KASHVIR OBSERVER[®]

Friday 28 October 2022 | 01 Rabi-ul-Sani | 1444 Hijri | Srinagar | Vol: 25 | Issue: 253 | Pages: 08 | Price: ₹3

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

J&K Govt Opens Border Spots To Promote Winter Tourism

Zaid Bin Shabir

Srinagar: The Jammu & Kashmir Administration has decided to shift Kashmir's winter tourism beyond the famous skiing destination of North Kashmir's Gulmarg to other places of the valley, in an attempt to promote tourism in the snow-bound areas that remain inaccessible during winter months due to power shortages, landslides and road blockade.

As per the officials in the Tourism department, the administration is keen to keep open many tourist destinations in the coming winter



including Sonmarg and several off-beat destinations near Line of Control (LOC) including Gurez in Bandipora and

Karnah in Kupwara. However, the government is also exploring opportunities to keep Doodhpathri and Pahalgam

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."

open in the winter months to ensure a vibrant winter tourism season in the valley.

Even though Gulmarg has been attracting tourists during winter, the rest of the places witness relatively fewer tourists and so they lag behind on their potential. Not only that,

the closure of these tourist places is also a loss for hoteliers and others who are associated with the tourism business.

However, it will be for the first time in several decades that places like Sonmarg, Karnah and Gurez will remain open for tourists in the winter months.

The government is also planning to include adventure sports and other activities in these areas to attract visitors. The new ski slopes are likely to be developed in these snowbound areas.

Pertinently, every during winters these snowy paradises remain closed for traffic movement due to the heavy snowfall and avalanches at several places along the main roads, which usually remains closed for nearly two to three months during winters. However, due to various strategies devised by the J&K administration, More on P6

Baramulla Encounter Soldier Killed, **Terrorist Arrested: Police**

Press Trust Of India

Srinagar: An Army jawan was killed and a local terrorist of Lashkar-e-Taiba arrested during an anti-terror operation in Baramulla district of Jammu and Kashmir which began on October 26, police said on Thursday.

A search operation is underway to nab another terrorist who is a Pakistani national, they said.

"Acting on specific information regarding the presence of terrorists in Wanseeran Taripora forest area in Sheeri area of Baramulla, a joint cordon and search operation was launched by police and security forces," a police spokesperson said.

During the search operation, the hiding terrorists fired at the joint search party, which retaliated and an encounter ensued, he said.

During the initial exchange of fire, one Army jawan received gunshot injuries and was immediately evacuated to the hospital. He succumbed during treatment, he added.

"One local terrorist of proscribed terror More on P6

India Has Resolve To Reclaim Gilgit-**Baltistan: DM**

Says Art-370 Abrogation Brought 'A New Dawn Of Hopes' In The Region



Press Trust Of India

India's northward journey of development will be complete after reaching Gilgit and Baltistan, parts of Pakistan-occupied Kashmir, Defence Minister Rajnath Singh said on Thursday while referring to the 1994 resolution passed in the Parliament on getting back the

tion" of the neighbouring country. Singh, who was addressing the Shaurya Diwas function here to mark India's first military victory after independence, also said that Pakistan is "commit-ting atrocities" against people in its occupied Kashmir and will have to bear its consequences.

Asserting that discrimination against the people of Jammu and Kashmir ended under the leadership and guidance of Prime Minister Narendra Modi as Article 370 was abrogated, he said, "this brought a new dawn of hopes in the region."

"Kashmir and Ladakh todav

are on an accelerated path of development. This region is touching new heights of development...We have only started our northward journey. Our journey will be complete when we fully implement the unanimous resolution passed by the Parliament on 22 February 1994 and we reach our remaining areas like Gilgit and Baltistan," Singh said.

Prime Minister Modi also, in a rare departure from precedence, in his independence day speech in 2016 brought up the situation in Pakistan-occupied territories, and said the people of Balochistan and Gilgit thanked him for raising their issues.

Singh said Jan Sangh founder Syama Prasad Mookherjee had started a "Mahayajna" for full integration of Jammu and Kashmir which was completed on 5 August 2019.

Referring to the atrocities committed by Pakistan against the people in PoK, the defence minister said the neighbouring country will More on P6



touching new heights of development...We have only started our northward journey. Our journey will be complete when we fully implement the unanimous resolution passed by the Parliament on 22 February 1994 and we reach our remaining areas like Gilgit and Baltistan."



SOLDIERS RE-CREATE THE EVENTS following the landing of Indian troops at the old airfield of Srinagar on this day in 1947. KO Photo, Abid Bhat

CHADOORA ATTACK

Police Files Charges Against Juvenile, 3 Others

Observer News Service

Srinagar: Police Thursday filed chargesheet against four people, including a juvenile for their alleged role in an attack on minority community members in Central Kashmir's Budgam district.

The chargesheet, according to a police spokes-person, was filed against Altaf Farooq Rather, Suhail Ahmad Malik, Khursheed and a juvenile, for their involvement in August 15 grenade attack on the house of a minority community More on P6

ARTICLE-370 ABROGATION

A New Beginning Of Peace, **Progress In J&K: HM**

Observer News Service

Haryana: Union Home Minister. Amit Shah said on Thursday that a new beginning of peace and progress has begun in Jammu and Kashmir since the revocation of Article-370 and the Union Territory has witnessed a considerable drop in terrorist incidents and the fatalities among the security forces.

Addressing a two-day 'Chintan Shivir' of home ministers of all states organised by the Union home ministry here on Thursday, Shah said that compared to 37 months before August 5, 2019, there has been a 34 percent reduction in terrorist incidents



and 54 percent reduction in deaths amongst security forces in the 37 months after August 5, 2019.

"After the abrogation of Article 370 in Jammu and Kashmir on August 5, 2019, a new beginning of peace and progress has begun there," Shah said.

"Jammu and Kashmir had received a total More on P6

Ε

Mehbooba Offered 3 Alternative Houses Against Fairview

PDP Chief Likely To Shift To Her Relative's House At Harwan

Agencies

Srinagar: The Jammu and Kashmir government has offered three alternative accommodations to the Peoples Democratic Party President Mehbooba Mufti after setting November 15 as deadline to vacate her plush Fairview residence.

A local news agency KNO quoted sources as saying that the former chief minister has been offered three alternative accommodations in Srinagar in case she needs them after vacating her Fairview residence.

'The three alternative accommodations in the security zone have been offered to Mehbooba Mufti, but there has been no positive response so far from her side," they said.

The three alternative accommodations include Tulsi Bagh, Church Lane and Transport Yard Building.

However, PDP insiders said that the party chief has not made any decision vet in this regard, saying that the decision to shift will be taken only after a suitable accommodation is

They said that a couple of accommodations have been offered so far, but no decision has been taken vet.

Pertinently, the government has asked PDP president and former Chief Minister Mehbooba Mufti to vacate her Fairview residence by or before November 15, More on P6

18 Detonators Recovered In Jammu



olice on Thursday recovered 18 detonators packed in two boxes at Jammu railway station here, officials said. Police were alerted after some people found an abandoned bag at the premises, they said. We recovered a bag near the taxi stand in Jammu railway station. During its search, More on P6

4 More Test Covid Positive In J&K

ammu and Kashmir reported seven fresh covid-19 cases even as there was no death due to the virus during the last 24 hours also, officials said on Thursday. They said that six cases were reported from Kashmir Valley and one from Jammu district. In Kashmir, five cases were reported from Kulgam and one from Srinagar, they said. 479280 people have been infected so far, they said. Among the cases, they said,174030 are from Jammu division and 305250 from Kashmir Valley. There was no death due to the virus during the time. So far 4785 people have succumbed to the virus and among them include 2352 from Jammu division and More on P6

Low Intensity Blast In Bandipora

н о



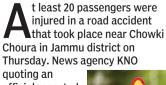
he Jammu and Kashmir Police on Thursday said that a low

181 Villages Identified F intensity Development Under TVDP: Govt took

'Step will empower youth, strength-from Rajouri, skidded off road

Observer News Service

20 Injured In Road **Accident In Jammu**



official reported that the accident took

rplace when a bus, on way to Jammu

near Tungi Morh of Jammu

He said that in the incident at least 20 people were injured

Train Crushes Man To Death



man was crushed to death on Thursday by a running train in north Kashmir's Baramulla district. 48-year-old Ghulam Nabi Parray of Andergam Pattan was mowed down by Banihal to Baramulla train near Hamray section on Thursday afternoon, reports said. The body, reports said, was taken to the hospital for conducting medico-legal formalities. Later, it was More on P6

NC Ready For J&K Polls: Dr Farooq

ormer chief minister and National Conference president Dr Faroog 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

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

KASHMIR OBSERVER Srinagar | Friday | 28-10-2022

New Cancer Research Offers A Way Out Of Painful Effects Of Chemotherapy

IANS

ne of the most effective ways of treating cancer today is 'chemotherapy'. However, chemotherapy attacks cancerous cells as well as other normal cells in the body due to which the condition of a cancer patient worsens for a few days.

Indian researchers have now discovered a technique whose therapy will only attack cancerous cells and not harm the rest of the body's cells.

The micro-RNA developed by researchers from the Banaras Hindu University (BHU) specifically kills cervical cancer cells. The currently available treatments for cervical cancer are chemotherapy and radiotherapy, but it also has an effect on non-cancerous

cells, which is quite harmful and toxic.

The findings of the study could pave the way for the development of micro-RNA therapy that is not harmful for the treatment of cervical cancer in the future.

This micro-RNA has been discovered by a team of researchers from BHU led by Samarendra Kumar Singh, Assistant Professor, School of Biotechnology, Institute of Science, BHU. During the study, Singh and his Ph. D student Garima Singh demonstrated that a human micro-RNA, miR-34a, kills the viral E6 gene, which in turn shuts down an oncogenic cell cycle factor, and kills only cervical cancer cells.

This discovery is of utmost impor-



tance in the context of developing a safe and specific therapy in the management of cervical cancer. During the study, the researchers found that no ill-effects were seen on normal or non-

cancerous cells. Upon completion, this study could be important towards developing specific treatment therapies for cervical cancer. The study findings have been published in BMC Cancer, one of the most prestigious journals in the field of cancer. This is the first study to show that miR-34a suppresses cancer cells by regulating the cell cycle.

We have reported that the discovered micro **RNA** destabilises certain proteins and plays a role in inhibiting the growth of infected cervical cancer cells, resulting in cell proliferation, invasion and migration of HPVpositive cervical cancer cells and helps to control it

High-risk human papillomavirus (HPV) is a factor in 99 per cent of cervical cancer cases by weakening the host cell's multiple tumor suppressors and checkpoint factors. The viral protein

also stabilises several oncogenic factors, including an essential cell cycle regulator Cdt2/ DTL which in turn promotes cell transformation and prolif-

Samarendra Singh said, "Micro-RNAs have emerged as an important regulator of the cell cycle and various other cellular processes. Adverse changes in micro-RNAs have been linked to the development of many cancers and other diseases, but little is still known about the mechanism by which they control these cellular events." He added, "We have reported that the discovered micro-RNA destabilises certain proteins and plays a role in inhibiting the growth of infected cervical cancer cells, resulting in cell proliferation, invasion and migration of HPV-positive cervical cancer cells and helps to control it." Singh's laboratory conducts research in the field of cancer, especially cervical and gastrointestinal cancers. To execute their studies, they use a variety of molecular biology, biochemistry and structural biology tools and seek to investigate why and how cell cycle behaviour is misregulated in cancer cells.

His laboratory had earlier made an important discovery towards cancer diagnosis by evaluating the amount of tumor DNA in the serum of cervical cancer patients which was published in Journal of Cancer Research and Therapeutics (ICRT), a prestigious journal in the field of cancer.

Meta To Release Consumer-Grade VR Headset Next Year

eta has announced plans to launch another consumer-grade virtual reality headset next year.

At the company's earnings call late on Wednesday, Meta Founder and CEO Mark Zuckerberg said that the new high-end VR headset delivers high-resolution mixed reality to blend virtual objects into the physical environment around the users.

"Our goal for the Quest Pro line over the next several years is to enable more and more people to get their work done in virtual and mixed reality even better than they cou said Zuckerberg.

"I think that our work is going to be of historic importance and create the

Name of work

Construction of office building for

(1200Hrs) upto 15-11-2022 (1630Hrs) only.

financial bids shall be notified separately.

pledged to Project Engineer, SICOP Kashmir.

compound walling at Budgam.

Terms and Conditions:

2022 (1200Hrs)

wards.



foundation for an entirely new way that we will interact with each other and blend technology into our lives as well as the foundation for the long-term of our business," he added.

Zuckerberg believes that the stronger prioritisation, discipline and efficiency will help to navigate the current environment and grow into an even bet-

Recently, Zuckerberg in the presence of the company's chairman and CEO Satya Nadella, had unveiled

Jammu & Kashmir Small Scale Industries

Development Corporation Limited (SICOP)

(A J&K Government Undertaking)

2nd floor, Sanat Ghar building Bemina Srinagar

Email: bhatmushtaq1079@yahoo.in

NOTICE INVITING TENDER

E-TENDER NOTICE No:ENIT No:12 of 2022-23 dated:25-10-2022 For and on behalf of the Managing Director of Jammu & Kashmir Small Scale Industries

Cooperation Limited, online tenders are invited from reputed contractors who are regis-

lacs

The tender documents for the above job can be seen on the website www.jktenders.gov.in from 25-10-

The tender documents can be downloaded from the above website from 25-10-2022 (1200Hrs) on-

The bids shall be deposited in electronic format on website www.jktenders.gov.in from 25-10-2022

The uploaded Pre-Qualification bids in the first instance on the website will be opened on 16-11-2022

Bids must be accompanied with cost of Tender document in shape of Bank Receipt with seal and signa-

The 1st lowest Bidder has to produce an amount equal to 3% of contract as Performance Security in

The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape CDR/FDR of the successful

The advertised shown above is inclusive of 10% SICOP service charges and other taxes as admissible

(1200Hrs). In case of holiday on the date of opening of bid, bids will be opened on the next working day. The financial bids of only those firms shall be opened who qualify in pre-qualification bid, intimation in respect of opening of

Experience of having successfully completed similar nature of work during last five years.

ture of bank official in favor of Project Engineer (K) SICOP Srinagar Kashmir in Account No CC-0148020100001980 ,IFSC Code JAKAOKARRAN , J&K Bank Branch Karan Nagar Srinagar (tender inviting authority) (The Date of bank receipt should be between the date of start of bid and Bid Submission End date) pledged to Project Engineer (K)

SICOP Srinagar Kashmir. (tender receiving authority) and EMD 2% of advertised cost in the shape of CDR/FDR

the shape of CDR/FDR/BG in favour of Project Engineer, SICOP Kashmir) within 03 Days before fixation of Contract

Bidder shall be released after receiving Performance security @3% of the allotted cost in the shape of CDR/FDR/BG

Complete bidding process will be online (price bid not to be submitted in physical form).

and shall be released after successful completion of Defect Liability Period(DLP) of the work.

and same shall be released after successful completion of Defect liability period (DLP) of the work.

Earnest Class of Cost of

money contract tender

civil &

docu-

ment

2.8818 | "A" Class | 3000.00 | 06 months | Ac-

Time of

comple-

Position

corded

tered with CPWD/MES/PWD of appropriate class in India.

Assistant Director Handloom including incl. 10% SICOP

Adv. Cost.

144.09

service charges

a VR headset Meta Ouest Pro that was packed with features like full-colour mixed reality and was priced at \$1,500.

"Meta Quest Pro was the first in a new line of advanced headsets built to expand the possibilities of virtual and mixed reality. Its pancake lenses folded light over several times, which reduces the showing sharper visuals," said Zuckerberg at Meta Connect' event late on

Government of Jammu and Kashmir

Directorate of Handicrafts & Handloom, Kashmir

EXTENSION NOTICE

The dates for opening of the tender floated for type fabrication of the stalls for participation of the UT of J&K in the forthcoming India International Trade Fair, slated to be held at Pragati Maidan, New Delhi is hereby extended up to 31-10-2022 (2pm). The technical BIDS WILL NOW BE OPENED ON 1-11-2022 AT 02 PM and financial bids for the same wll be opened on 2-11-2022 at 2 PM

> **Publicity & Exhibition Officer,** Handicrafts & Handloom, Kashmir

No: DHHK/P&E/669/22

DIPK-12432/22

Advanced Research Station for Saffron and Seed Spices Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir

DussoKonibal, Pampore 192 121 (J&K) E-mail: srspampore@gmail.com | +91-9419461009

ADVERTISEMENT NOTICE

Applications are invited from eligible candidates for the post of Project Assistant under Jammu & Kashmir, Science Technology & Innovation Council, Department of Science & Technology, sponsored research project. The position is temporary and co-terminus with the project and the appointee shall have no claim for absorption in SKUAST-K. The interested candidates can send their applications on plain paper with full biodata including name, address, educational qualifications, experience, publications etc to Professor and Head, Advanced Research Station for Saffron and Seed Spices, SKUAST-Kashmir Pampore or send through mail on asifguresh@ gmail.com on or before 08-11-2022. Interview will be conducted on 14-11-2022 at 10:30 AM at Directorate of Research, SKUAST-K, Shalimar. No TA/ DA will be paid to the candidates appearing for interview.

S.No	Project title	Position	Duration	Essential qualification	Emolu- ments (Rs)
1.	Saffron Improve- ment for Yield & Quality-The Heritage Crop of Jammu & Kash- mir"	Project Assistant	1 year	B.Sc. in Agriculture/ Horticulture/ with at least 60% marks	Rs 10000/ month

S.No	Project title	Position	Duration	Essential qualification	Emolu- ments (Rs)
1.	Saffron Improve- ment for Yield & Quality-The Heritage Crop of Jammu & Kash- mir"	Project Assistant	1 year	B.Sc. in Agriculture/ Horticulture/ with at least 60% marks	Rs 10000/ month

No. AU/SRS/2022/2056 Dated: 27-11-2022

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

Sd/-

PUBLIC NOTICE

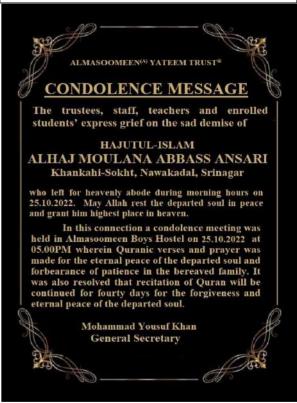
I have lost the number plate of my vehicle bearing Regd No: JK01U - 2710 . Now I am applying for the duplicate of the same if anybody having any objection in this regard he/she may file the same in the office of the RTO Srinagar within a period of seven days from the date of publication of this notice. After that no objection

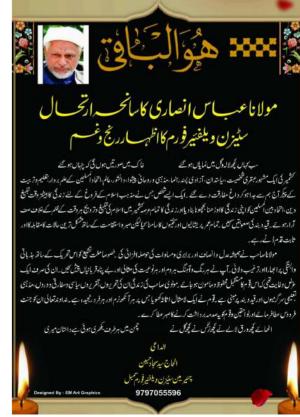
Hilal Ahmad Shah 88250 68632

ZKO

PUBLIC NOTICE

The correction in the name of my two wards and their mothers name, namely Anaya Sameer D/O Sameer Mehraj and mother's name Humaira, Aaqil Sameer S/O Sameer Mehraj and mother's name Humaira are the students of Nursery & 3rd grade of Iqra Educational Institute, Bemina, Srinagar needs to be changed from (1) Anaya Sameer D/O Sameer Mehraj and mother's name Humaira (2) Aaqil Sameer S/O Sameer Meh raj and mother's name Humaira to (1) Anaya Sumeer D/O Sumeer Ahmad and mother's name Humaira Mushtaq (2) Aaqil Sumeer S/O Sumeer Ahmad and mother's name Humaira Mushtaq. Before making necessary correction in the same, objection if any be communicated to the principal Igra Educational Institute, Bemina, Srinagai within 'Seven' days from the publication of this notice.





DIPK-NB-4625/22 **Profess & Head**

Project Engineer

Social, Religious Organizations Condole Ansari's Demise

KO Web Desk

Srinagar: The death of Maulana Muhammad Abbas Ansari is being widely condoled with people from all walks of life making a beeline to late leader's residence in downtown Srinagar. Various Social, Educational and Religious bodies condoled his de-



mise on Thursday.

Idara Falah-e-Aam, an organization working for the downtrodden in the society praised Ansari as a farsighted leader who would work for the poor people

In a statement released by Idara Falah-e-Aam, Ansari was praised as a courageous leader who sacrificed his life for the welfare of the Kashmiris.

Pairwan-e-Wilayat Jammu & Kashmir also released a statement condoling the demise of Maulana

Paiwan-e-Wilayat Maulana Sibti Shabir described as a patron of unity among the Kashmiri Muslims and his death as an unrepairable loss to the Muslim community.

Chairman, Citizen Welfare Forum, Sumbal Syed Sajad Hussain described Ansari as a literary and a spiritual figure.

"He was an all-encompassing Islamic scholar and an accomplished expert literary figure. He spent his life in the service of the high teachings of the Qur'an and the Ahl al-Bayt (AS)"

Al- Masoomeen Yateem Trust organized a condolence meet to pay tributes to Ansari.

In a statement released by its General Secretary Muhammad Yousuf Khan, it paid tributes to the late leader for helping to educate those who couldn't afford.

"Quranic verses were recited and prayers were held for the departed soul . In order to pay tributes to the Maulana Ansari, recitation of Quran will be held for forty days for the forgiveness and eternal peace of the departed soul".

Intizamia Astana Babul Hawaii, Chattabal also held a condolence meet wherein rich tributes were paid to Maulan Abbas Ansari. Members praised the humanitarian works of the late cleric and prayed for the departed soul.



Chairs meeting of Deans, HODs, Directors, Coordinators

Observer News Service

Vice-Chancellor University of Kashmir Prof Thursday Khan passed strict instructions on timely completion of academic and research degrees offered by the varsity to secure the further academic and job prospects of the students.

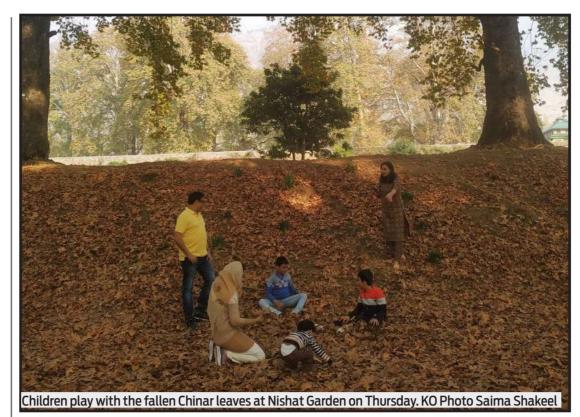
Chairing a meeting of deans of faculties, heads/coordinators of teaching departments and directors of various research centres/satellite campuses—second such meeting in a span of five months—the Vice-Chancellor directed for strict adherence to the already-notified academic calendar for timely award of de-

She said any delay in award of degrees will be detrimental for the students to secure their future academic,

research and job prospects, and instructed that any impediments to realise this goal have to be "collectively done

'We are accountable to different stakeholders. There is absolutely no scope for delaying the award of degrees beyond the set timelines," the Vice-Chancellor said, directing immediate uploading/submission of pending awards, if any, by the departments of the already-held PG examinations for formal declaration of the results.

Appreciating heads of departments and faculty members for working hard to streamline things. Prof Nilofer called for an "extra proactive approach" of the Departmental Research Committees (DRCs) in examining each research synopsis carefully ahead of placing it before the Board of Research Studies.



31 Couples Tie Knot In Mass Marriage

NGO chairman appeals people to promote simple Nikkah

Srinagar: In the fourth phase, a local Non-Government Organization (NGO), 'We the helping hands' have organized the marriage ceremony of 31 couples in Srinagar on Thursday, achieving the target of solemnizing the marriage of 150 couples this year.

Umar Wani, Chairman of the NGO, said that in the mass marriage today, at least 31 couples from different areas of Kashmir tied a nuptial knot.

We had set a target of solemnizing the marriage of 150 couples this year. Alhamdulillah, we have achieved the target in the fourth phase today," he said, adding that they are expecting to increase the target to 200 in the next year.

'We have no sponsor, but the crowd funding is the only source for us to solemnize the marriages," he said

He also appealed to people to make Nikkah ceremony simple to promote simple marriage in Kashmir, saying that it is unfortunate that the people don't shy away from wrong and nonpermissible habits, but have been showing reluctance to promote and accept the culture of

simple Nikkah.

Shabir Ahmad Zaadu, one of the grooms from Magam, said that he was not in a condition to get married and one of his friends suggested getting in touch with the NGO for tying the knot.

Another person from Sumbal Nowgam in Bandipora, said that the customs created by the people are pushing the poor and downtrodden section of the society to the wall, but it is the time when the people should follow and promote simple Nikkah so that the poor could heave a sigh of relief. (KNO)

Seminar on 'Scenario of Urdu Poetry in J&K' Held

Observer News Service

Srinagar: The Department of Urdu University of Kashmir on Thursday organised a seminar on 'Scenario of Urdu Poetry in Jammu and Kashmir'.

Registrar Dr Nisar A Mir inaugurated the seminar, organised by the department in collaboration with Hamidi Kashmiri Memorial Government Degree College Eidgah Srinagar.

In his presidential address,

Dr Mir said Urdu as a language has that unique sweetness and impact and it's therefore important to hold seminars like these to further popularize and promote

Urdu language and literature. Dr Mir, however, said it is important for writers and poets to "appropriately contextualize" poetry of famed Urdu poets so that the true message is "conveyed across to the listeners."

He assured the university administration's support to such en-

deavors that aim at popularizing traditional languages and literatures.

Controller of Examinations Dr Majid Zaman, who was a guest of honor on the occasion, said there is more need than ever before today to revive traditional languages for the young generation. He said the National Education Policy-2020 lays emphasis on multidisciplinary education where we may see a student doing his major in a particular discipline while opting for Urdu or Kashmiri as the minor.

TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092,2455883 PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155

CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +91 94841 00200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

SRINAGAR: 0194-2103259

ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIJBHERA: 01932-228243

PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153

HIGHWAY STATUS



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



1444

FAJR 5:21 **ZUHR** 12:15 **ASR** 4:07 Magrib 5:48 ISHA 7:09

PRAYERS

This Day In History

- 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 Yaunis Khan: Turkish forces under the Grand Vizier Sinan Pasha defeat the Mameluks near
- 1531 Battle of Amba Sel: Imam Ahmad ibn Ibrihim al-Ghazi again defeats the army of Lebna Dengel, Emperor of Ethiopia. The southern part of Ethiopia falls under
- 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
- 1924 French-Russian trade agreement signed 1943 - German submarine U-220 sunk by US aircraft in the Atlantic
- 1944 Russia & Delgaria 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
- 1962 Radio Moscow reports nuclear missiles in Cuba

From KO Archives

MoU Contained Some Deficiencies

RINAGAR: In a candid admission, the chief minister, Dr Fa¬rooq Abdullah, today said the Centre had taken him for a ride when the former union energy Minister PK Kumaramanglam, obtained his signatures on the memorandum of understanding (MoU) whose contents later turned out to be detrimental to the state's interests

According to a CNS report Dr Abdullah told the state assem¬bly during an obituary reference to the late Kumaramanglam that a MoU had been signed between him and union minister. However, when the documents were prepared the union energy minister allegedly with malafide intentions, obtained his signa¬tures on such papers which, on closer scrutiny later revealed that these were against the interests of the state

However an official handout issued today said the chief min¬ister had said "the MoU signed by him with the then union en¬ergy minister had been signed in good faith to benefit the State." However the handout said "Later on the state officials pointed out some deficiencies." He said he immediately up the matter with Kumaramanglam who "readily agreed". But before correc¬tion could be effected, the union Minister passed away. "These clauses have to be modified to protest the interests of the State" Dr. Abdullah added.

When contacted the principal secretary power development department Ajit Kumar told Observer News Service, the 'defi¬ciencies 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 modifica¬tions would be incorporated in the MoU shortly.

(Kashmir Observer, October 28, 2000)

DC Inspects Progress Of Work On Tankipora Bridge

Observer News Service

Srinagar: The Deputy Commissioner (DC). Srinagar, Mohammad Aijaz Asad Thursday undertook a visit of various developmental sites to conduct onsite inspection of the works being carried out on construction of Tankipora Bridge and public Parking facilities for the Offices of Financial Commissioner Revenue(FCR), Divisional Commissioner, Kashmir and Deputy Commissioner Srinagar.

While reviewing the pace of work being executed on 7.42 crore project for construction of second Tankipora bridge adjacent to DC Office Complex, Srinagar, the Deputy Commissioner was apprised that over 60 percent work including pilling and other allied works on the bridge has been completed so far and work is going on fast face. On the occasion, the DC asked the con-

cerned executing agency to accelerate the pace of work by employing more men and machinery so that the project is completed in a set timeline keeping in view the limited working season for construction work.

The Deputy Commissioner also took onsite inspection of Parking facilities being developed for the Offices of Financial Commissioner Revenue(FCR), Divisional Commissioner, Kashmir and Deputy Commissioner Srinagar.

On the occasion, the DC took a round of all the spaces earmarked for the said car parking facility and passed several directions on the spot. He asked the concerned Executing agency to speed up the progress of work so that the parking facility is made operational at the earliest.

The DC also asked the revenue authorities to issue notices to the concerned agencies for vacating the idle sheds in the identified parking to pave smooth way for demolishing of such structures.



KASHMIR OBSERVER

Stop Minority Killings

bout 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 tightrope 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 OPINON

Healthy boundaries: Lessons to learn from cats

ot only are cats "sensitive", they're also "communicative individuals" who respond their human companions' affectionate overtures. Sure, it might not be the bowlyou-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 antifeline 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 Oborne

iz 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

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 man-

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.

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.

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



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

MAIL YOUR LETTERS

P.O.Box #337, GPO, Srinagar-190001 email: editpage.ko@gmail.com

Self-Styled Seminaries

hat 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 un these seminaries.

Such Darasghah lack proper

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

tion 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 regula-

Article 24 of the Indian constitu-

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

H MINDFUL FRIDAYS H

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:

- Having trouble organizing your tasks
- struggles to control one's emotions Setting up schedules is difficult
- Having trouble meeting deadlines
- Inability to remember things
- Arriving late for social engagements, appointments, meetings, school, or job
- difficulties in carrying out simple ac-

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

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

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.

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.

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.

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

Issues with multi-tasking and prob**lem-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

HOW IS EXECUTIVE DYSFUNCTION IN ADHD

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:

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.

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.

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.

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

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

Use tools: Use time management tools, computers, or alarm clock watches.

Use of visual aids: Make visual schedules or task aids, like flow charts of project milestones, and review them numerous times per day.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a consultant clinical psychologist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196

SEASONAL DEPRESSION Small Things You Can Do Every Day To Cope

Jolanta Burke **Annie Curtis**

any 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 ar-Known as seasonal affective disor-

der (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 circadianrhythm 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 symp-

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 vour 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



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

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

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

inputs and will be apprised of all the formalities involved in setting up an enterprise. The aim of the programme is to help the candidates to be selfreliant and facilitate their capacity building. Director, JKEDI stressed

Director, JKEDI stressed upon the need for inclusive growth through women empowerment and inclusion of tribal, backward and border population in nation building.

Upon successful completion of the training program, these registered female candidates will receive assistance in establishing or expanding an existing business. The project report will also have provisions for the acquisition of fixed assets (Plant & Machinery, equipment, furniture & fixtures) to meet working capital needs for the purchases of various products, equipment and tools.

The trained female candidates shall also be facilitated to avail of financial assistance to the extent of Rs 5.00 lakh. Through this initiative, women will be able to improve their socioeconomic status and become more involved in nation-building.

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 sol

assistance to young women for setting up gainful selfemployment 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 [&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



plored 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 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

The Director SRINAGAR-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

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

KUPWARAChancellor, 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 labeling 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 knowhow 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 parallely 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.

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 ser-

vices 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 Sringgar based hotelier.

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 spokesper-

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 'tanday' 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 situa-

tion in the North East has improved

significantly in the last eight years and

since 2014 there has been a 74 percent

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

reduction in insurgency incidents, 60

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

in the NIA and the UAPA (Unlawful Activities (Prevention) Act) to give more powers to the anti-terror agency...The agency has been given extraterritorial 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, antinational 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 col-

lective responsibility of states to ef-

fectively 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 suc-

cessful 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

der 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

Centre to effectively tackle trans-bor-

Modi's Independence Day speech.
The 'shivir' can become a good platform to discuss strategies to counter cyber crimes, narcotics and crossborder 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.

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

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

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

the Centre.

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 IntensityFurther details shall

Further details shall follow," Kashmir Zone police said in a tweet.

Train Crusheshanded 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 reposing 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 i.e 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 efiling' 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**

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



Secretariat Ganderbal in this central Kashmir district, the security, and development Union Minister said today he are visible everywhere in felt that the change in Jammu Jammu, Kashmir, and La-& Kashmir brought out by the Central Government led by Prime Minister Narendra strengthen the hands of Prime Modi has led the people to Minister Narendra Modi to move forward in the direction make India Atmanirbhar of progress and development. (self-reliant)—(KNO)

ernment's support, peace, dakh," Sonowal said.

He said it is time to

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

The Chief Secretary stressed on putting war footing efforts in suc-Ghar Nal Se Jal scheme and called ing this meeting.

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 contact 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

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 cessful implementation of Har also came under discussion dur-

Banks Told To Furnish Account Details Of 10 'Terrorists'

Press Trust Of India

MUMBAI: The Reserve Bank on Thursday asked banks and other financial accounts resembling 10 indesignated as terrorists by rently based in Pakistan. the Union home ministry earlier this month.

Ministry of Home Affairs of the terrorists who car-(MHA) designated a total ried out an attack on Indian of 10 members of Hizbul soldiers in Poonch and has Mujahideen (HM), Lashkar- been involved in air-drope-Taiba (LeT) and other ping of arms and commu proscribed outfits as ter- nication systems through rorists under the Unlawful drones in the Jammu region Activities (Prevention) Act for terrorists based in Jam-

Those designated as terrorists include Habibul- are advised to take note of lah Malik alias Sajid Jutt, the aforementioned Gazette a Pakistani national, Basit notifications issued by MHA Ahmad Reshi, who hails for necessary compliance," from Jammu and Kashmir's the RBI said in a notifica-Baramulla but is currently tion. based in Pakistan Imtivaz Ahmad Kandoo alias Sajad, who hails from Jammu and Kashmir's Sopore but now resembling any of the indilives in Pakistan, Zafar Igbal viduals/entities in the lists alias Salim, who is from shall be reported to FIU-IND Poonch but presently resid- apart from advising Minising in Pakistan, and Sheikh try of Home Affairs". Jameel-ur-Rehman alias Sheikh Sahab, who hails from Pulwama.

mad Beigh alias Babar, who and NaBFID), and NBFCs.

hails from Srinagar but is currently based in Pakistan, Rafiq Nai alias Sultan of Poonch, Irshad Ahmad alias Idrees from Doda, Bashir institutions to report to the Ahmad Peer alias Imtiyaz of government details about Kupwara and Showkat Ahmad Sheikh alias Showkat dividuals who have been Mochi of Baramulla, cur-

In separate notifications, the MHA said Habibullah On October 4, the Union Malik was the key handler mu and Kashmir.

"Regulated Entities (REs)

As per the RBI's master direction on know your customer: "Details of accounts

The Reserve Bank's REs include, banks, all-India financial institutions (viz.Exim The others are Bilal Ah- Bank, NABARD, NHB, SIDBI,

MoS Fisheries Inaugurates Development Projects In Kulgam



Observer News Service

KULGAM: Union Minister of State for Fisheries, Dairying, Animal Husbandry and Information and Broadcasting Dr. L visited different sites and took district Kulgam as a part of the scenario of the district. Central Government's Public to the Union Territory of J&K.

During his review meeting 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 tive of public outreach to assess the execution of developmental projects and the implementation of various welfare schemes nated in the district. at the ground level.

generation and economic up- farmers.

liftment of the region.

The Minister took part in a series of events and activities during the extensive public outreach programme. He also Murugan on Thursday visited stock of the developmental On the first day of h

Outreach Programme. The the Minister reviewed the Minister is on a two-day visit progress of flood protection works at Ariguntoo and also laid foundation stone of Phase with the officials of the district

IV of the Flood Protection Bund which will come up will an estimated cost of 1 crore rupees. The Minister also inaugurated Amrit Sarovar at Checkpora, Kulgam and also interacted with local people. The minister Minister has taken the initia- was informed that under the Amrit Sarovar initiative, more than 270 Amrit Sarovar's have been developed and rejuve-

Besides these engagements, He said that the govern- the Minister also visited Trout ment is focussed towards the Fish Farm at Tchansar. The improvement and modernisa- Minister inspected the rearing tion of the tourism sector in units, machinery and other the district which will serve facilities available at the farms as a measure of employment and interacted with the fish

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 Maq- bool 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 Churnar 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 Saripora Under B2V3 2022_23 Block Rafiabad	4.89	200	9780	20 days	DEE	B2V	AAA Accorded
13	Compound fencing at Nallah Sukhnag behind school Balihern 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.

۷.		
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	High and time of (Inching of Ride (Unline)	Technical Bids will be opened on 02-11-2022 at 11:00 AM in the office of the Executive Engineer REW
0		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.iktenders.gov.in and conveved to the bidders automatically through an e-mai 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

sturblinger is round to be unbaranced 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 **Executive Engineer** DIPK-12356-22 Dated: 25-10-2022 **REW Baramulla**

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 seats during the current session 2022.



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

Dr. Jitender Mehta, UT Nodging a significant number of tion wise presentation and discussed the action plan for Pertinent to mention that tions in the UT. He informed under DNB courses, J&K in- that 06 seats were approved stitutions have got the sanc- for DHs in 2020 session and tion of 250 seats during the 145 seats (107 Broad-specialty maximum number of seats approved for J&K in 2021 ses-

48 students were admitted for 2021 session in the DHs of J&K. During 2022 Session, J&K

Government Medical Colleges al Officer, DNB Programme, has received an approval of especially new GMCs for bag- J&K gave a detailed institu- 205 Broad specialty and 45 Super specialty seats. The counseling of All India quota seats of DNB courses in district hosincreasing the DNB institu- is undergoing and till date, pitals of J&K is an important around 38 candidates from all over India have joined in the concerns of shortage of speinstitutions of I&K.

While reviewing the insticurrent session and this is the and 38 Super-specialty) were tution wise status, Bhupinder Hospitals shall be strength-Kumar applauded the work ened more so that the healthallocated in the country as ac-sion. Of this, 2 students were of CHC Kupwara, that has be-care in the UT of J&K gets imknowledged by NBEMS itself. admitted for 2020 session and come the first CHC to bag the proved over a period of time.

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 healthcare services in Jammu and

Mission Director, NHM, J&K, Ayushi Sudan while giving details about the development said that the implementation endeavour to address the key cialists and providing quality care, and added that District

Match Fee For Men & Women

NEW DELHI: In a landmark de- lakh per Test, Rs 6 lakh per ODI,

cision, the BCCI on Thursday an- and Rs 3 lakh per T20I, the same

nounced equal match fees for its as their male counterparts.

system, the Indian women's

cricketers will now receive Rs 15

"The @BCCIWom-

en cricketers will be

paid the same match

fee as their male

(INR 15 lakhs), ODI

(INR 6 lakhs), T20I

counterparts.

(INR 3 lakhs).

"Pay equity was my commit-

ment to our women cricketers

and I thank the Apex Council for

their support," Shah added.

BCCI Announces Equal

Press Trust of India

gender

centrally-contracted

female and male

players in a bid to

equality in the coun-

try's most popular

BCCI secretary

promote

sport.

Positive Kashmir: J&K Bank, STFC Register Wins

Observer News Service

SRINAGAR: Two matches of the 2nd Positive Kashmir Inivitational Knockout tournement were played on Thursday at Synthetic Turf TRC.

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

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

on Thursday lifted the Provin- Pahalgam was the Chief Guest

cial Level Inter District Kabaddi Championship Under-17 boys.

The tournament for all age groups (AAG) boys was inaugu-

Commissioner Anantnag Dr. 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 Govern-PAHALGAM: District Baramulla ment Higher Secondary School

rated by District Development and Assistant Director Tourism was Guest of Honour. Speaking Basharat Qayoom (IAS) at Sports at the ceremony the Chief Guest Stadium Pahalgam on October lauded the efforts of the Youth Services and Sports Department

> 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.

for organising the event at Pa-

halgam. He later felicitated the

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

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. Netherlands,

Klaassen (1/33) and Paul van Meekeren (1/32) took one wicket each. Defending, pacers Bhu-

Arshdeep Singh (2/37) and the

spin duo of Axar Patel (2/18) and Ravichandran Ashwin Fred ball for India.

Tim Pringle (20 off 15) topscored for The Netherlands.

vneshwar Kumar (2/9) and Brief Score:

1/32).

India: 179 for 2 in 20 overs 2/21, Arshdeep Singh 2/37).

Jay Shah took to Twitter to (Virat Kohli 62 not out, Rohit announce the significant Sharma 53, Suryakumar Yadav (2/21) shone bright with the 51 not out; Paul van Meekeren As per the newly introduced

The Netherlands: 123 for 9 in 20 overs (Tim Pringle 20; Bhuvneshwar Kumar 2/9, Axar Patel 2/18, Ravichandran Ashwin

Barcelona, Atlético Exit Champions League; Liverpool Through

Agencies



also went out following an extraordinary sequence around a penalty

the final whistle of its 2-2 draw with Bayer Leverkusen. Atlético's spot kick was saved

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

League launch last year will now miss out on the round of 16 of Europe's top competition.

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

awarded by video review after Napoli in advancing from freescoring Group A, which has had 44 goals in 10 games.

In more stoppage-time drama before a frantic scramble in the 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 Totwere part of the failed Super tenham coach Antonio Conte was shown a red card, and the most finely balanced group goes to the final round next week Liverpool's passage into the with all four teams having a knockout stage with a game to chance to advance.



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 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

picked up two wickets for 25 runs. Sean Williams was the highest scorer for Zimbabwe with

with 3/25, while Brad Evans

31 off 28 balls. A few Zimbabwe batters got starts, but could not translate them into substan-



Mohammad Wasim was the **Brief scores:** 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.

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



Who Says Healthy Food Can't Taste Good? **BRING YOUR** KIDS ALONG

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