to curb them. Shah also said that the government has amended the Foreign Contributions (Regulations) Act (FCRA) which was being misused by some NGOs to conduct anti-national activities, religious conversion, political opposition to development projects and creating obstacles in economic progress. "In 2020, the government took

strong action to stop foreign funding of such NGOs by amending the FCRA," he said. The home minister said it is the collective responsibility of states to effectively tackle crimes being committed from across the country's border or states' borders, and also deal with regional crimes to make society free from fear. "In our Constitution, law and order is a state subject...but we can be successful against trans-border or borderless crimes only when all states sit together to ponder over them, make a common strategy and (make) efforts to curb them," he said. The nature of crime is changing in today's world and crime is becoming borderless, that's why the states have to formulate a common strategy to fight against it, he said. Shah reiterated that it is the collective responsibility of states and the Centre to effectively tackle trans-border crimes. The 'Chintan Shivir' is being organised with the objective to prepare an action plan for the implementation of 'Vision 2047' and 'Panch Pran' announced in Prime Minister Narendra Modi's Independence Day speech. The 'shivir' can become a good platform to discuss strategies to counter cyber crimes, narcotics and cross-border terrorism, among others, and to exchange good practices in law and order, he said. Shah also said that a large number of proposals to amend the Indian Penal Code (IPC) and the Code of Criminal Procedure (CrPC) have been received, and these are being analysed. "In a very short time, we will come up with new drafts of the CrPC and the IPC before Parliament," he said. The home minister said that importance should be given to three 'Cs' -- cooperation, coordination and collaboration -- to achieve the goals of cooperative federalism, "whole of government" and "team India" approach, resource optimisation and integration. The Modi government has recorded success on all fronts of internal security be it Jammu and Kashmir, the Northeast or narcotics smuggling, Shah said. "Our internal security is considered strong," he said, noting that "35,000 police and CAPF (Central Armed Police Forces) personnel have laid down their lives so far since independence to keep the unity and integrity of the country intact". Shah said that all areas considered hot spots from the security point of

view have been cleared due to synergy and cooperation between states and the Centre. Development of an ecosystem for cybercrime management, modernisation of police forces, increase in usage of information technology in the criminal justice system, land border management and coastal security and other internal security issues will be discussed at the event. **Mehbooba Offered** saying the reply furnished by her in response to the eviction notice served to her on October 15 doesn't justify retaining of the accommodation. "Now, therefore, in exercise of the powers conferred under sub-section (1) of section 5 of The Jammu and Kashmir Public Premises (Eviction of Unauthorized Occupants) Act, 1988, I, hereby, order that Ms. Mehbooba Mufti, ex-chief minister and all persons who may be in occupation of scheduled premises or any part thereof to vacate the scheduled premises on or before 15.11.2022," the order issued on October 25, reads. Meanwhile, the news agency quoted reliable sources as saying that Mehbooba visited the residence of her relative in Harwan yesterday and is considering shifting there after vacating her present official Fairview residence. **18 Detonators** 18 detonators, wire and around 500 grams of a wax-type material packed in two boxes were recovered. Senior Superintendent of Police (Railways) Arif Rishu said. **4 More Test Covid** 2433 from the Valley. Besides, they said, four Covid-19 patients recovered during the last 24 hours--two from Jammu and as many as from Kashmir. There are now 24 active cases-- eight in Jammu and 16 in Kashmir. **Low Intensity** Further details shall follow," Kashmir Zone police said in a tweet. **Train Crushes** handed to the legal heirs for last rites. Meanwhile, police have registered a case and started further investigation in this regard. **NC Ready** "Farooq Abdullah cannot do anything in this," he said--(KNO)

Chief Justice Lays Foundation Stone Of Hiranagar Court Complex

Observer News Service

KATHUA: Chief Justice, High Court of Jammu & Kashmir and Ladakh, Justice Ali Mohammad Magrey on Thursday laid foundation stone for Court Complex at Hiranagar besides inaugurating office building of Legal Aid Defence Counsel and Help Desk of e-filing in presence of Justice Vinod Chatterjee Koul who is also Administrative Judge of District Kathua at District Court Complex here.

Pertinently, the Court Complex building at Hiranagar is coming up with an estimated cost of Rs 9.42 crore and will be constructed by PWD (R&B) Kathua.

While speaking on the occasion, Chief Justice Magrey said that the Bench and Bar have huge role in repositing public faith in judiciary and justice delivery system. He said "People comes to the court with high hopes considering the courts as 'Temple of Justice' where justice would be meted out to them and it is the duty of the court to provide easy and accessible justice to all the litigants".

Referring to constitutional guarantees enshrined in the supreme law of land ie The Constitution of India, Chief Justice said, "with the technological intervention the objective of providing inexpensive and speedy justice to all is being realised which will ultimately pave the way for reducing burden of judiciary besides expediting the disposal of litigations".

Later, Chief Justice inaugurated 'Legal Aid Defence Counsel Office' and 'Helpdesk for e-filing' at District Court Complex, Kathua. The facility has been established under National Legal Services Authority (NALSA) to facilitate the litigants who otherwise had to visit High Court to file petitions.

While interacting with members of Bar and Bench besides officers of civil and police administration, Chief Justice said, "Judiciary and Executive are like cogs in the wheel who should work together for imparting speedier and quality justice besides maintaining law and order for larger good of the society".



SOLDIERS RE-ENACT THE EVENTS that followed after the landing of Indian troops at the Srinagar airfield on October 27, 1947.

KO PHOTO, ABID BHAT

Peace, Development Visible In J&K: Union Minister Sonowal

Agencies

GANDERBAL: Union Minister of Ayush and Ports, Shipping & Waterways, Sarbananda Sonowal on Thursday said Jammu & Kashmir is witnessing all-round development as a result of the untiring efforts of Prime Minister Narendra Modi.



Addressing people at Mini Secretariat Ganderbal in this central Kashmir district, the Union Minister said today he felt that the change in Jammu & Kashmir brought out by the Central Government led by Prime Minister Narendra Modi has led the people to move forward in the direction of progress and development.

"Due to the Central Government's support, peace, security, and development are visible everywhere in Jammu, Kashmir, and Ladakh," Sonowal said.

He said it is time to strengthen the hands of Prime Minister Narendra Modi to make India Atmanirbhar (self-reliant)—(KNO)

Banks Told To Furnish Account Details Of 10 'Terrorists'

Press Trust Of India

MUMBAI: The Reserve Bank on Thursday asked banks and other financial institutions to report to the government details about accounts resembling 10 individuals who have been designated as terrorists by the Union home ministry earlier this month.

On October 4, the Union Ministry of Home Affairs (MHA) designated a total of 10 members of Hizbul Mujahideen (HM), Lashkar-e-Taiba (LeT) and other proscribed outfits as terrorists under the Unlawful Activities (Prevention) Act (UAPA).

Those designated as terrorists include Habibullah Malik alias Sajid Jutt, a Pakistani national, Basit Ahmad Reshi, who hails from Jammu and Kashmir's Baramulla but is currently based in Pakistan, Imtiyaz Ahmad Kandoo alias Sajad, who hails from Jammu and Kashmir's Sopore but now lives in Pakistan, Zafar Iqbal alias Salim, who is from Poonch but presently residing in Pakistan, and Sheikh Jameel-ur-Rehman alias Sheikh Sahab, who hails from Pulwama.

The others are Bilal Ahmad Beigh alias Babar, who

hails from Srinagar but is currently based in Pakistan, Rafiq Nai alias Sultan of Poonch, Irshad Ahmad alias Idrees from Doda, Bashir Ahmad Peer alias Imtiyaz of Kupwara and Showkat Ahmad Sheikh alias Showkat Mochi of Baramulla, currently based in Pakistan.

In separate notifications, the MHA said Habibullah Malik was the key handler of the terrorists who carried out an attack on Indian soldiers in Poonch and has been involved in air-dropping of arms and communication systems through drones in the Jammu region for terrorists based in Jammu and Kashmir.

"Regulated Entities (REs) are advised to take note of the aforementioned Gazette notifications issued by MHA for necessary compliance," the RBI said in a notification.

As per the RBI's master direction on know your customer: "Details of accounts resembling any of the individuals/entities in the lists shall be reported to FIU-IND apart from advising Ministry of Home Affairs".

The Reserve Bank's REs include, banks, all-India financial institutions (viz. Exim Bank, NABARD, NHB, SIDBI, and NaBFID), and NBFCs.

MoS Fisheries Inaugurates Development Projects In Kulgam



Observer News Service

liftment of the region.

KULGAM: Union Minister of State for Fisheries, Dairying, Animal Husbandry and Information and Broadcasting Dr. L. Murugan on Thursday visited district Kulgam as a part of the Central Government's Public Outreach Programme. The Minister is on a two-day visit to the Union Territory of J&K. During his review meeting with the officials of the district administration, the Minister stated that the holistic development of the Union Territory of Jammu & Kashmir is the top priority of the Union Government. He emphasized that the Prime Minister has taken the initiative of public outreach to assess the execution of developmental projects and the implementation of various welfare schemes at the ground level.

He said that the government is focussed towards the improvement and modernisation of the tourism sector in the district which will serve as a measure of employment generation and economic up-

The Minister took part in a series of events and activities during the extensive public outreach programme. He also visited different sites and took stock of the developmental scenario of the district.

On the first day of his visit, the Minister reviewed the progress of flood protection works at Arigunttoo and also laid foundation stone of Phase IV of the Flood Protection Bund which will come up with an estimated cost of 1 crore rupees. The Minister also inaugurated Amrit Sarovar at Checkpora, Kulgam and also interacted with local people. The minister was informed that under the Amrit Sarovar initiative, more than 270 Amrit Sarovar's have been developed and rejuvenated in the district.

Besides these engagements, the Minister also visited Trout Fish Farm at Tchansar. The Minister inspected the rearing units, machinery and other facilities available at the farms and interacted with the fish farmers.

Secy Health Reviews Implementation Of DNB Program In J&K

Observer News Service

JAMMU: Secretary Health and Medical Education, Bhupinder Kumar on Thursday convened a review meeting regarding implementation of Diplomate of National Board (DNB) courses in Jammu and Kashmir under National Board of Examinations (NBE) at Civil Secretariat here.

Secretary appreciated the DNB District Hospitals and Government Medical Colleges especially new GMCs for bagging a significant number of seats during the current session 2022.

Pertinent to mention that under DNB courses, J&K institutions have got the sanction of 250 seats during the current session and this is the maximum number of seats allocated in the country as acknowledged by NBEMS itself.



These seats are over and above the MD/MS seats of the UT.

Dr. Jitender Mehta, UT Nodal Officer, DNB Programme, J&K gave a detailed institution wise presentation and discussed the action plan for increasing the DNB institutions in the UT. He informed that 06 seats were approved for DHs in 2020 session and 145 seats (107 Broad-specialty and 38 Super-specialty) were approved for J&K in 2021 session. Of this, 2 students were admitted for 2020 session and

48 students were admitted for 2021 session in the DHs of J&K.

During 2022 Session, J&K has received an approval of 205 Broad specialty and 45 Super specialty seats. The counselling of All India quota seats is undergoing and till date, around 38 candidates from all over India have joined in the institutions of J&K.

While reviewing the institution wise status, Bhupinder Kumar applauded the work of CHC Kupwara, that has become the first CHC to bag the

DNB seats in the country. He instructed all the institutions to implement and complete modalities for Quality certification and Kayakalp for improving the health care and quality standards. He further added that the results of DNB implementation shall be visible over the years as this shall drastically improve the health-care services in Jammu and Kashmir.

Mission Director, NHM, J&K, Ayushi Sudan while giving details about the development said that the implementation of DNB courses in district hospitals of J&K is an important endeavour to address the key concerns of shortage of specialists and providing quality care, and added that District Hospitals shall be strengthened more so that the health-care in the UT of J&K gets improved over a period of time.

Jal Shakti Projects

Mehta Asks Officials To Speed Up Allotment, Execution Of Works



Observer News Service

JAMMU: Chief Secretary, Dr Arun Kumar Mehta on Thursday chaired a meeting to review implementation of Jal Jeevan Mission in the Union Territory at Civil Secretariat here today.

Principal Secretary Jal Shakti, Shaleen Kabra, Chief Engineers and other senior officers of the department participated in the meeting in person or through virtual mode.

The Chief Secretary set a target of starting 1100 works during the upcoming Back to Village programme and said that he would virtually monitor the progress in at least 300 panchayats. He also called for identifying critical components of projects and submission of their Critical Path Method (CPM) charts within a week.

Dr Mehta observed that the pace of allotment and execution of works needs to be expedited. He laid stress on starting Information, Education & Communication (IEC) activities and directed hiring Project Management Units (PMU) for each district.

The Chief Secretary stressed on putting war footing efforts in successful implementation of Har Ghar Nal Se Jal scheme and called

for effective water quality monitoring and surveillance.

The Chief Secretary instructed for going hard against erring and underperforming contractors. He maintained that action warranted under law should be taken against those violating the terms of contract with respect to delivery of the works on time.

Dr Mehta called for expediting the process of forest clearances necessary for the projects. He also called for initiating a monthly billing system, and installing a robust grievance/ customer care call centre of the department.

The Chief Secretary was apprised about distribution of Field Testing Kits in panchayats. He emphasised on their effective use and increasing the number of tests for monitoring of water quality by the respective Pani Samitis.

On the occasion component wise status of tendering and allotment of works, status of dug/bore/ tube wells, Rapid Sand Filtration Plants and pipe networks was presented before the CS. Moreover the tendering and purchase status of GI and DI pipes also came under discussion during this meeting.

Union Territory of Jammu & Kashmir.

OFFICE OF THE EXECUTIVE ENGINEER RURAL ENGINEERING WING BARAMULLA.

E-NOTICE INVITING TENDER (Retender)

NIT No: - 186/Xen/Rew/Bla/2022-2023 Dated.25/10/2022

For and on behalf of Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on Percentage basis from approved and eligible Contractors Regd. With J&K State Govt. CPWD, Railways and other State/Central Governments for each of the following work:-

S. No	Name of Work	Est. Cost (in Lacs)	Cost of T/ Doc. (In Rs.)	EMD AMOUNT	Time of completion	Class of Contractor	Major Head of Account	Position of AAA/TS
1	2	3	4		6	7	8	9
1	Upgradation of inner links at Bulgam Panchayat Halqa Bulgam Block Sangrama	4.64	200	9280	20 days	DEE	B2V	AAA Accorded
2	Improvement of main kaul from Masjid sharief to H/O Maqbool Parrey and onwards by way of side walling and culverts at required spots at Andergam, Under B2V, Block Pattan	5.00	200	10000	20 days	DEE	B2V	AAA Accorded
3	Widening of road from Jamiya Masjid Ghat to Munariya P/H Palhalan F , Under B2V, Block Pattan	4.80	200	9600	20 days	DEE	B2V	AAA Accorded
4	construction of 3 no. Culverts near H/O Nissar Ahmad Reshie,Manzoor Ahmad Bhat and Gh. Hassan Beigh at Mundji Under B2V Block Zaingeer	4.57	200	9140	20 days	DEE	B2V	AAA Accorded
5	C/O Cremation Shed at Balhama A under B2V year 2022-23 Block Rohama	3.12	200	6240	20 days	DEE	B2V	AAA Accorded
6	C/O Food Store at Yarbugh P/H Yarbugh Block Rafiabad under B2V	4.47	200	8940	20 days	DEE	B2V	AAA Accorded
7	C/O Flood Protection Bund at Different Spots on Nallah Vig at Saripara P/H Saripara Block Rafiabad under B2V	4.75	200	9500	20 days	DEE	B2V	AAA Accorded
8	Construction of Sheep husbandary building at Yarbugh Under B2V ,Block Rafiabad	4.82	200	9640	20 days	DEE	B2V	AAA Accorded
9	Establishment of Drainage system in Gram Panchayat Nillah Palpora P/H Nillah Palpora Block Pattan under B2V.	4.50	200	9000	20 days	DEE	B2V	AAA Accorded
10	C/O new link road from kawher payeen to Rajpora halqa Kawher Under B2V ,Block -Narwah	3.43	200	6860	20 days	DEE	B2V	AAA Accorded
11	c/O Chumar Road from High School to Babnar Road at Rawoocha P/H Rawoocha Block Rafiabad Under B2V.	4.90	200	9800	20 days	DEE	B2V	AAA Accorded
12	Construction of Flood protection Bund at different spots on Nallah Viji at Saripara Under B2V3 2022_23 Block Rafiabad	4.89	200	9780	20 days	DEE	B2V	AAA Accorded
13	Compound fencing at Nallah Sukhnag behind school Balihem Halqa Chainabal Under B2V3 2022-23 Block Singhpora	4.93	200	9860	20 days	DEE	B2V	AAA Accorded
14	Construction of Drain with two number culverts at madina colony with p/Bund near Masjid Hamza at Kanispora A P/H Kanispora A Block Baramulla	4.75	200	9500	20 days	DEE	B2V	AAA Accorded

- The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per the scheduled date given below.
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1	Date of Issue of Tender Notice	25-10-2022
2	Period of downloading of bidding documents	From 25-10-2022 to 01-11-2022 up to 6:00 PM
3	Bid submission Start date	25-10-2022
4	Bid Submission End Date	01-11-2022 up to 6:00 PM
5	Date and time of Opening of Bids (Online)	Technical Bids will be opened on 02-11-2022 at 11:00 AM in the office of the Executive Engineer REW Baramulla and Financial Bid opening will be declared online.

- The contractor could take part in the tendering process of only those works which are to be executed in Gram Panchayat (G.P) to which he/she belongs, If the response from concerned (G.P) is less than, Bids from bidder other than the concerned Gram Panchayat of the Block will be accepted.
- If the Bidder quotes his Bid exceeding the tendering Cost, his bid will be automatically rejected.
- In case of dilemma / confusion, the rate and the unit against any item shown in BOQ, the SOR rate along with its units will be applicable, Bids must be accompanied with cost of Tender document in shape of treasury challan/ receipt under HEAD 0515 mentioning therein Name of work and NIT No. in favour of the Executive Engineer, REW Division Baramulla (Tender inviting Authority).
- The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site at the office of the Executive Engineer, REW Division Baramulla.
- All The Bidders has to deposit Earnest Money (2% of Advertised cost) in shape of CDR/ FDR at the time of tendering as per the Circular of Finance Department.
- The 1ST Lowest Bidder has to produce an amount equal to 3 % of allotted cost of Contract as performance security in shape of CDR/ FDR/ BG within 02 Days after opening of financial bid and shall be released after successful completion of DLP as per norms. The EMD of 2% of successful bidders shall be released after receipt of 3% performance security.
- The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.
- The earnest money/ performance security shall be forfeited, if:-
 - Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
 - Failure of Successful bidder to furnish the required performance security within the specified time limit.
 - Failure of successful bidder to execute the agreement within 28 days after fixation of contract.
- The successful bidder shall have to deposit an additional performance security in the shape of CDR/ FDR/ BG before award of contract in case the bid of the successful bidder is found to be unbalanced and the following scale shall apply thereto:-

S.No	Percentage of unbalanced bid viz -a- viz Adv. Cost	Additional performance security to be deposited on
1	Upto and including 15% below	Nil
2.	>15% upto and including 20% below	5%
3	>20% upto and including 25% below	10%
4	>25% upto and including 30% below	15%
5	>30% below	20%

No: 1649-1656
Dated: 25-10-2022

DIPK-12356-22

Executive Engineer,
REW Baramulla

Positive Kashmir: J&K Bank, STFC Register Wins

Observer News Service

SRINAGAR: Two matches of the 2nd Positive Kashmir Invitational Knock-out tournament were played on Thursday at Synthetic Turf TRC.

In the first match J&K Bank defeated Iqbal Sports 3-0, while in the second match Syed Tajuddin FC overcame AG's XI 1-0.

With this win J&K Bank and STFC reached the fourth round of the championship, while Iqbal Sports and AG's XI were eliminated.

As per the fixtures list issued by the organisers, Kashmir Arrows



will take on Maharaja FC on Friday 28th October at 3 pm. In the second match, ARCO FC will face Novelty FC at 6 pm. The tournament is being organised by the Positive Kashmir.

Baramulla Win U-17 Kabaddi Championship

Observer News Service

PAHALGAM: District Baramulla on Thursday lifted the Provincial Level Inter District Kabaddi Championship for Under-17 boys.

The tournament for all age groups (AAG) boys was inaugurated by District Development Commissioner Anantnag Dr. Basharat Qayoom (IAS) at Sports Stadium Pahalgam on October 24 in the presence of Joint Director Youth Services & Sports Kashmir Bashir Ahmad (Organizing Secretary), District Youth Services & Sports Officer Anantnag Mushtaq Ahmad.

District Baramullah defeated District Budgam by 40-35 points and lifted the trophy in a close encounter. While Kupwara secured 3rd Position in the tournament by defeating Anantnag.

A presentation ceremony was held at which Principal Government Higher Secondary School Pahalgam was the Chief Guest



and Assistant Director Tourism was Guest of Honour. Speaking at the ceremony the Chief Guest lauded the efforts of the Youth Services and Sports Department for organising the event at Pahalgam. He later felicitated the 1st three position holders.

It is pertinent to mention that a total 120 players from ten districts of Kashmir division were part of this tournament.

Kabaddi U-19 boys competitions will start from October 28 and all arrangements are being supervised by YSS Anantnag.

T20 WORLD CUP

India Beat Netherlands

Press Trust of India

SYDNEY: India defeated Netherlands by 56 runs to register their second consecutive win in the T20 World Cup here on Thursday.

Electing to bat, India scored 179 for 2 and then restricted Netherlands to 123 for 9.

India produced a solid batting display with Rohit Sharma (53), Virat Kohli (62 not out) and Suryakumar Yadav (51 not out) -- all scoring scintillating fifties.

For Netherlands, Fred Klaassen (1/33) and Paul van Meekeren (1/32) took one wicket each.

Defending, pacers Bhuvneshwar Kumar (2/9) and Arshdeep Singh (2/37) and the



spin duo of Axar Patel (2/18) and Ravichandran Ashwin (2/21) shone bright with the ball for India.

Tim Pringle (20 off 15) top-scored for The Netherlands.

Brief Score:
India: 179 for 2 in 20 overs

(Virat Kohli 62 not out, Rohit Sharma 53, Suryakumar Yadav 51 not out; Paul van Meekeren 1/32).

The Netherlands: 123 for 9 in 20 overs (Tim Pringle 20; Bhuvneshwar Kumar 2/9, Axar Patel 2/18, Ravichandran Ashwin 2/21, Arshdeep Singh 2/37).

Zimbabwe Stun Pakistan By 1 Run

Press Trust of India

PERTH: Zimbabwe shocked Pakistan by one run in a thrilling T20 World Cup match here on Thursday.

Opting to bat after winning the toss, Zimbabwe scored 130 for eight.

Shan Masood top-scored with 44 off 38 balls, but Pakistan fell short in the end as they failed to score the three runs required for victory in the last ball of the match.

Sikandar Raza was Zimbabwe's most successful bowler with 3/25, while Brad Evans picked up two wickets for 25 runs.

Sean Williams was the highest scorer for Zimbabwe with 31 off 28 balls.

A few Zimbabwe batters got starts, but could not translate them into substantial scores.



Mohammad Wasim was the most successful bowler for Pakistan, returning with fine figures of 4/24 from his four overs, and leg-spinner Shadab Khan was also excellent with the ball and picked up 3/23 in his quota of four overs.

Brief scores:
Zimbabwe: 130/8 in 20 overs (Sean Williams 31; Shadab Khan 3/23, Mohammad Wasim 4/24).
Pakistan: 129/8 in 20 overs (Shan Masood 44; Sikandar Raza 3/25, Brad Evans picked 2/25).

BCCI Announces Equal Match Fee For Men & Women

Press Trust of India

NEW DELHI: In a landmark decision, the BCCI on Thursday announced equal match fees for its centrally-contracted female and male players in a bid to promote gender equality in the country's most popular sport.

BCCI secretary Jay Shah took to Twitter to announce the significant development.

As per the newly introduced

system, the Indian women's cricketers will now receive Rs 15 lakh per Test, Rs 6 lakh per ODI, and Rs 3 lakh per T20I, the same as their male counterparts.

"The @BCCIWomen cricketers will be paid the same match fee as their male counterparts. Test (INR 15 lakhs), ODI (INR 6 lakhs), T20I (INR 3 lakhs).

"Pay equity was my commitment to our women cricketers and I thank the Apex Council for their support," Shah added.



Barcelona, Atlético Exit Champions League; Liverpool Through

Agencies

GENEVA: Barcelona was eliminated from the Champions League on Wednesday even before enduring yet another 3-0 beating by Bayern Munich.

Atlético Madrid also went out following an extraordinary sequence around a penalty awarded by video review after the final whistle of its 2-2 draw with Bayer Leverkusen.

Atlético's spot kick was saved before a frantic scramble in the goalmouth still could not bring the winning goal the Spanish club needed to prevent Porto advancing thanks to its 4-0 win earlier at group leader Club Brugge.

Two Spanish powers who were part of the failed Super League launch last year will now miss out on the round of 16 of Europe's top competition.

Liverpool's passage into the knockout stage with a game to

spare was relatively calm in a 3-0 win at Ajax to join leader



Napoli in advancing from free-scoring Group A, which has had 44 goals in 10 games.

In more stoppage-time drama with video review, Tottenham thought it had won Group D when Harry Kane shot the ball into Sporting Lisbon's net with seconds left in a game tied at 1-1.

A long VAR check ruled Kane had been offside, a furious Tottenham coach Antonio Conte was shown a red card, and the most finely balanced group goes to the final round next week with all four teams having a chance to advance.

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