

## Trouble In Tawang Sector

# 6 Soldiers Injured In Clash With Chinese Army



Press Trust Of India

**New Delhi:** Indian and Chinese soldiers clashed at a location along the Line of Actual Control (LAC) in the Tawang sector of Arunachal Pradesh on December 9, resulting in minor injuries to at least six Indian soldiers, military sources said on Monday.

They said the Indian troops resolutely confronted the Chinese PLA soldiers.

"On December 9, PLA troops contacted the LAC in Tawang

Sector which was contested by our troops in a firm and resolute manner. This face-off led to minor injuries to few personnel from both sides," said a source.

They said that at least 6 soldiers injured in the clash were brought to Guwahati for treatment.

The sources said both sides immediately disengaged from the area.

"As a follow up to the incident, our Commander in the area held a Flag Meeting with his (Chinese) counterpart to discuss the issue in accordance **More on P6**

## Article-370 Abrogation

# PM Ushered New Era Of Peace, Prosperity In J&K: LG

Says Separatists Used Youth As Cannon Fodder, Sent Their Wards Abroad For Education

Observer News Service

**Jammu:** The Union Territory Lieutenant Governor, Manoj Sinha on Monday accused separatists of misguiding youth and using them as cannon fodder, while sending their wards to other states of the country and abroad for education to lead a normal life.

"Article 370 gave secessionism, terrorism, nepotism and large scale corruption to Jammu Kashmir. Article 370 denied due



rights to our brothers and sisters and it was used by Pakistan to spread terrorism. Prime Minister Narendra Modi with its abrogation ushered **More on P6**

## 'No Talks With Pakistan Until It Rejects Terrorism'

**L**ieutenant Governor Manoj Sinha on Monday said no talks will be held with Pakistan unless it does not reject and openly criticise terrorism. He said terrorism in Jammu and Kashmir is taking its last breath as its backbone has been completely broken. "Some people are often batting for talks with Pakistan. They **More on P6**

## 'J&K Marching Into Golden Age'

**U**rging the people to discharge their responsibilities to accelerate the process of development in the Union Territory, the Lieutenant Governor, Manoj Sinha said on Monday that Jammu Kashmir is marching into its golden age with core values of people-first and ideas and ideals of forefathers. Sinha made **More on P6**

## 56 Foreign Terrorists Killed In 2022: DGP

Press Trust Of India

**Jammu:** Director General of Police (DGP) Dilbag Singh on Monday said 56 foreign terrorists have been killed by security forces this year so far in Jammu and Kashmir.

He also said that 86 of the 102 local youth, who had joined terrorist ranks this year, have been neutralised. Terming the death threats issued by terrorist outfits



as a handiwork of Pakistan intelligence ISI and its agencies promoting **More on P6**

## Govt Sets Up Panel To Probe Irregularities In F&ES Dept

Press Trust Of India

**Jammu:** The Jammu and Kashmir administration Monday constituted a three-member committee to look into alleged irregularities in the selection process in the fire and emergency department two years ago.

Several political parties, including BJP, Congress and Aam Aadmi Party have been demanding the cancellation of the selection process and

handing over the case to CBI. Financial Commissioner (additional chief secretary), home department, will head the committee which was asked to submit its report within one month, read an order issued by Secretary, General Administration Department, Piyush Singla.

About 60,000 aspirants had applied for 870 posts of firemen and firemen drivers following a 2013 advertisement. As many **More on P6**



## Mercury Falls In Kashmir After Wet Spell

Agencies

**Srinagar:** Night temperatures recorded a dip at most places in Kashmir Valley with Gulmarg being the coldest place at minus 4.4°C on Monday.

A meteorological department official said Srinagar saw a fall by nearly two degree Celsius, recording a low of 1.6°C against 3.5°C on the previous night. The temperature was 2.2°C above the normal for this time of the year in Srinagar, he said, as per news agency GNS.

Qazigund recorded a low of minus 0.2°C against 2.6°C on the previous night. The temperature was 0.6°C above normal for the gateway town of Kashmir, he said.

He said that Pahalgam recorded a low of minus 2.6°C against minus 5.0°C on previous night and it was 0.6°C above normal for the famous tourist resort in south Kashmir's Anantnag district, he said.

Kokernag recorded a low of 0.3°C against 1.3°C on the previous night and it was 1.0°C above normal for the place, he said.

Gulmarg recorded **More on P6**

**AS A FOLLOW UP TO THE INCIDENT,** our Commander in the area held a Flag Meeting with his (Chinese) counterpart to discuss the issue in accordance with structured mechanisms to restore peace and tranquillity."

## Delhi Court Denies Bail To Nayeem Khan

Press Trust Of India

**New Delhi:** A Delhi court has denied bail to separatist leader Nayeem Ahmad Khan in a terror-funding case involving Lashkar-e-Taiba (LeT) chief and 26/11 Mumbai attack mastermind Hafiz Saeed. Special Judge Shailender Malik dismissed Khan's bail application, saying there were "prima facie" evidence against the accused.

Hurriyat Conference leader Khan was arrested on July 24, 2017 and is currently in judicial custody.

In an order passed on December 3, the court noted that the charges against the accused were framed in March 2022, and that order has not been stayed or set aside, despite challenge in the High Court.

It noted that the accused was prima facie involved in terror funding activities and had led a pro-ISIS rally and visited the area where terrorists were killed. The judge said that at the time of framing of charges it was held by the court that there was sufficient evidence available on the record raising "grave suspicion" of involvement of accused in different offences.

"I am of the opinion that once evidence has been found to be sufficient for framing of charge for above said offences, one can easily **More on P6**

## Jammu Hoteliers Rue Business Losses, Want 'Darbar' Back



Press Trust Of India

**Jammu:** Hotel and lodge owners here on Monday raised concern over the loss of business over the past several years and demanded immediate restoration of 'darbar move', a practice under which the government functioned six months each in Jammu and Srinagar.

The Lt Governor Manoj Sinha-led administration stopped the age-old practice in June last year after moving to e-office to ensure smooth functioning of the Civil Secretariat

in the twin capitals in all the 12 months, thus saving Rs 200 crore per year on shifting of offices.

"The business in Jammu used to thrive before the start of the direct train to Katra, the base camp for the pilgrims visiting Mata Vaishno Devi shrine (in 2014). The COVID-19 outbreak and the government decision to end the darbar move has dealt a severe blow to our business," President All Jammu Hotels and Lodges' Association Pawan Gupta told reporters here.

He said the pilgrim **More on P6**

## SHORT TAKES

### SRK Pays Obeisance At Vaishno Devi

**B**ollywood superstar Shah Rukh Khan offered prayers at the revered shrine of Mata Vaishno Devi atop Trikuta hills in Reasi district of Jammu and Kashmir, an official said on Monday. Khan, dressed in complete black with hooded jacket, reached the shrine late Sunday night to pay his obeisance, the official said. "The superstar was at the shrine around 11.30 pm and offered his prayers before returning back," the official said. A brief video, purportedly showing the 57-year-old actor moving towards the Bhawan along with his personal staff and some policemen, is making rounds on the social media. Earlier this month, Khan was photographed performing Umrah in Mecca after the schedule wrap of his film "Dunki" in Saudi Arabia. The actor will next be seen in Yash Raj Films' actioner **More on P6**

### Two JKAS Officers Transferred



**T**wo JKAS officers were transferred in the interest of administration with immediate effect on Monday. According to an order, Udham Dass, JKAS, Sub-Divisional Magistrate, Jammu (North), has been transferred and posted as Additional Secretary in the Lieutenant Governor's Secretariat. Mayank Sharma, Jr. JKAS, Under Secretary to the Government, School Education Department, according to the government order has been transferred and posted as Under Secretary in the Lieutenant Governor's Secretariat.

### 4 Gamblers Held In Baramulla

**P**olice on Monday claimed to have arrested four alleged gamblers in a raid in Pattan area of Baramulla district. Acting on specific information, a team from police post Mirgund carried out a raid in Shalboni area of Hanjiwera in Pattan and arrested four gamblers from the spot, a police spokesperson said Monday. Besides playing cards, he said, an amount of Rs 1500 was recovered from the alleged gamblers. Police identified the accused as Shabir Ahmad Bhat, Mohammad Iqbal Sheikh, Mohammad Ashraf Bhat and Hilal Ahmad Wani, all residents of Hanjiwera Pattan. They have been shifted to police station where they remain in custody," the spokesperson said, adding "Accordingly, a case under relevant sections of law has been registered at Police Station Pattan and investigation has been taken up,"

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KASHMIR OBSERVER  
Tuesday | 13-12-2022

## Bracing For Chilla Kalan

Three weeks after the power distribution corporation announced a 31-hour to 56-hour per week power curtailment schedule, the electric supply has been further reduced. People across the Valley are complaining of longer and unscheduled power cuts. Making things tougher is that the power department has already hiked monthly power bills by 8 to 22 percent. Officials of the corporation, however, have justified the increase and the power cuts with the standard excuse: that people are consuming electricity way beyond their registered loads.

The demand right now in Kashmir is over 1900 MW and it is expected to peak beyond 2000 MW in January. But the supply is only 1600-1700 MW, a majority of which is brought from the central pool. The local production has dwindled to just 150 MW due to the reduction in the water level in river Jhelum.

The dismal state of power supply doesn't reflect well on the power corporation. The argument that people consume more power than their registered loads is not valid when they are ready to pay for it. More so, when earlier this year we were told that areas with smart meters, which are being installed in many areas, will be made free of any power cuts.

Compared to past winters, nothing has changed for the better on the ground. In fact, in some aspects, the situation is only worse off. The power supply has been reduced to a trickle in parts of the Valley, with long unscheduled power cuts the order of the day. Both metered as well as unmetered areas have already been slapped with a load-shedding schedule - albeit, in some urban areas, the power supply has been relatively better.

Now that the Valley is bracing for the harshest forty day period of Chilla Kalan beginning from December 20, there is hope that the government will make sure that the things improve from hereon. One can soon expect heavy snowfall in the plains which can throw life haywire. Meanwhile, the night temperature in the Valley is hovering around minus 4 to 5 degree of Celsius and the use of electricity is not just a source of light or warmth. It becomes, perhaps, the only sign of life through the dark, cold nights and frosty, overcast days. But the government pretends as if power curtailment in winter is an accepted fact of life in the union territory. It shouldn't be. The current administration is capable of making a positive difference to the existing state of affairs. It is time it stepped up to the challenge.

### OTHER OPINION

## How Morocco in the World Cup football semi finals is not a fluke

For decades now, while players with African roots have been the jewels that have sparkled for their adopted countries, the teams from the second largest continent have briefly flickered but eventually faded at the biggest sporting stage of the world's most popular sport. Even in this World Cup, more than 50 Africa-origin players are representing 11 non-African teams. Mass migration from Africa to Europe has played a big role in refreshingly inclusive teams like France carrying home the Cup.

This time around Morocco seems on a mission to set the record straight. They have wiped off three decades of hurt for the football-obsessed continent and asserted their superiority over Europe. They beat title contenders Belgium, Spain and Portugal, and held fellow semifinalists, Croatia. Their win over Portugal in the quarter-final has set off a series of firsts: the first African nation in the semifinals of the World Cup, the first Arab nation to enter the last four and the first team with an Arab coach, Walid Regragui, at the helm to reach this far. African players, it used to be generalised rather lazily, had the physical strength and the stamina to outlast their opponents but lacked the tactical nous, mental strength and discipline required to win big games; that they had skills but lacked strategy. Morocco has shattered these stereotypes. They haven't reached this far by fluke. Regragui has a plan for each team and his players have executed it to the T. In each of those matches, it was their off-the-ball tactics that shone, making defending look like an art rather than an act of desperation. They have also been creative and ruthless in converting the few chances that have come their way.

There have been many instances in the past that suggest this could be another false dawn for African football: The great Cameroon, Senegalese, Nigerian and Ghanaian sides of the past had flattered to deceive. But this Moroccan side has the skills, stamina and tactical nous to not only dethrone world champions France, who they face in the semis, but also go all the way. Pele's prophecy regarding an African side becoming champion can become a reality. It was in the late 1970s that the Brazilian great said "an African nation will win the World Cup before the year 2000". The prediction failed the test of time but the Atlas Lions at Qatar have taken a giant step towards that African dream. And not just Pele, now the world believes in Morocco, and Africa.

Indian Express

# Cultivating Friendship with Maths & Science

Aavishkar is an example for all

Dr Raja Muzaffar Bhat

Mathematics phobia or math anxiety is a reality. It affects the way our children learn and understand this subject. A new term has been coined called Mathophobia, which makes it clear that math anxiety is a serious problem. A majority of school children have always been worried about mathematics. The fear of this subject was there in the past. It continues to haunt our children in this digital era as well.

In spite of the fact that we have better access to information technology and the internet in our country, we still see a huge gap with regard to understanding the basic concepts of this subject. As per the Annual Status of Education Report (ASER) 2018 of Pratham, a reputed NGO working in the education sector in India, around 70% of the students in class 5th are not able to do even basic division. The situation has not become better as our children have had to do homeschooling for almost two years during the COVID-19 pandemic.

In Jammu & Kashmir, students have suffered more, as all the schools were shut down from August 2019 to March 2020 after the abrogation of Article 370. When it comes to science subjects, students are not much worried about it like mathematics. However, basic understanding of the subject is missing.

### Aavishkar, the Discovery

With an aim of developing friendship with math and science, a couple from Bihar who were working as engineers in the US for 20 years, decided to return back to India around 2010. Sandhya and Sharat didn't want to settle down in big cities like Delhi, Mumbai or Bengaluru. They instead chose to live in a village around the hills of Palampur in Himachal Pradesh. They set up an NGO called Aavishkar in 2012.

After interacting with government school children and teachers around Palampur, the couple found it necessary to set up an institution that would help to strengthen skills related to maths and science of both students and teachers. The couple were in search of a good school for their daughter around Palampur.

They finally ended up admitting her in a local government primary school near Palampur. The couple would daily go to the school and stay there. This is how they got to know that the situation in the school was not good. They discovered that a lot of work needs to be done to strengthen teaching learning processes related to maths and science in government schools.

In October this year, I visited Aavishkar located in the remote village of Kandbari. This village is situated around eight kilometers from Palampur city. I stayed in the campus for a few days and had detailed interactions with Sandhya and her husband Sharat. I interacted with students and teachers who had come from Noida for 5 days camp. Sandhya &



Traditional ways of teaching science and mathematics are generally teacher-directed. This style of teaching is obsolete now. Traditional teaching techniques are not going to provide students with valuable learning skills

Sharat shared that there are some elite schools in Himachal, especially around Palampur. However, the way students are educated in these schools didn't suit the couple, they told me

### Need for an Alternative

Sharat believes that most of the private schools focus on maintaining silence, discipline and English language. Teachers feel proud of classrooms where you have pin-drop silence. At Aavishkar this is not the case. Students from various schools who visit this centre during summer camps or any other programmes enjoy their stay, which lasts for a week, ten or fifteen days. Even the Govt school teachers who are trained by Aavishkar are motivated to give freedom to children in schools.

Teachers who teach and volunteer at Aavishkar are young men and women who are passionate about teaching. Most of them are Teach for India (TFI) fellows. Some are graduates from reputed institutions and universities. I could see students learning things by doing a lot of activities around the campus. It was all fun and learning as well.

Child psychologists and educators earlier used to say that math anxiety first appears when children begin to learn complicated mathematics like algebra. This would mean that young school students who do not yet do complicated math sums do not experience mathophobia. However, recent research shows that children as young as six years old have anxiety once they are asked

to do math sums.

In order to strengthen Aavishkar's work, Wipro Foundation has been supporting them for the last five years. This support has been critical in reaching out to government school teachers and students. This has helped government school teachers and school children becoming aware of Aavishkar's innovations in making learning maths and science fun and easy.

In order to reach out to government school teachers, Aavishkar works with several District Institutes Education & Training (DIET) centres. In the last 3-4 years, more than 8,000 teachers across Himachal Pradesh have been trained by Aavishkar with support from Wipro Foundation. In addition to this, several government schools around Palampur have also been adopted by the organization where they make students learn math and science in a non-traditional way.

### Teachers' Feedback

This year in July, several Tibetan School teachers had come to Aavishkar to attend teacher training camps under the Hamaari Kaksha programme. This 5-day science and mathematics camp was exclusively meant for Tibetan government school teachers from across the Indian sub-continent, who are handling middle school science and math.

The camps were designed and executed by Aavishkar. Their objective was to support the teachers in exploring the world of inquiry and discussion-based learning, keeping conceptual clarity at the

heart. The feedback from teachers was amazing. More than 95% of the teachers found the sessions to be relevant and useful. More than 96% of the teachers are confident to apply the learnings in their instructions with regard to science.

Teachers shared that there has been a change in their idea of an ideal science classroom after the camp. The feedback about math classes was also great. More than 95% of the teachers found the sessions engaging. More than 96% of the teachers found the sessions to be relevant and useful, and 90% of the teachers found the sessions to be effective and understandable. 92% of the teachers were confident to apply the learnings in their instructions. 94% Teachers said that they would recommend other math teachers to attend such camps.

### Conclusion

Traditional ways of teaching science and mathematics are generally teacher-directed. This style of teaching is obsolete now. Traditional teaching techniques are not going to provide students with valuable learning skills. Non-traditional way of teaching math and science, which is done by Aavishkar, is helpful to reach out to children. I wish other schools would follow the same model.

Dr Raja Muzaffar Bhat is an Acumen fellow and Srinagar based writer, activist and independent researcher



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## Vanquished Stars at FIFA

As much as it can bring a lot of bliss and happiness, sports can equally be cruel and devastating, as losses in big knockout games in global tournaments viciously force players to end their careers in moments that bring misery and desolation to them and their teams. The FIFA world

cup 2022 exemplifies this fact in no small measure as both Neymar and Ronaldo will vouch for it after they shed tears following their teams' agonizing losses in quarterfinals. For both these star players, the saddest thing, perhaps, is that the defining image of the 2022 world cup will be their tears and not the happy mo-

ments of their goals for the ages. It won't be the dancing or the flicks or all the fun they had until this point. It will always come back to that wrought scene when both gave into their emotions. Sometimes the penalty shootouts can be brutal and savaging as one miss with one inch the wrong way, and a whole

legacy is redefined. And these were the exact moments when Neymar realised he would not be winning the world cup that meant everything for him and Brazil.

Ranganathan Sivakumar

# Understanding Right to Dignity in Islam

Umer Riyaz

Human dignity is recognition that human beings possess a special value intrinsic to their humanity and as such are worthy of respect. It unfolds that a person is inherently and by nature venerable and honorable. None has the right to humiliate, insult and diminish the respect of any human being irrespective of the reasons and circumstances. Human dignity is a fundamental value that elevates a person's feeling of being revered. Everything that diminishes human dignity contradicts the principle of honor and respect such as torture, insult and humiliation. But unfortunately, the world is witnessing a visible violation of human rights in contemporary times. The status of human life as well as its dignity is largely depreciated. However, the Quran says: "And We have certainly honored the children of Adam and carried them on land and sea and provided them with good things and preferred them over many of those whom We have created" (Al-Isra:70). Human dignity is a basic principle upon which not only the principles of human rights are based but also all the principles of the divine religions endorse the same. This dignity is equal for every human being irrespective of his cast, creed and gender.

However, Islam came with the message of equality without affecting differences in livelihoods, ages, colors and races centuries before the formulation of modern human dignity theories. It was a manifestation of the greatness of the Creator and His wisdom in the construction of the universe within a framework of coexistence, cooperation and integration. The Quran explicitly defines this concept in the following verse: "O people, indeed We created you from male and female and made you peoples and tribes so that you may know one another. Indeed, the most honorable of you in the sight of Allah is the most righteous of you" (Al-Hujrat:13). In other verse it is mentioned: "And among His signs is the creation of the heavens and the earth and the diversity of your languages and colors. Indeed, in that are signs for those of knowledge" (Al-Rome:22). The quality of life of the corporeal being is depended on food and nourishment while as the souls or ethereal being is depended on honor which diminishes by humiliation, oppression and disrespect. Therefore, the Prophet ﷺ forbade striking on anybody's face because it



is a subject of one's dignity. Similarly, Almighty forbade any action which degrades or lowers human dignity by saying: "O you who have believed, let not a people ridicule another people, perhaps they may be better than them, nor let women ridicule other women, perhaps they may be better than them, and do not insult one another and do not call each other by offensive titles. Wretched is the name of disobedience after one's faith. And whoever does not repent then it is those who are the wrongdoers" (Al-Hujrat:11). The aforementioned verses depict that almighty Allah forbade the believers from making fun of others by mocking them and looking with contempt. Moreover, He forbade cursing anyone with unpleasant words because that becomes a catalyst of hatred and

lead people to ignorance. Thus, sarcasm and mockery does not emanate except from a soul polluted with arrogance and it is a tool for destroying human relations. The Almighty states: "And speak kindly to people". (Al-Baqarah:83)

Allah commanded mankind not to be suspicious of any human being including slaves and not to spy on their private lives and follow their shortcomings. Furthermore, He also commanded not to talk ill about them or make backbiting in order to corrupt their image. Allah terms these social evils equivalent to eating the flesh of one's own dead brother. On the contrary, He commanded us to protect ourselves from these reprehensible things and to stamp out the root of these evils. On the authority of Al-Ma'rur bin Suwaid, he said, "I met Abu Dhar who

**HUMAN DIGNITY IS A ONE OF THE BASIC SPIRITS OF ISLAM, it obligated Muslims to observe the human dignity that Almighty Allah bestowed to man with His bounty and mercy in which He did not differentiate between Muslims and non-Muslims**

was wearing a cloak and his slave too was wearing a same so I asked him about the reason. He replied: I insulted a man by cursing his mother so the Prophet ﷺ said to me: O Abu Dhar, you still have some characteristics of ignorance. Your slaves are your brothers..." (Bukhari).

Human dignity is a one of the basic spirits of Islam, it obligated Muslims to observe the human dignity that Almighty Allah bestowed to man with His bounty and mercy in which He did not differentiate between Muslims and non-Muslims. The Prophet ﷺ resoundingly

and reverberatory said on farewell pilgrimage: "O people, your Lord is one, your father is one, and there is no superiority for an Arab over a non-Arab, nor for a non-Arab over an Arab, nor for a white over a black, nor for a black over a white except with piety." (Bukhari)

Islam commanded its followers to preserve the dignity of non-Muslims and respect their feelings and sentiments. The Almighty Allah says: "And do not argue with the People of the Book except in a way that is best, except with those who do wrong among them" (Al-Ankabut:46). In Islamic perspective man is honored being regardless of his ethnicity, culture, origin, religious belief and his position and value in the society. Almighty said: "And do not insult those who invoke other than Allah, lest they insult Allah as an enemy without knowledge" (Al-An'am:108). There is an explicit prohibition against harming the gods of the other faiths in order to preserve human dignity, freedom, and to respect their religious sentiments and emotions. While interpreting this verse Imam Al-Qurtubi says, it is not permissible for a Muslim to insult their students, their religion, or their churches and not expose anything that leads to that as it is the way that leads person to sin.

Preserving human dignity is evident to us in the Prophet's ﷺ dealings with non-Muslims even with the dead among them. On the authority of Jabir bin Abdullah, he said: "A funeral passed by us, so the Prophet ﷺ stood up for it, and we also did the same, so we said: O Messenger of God, it is the funeral of a Jew! He said: "If you see the funeral, stand up." (Bukhari). This depicts that Islam is a religion of peace, mercy and justice that seeks to guide people and bring them out of darkness into light.

In numerous hadiths, Prophet ﷺ urged Muslims to uphold the divine morals and to deal others with mercy as Allah is merciful to his servants. In other traditions Messenger ﷺ of Allah says: "Those who are merciful will be shown mercy by the Most Merciful, and have mercy on those on earth and He who is in heaven will have mercy on you" (Tirmidhi). He also says: "He who does not have mercy will not be shown mercy" (Muslim). Thus, Islamic law preserve human dignity and considers all those acts against the spirit of Islam that undermine human dignity.

Research Scholar, Department of Arabic BGSB University, Rajouri

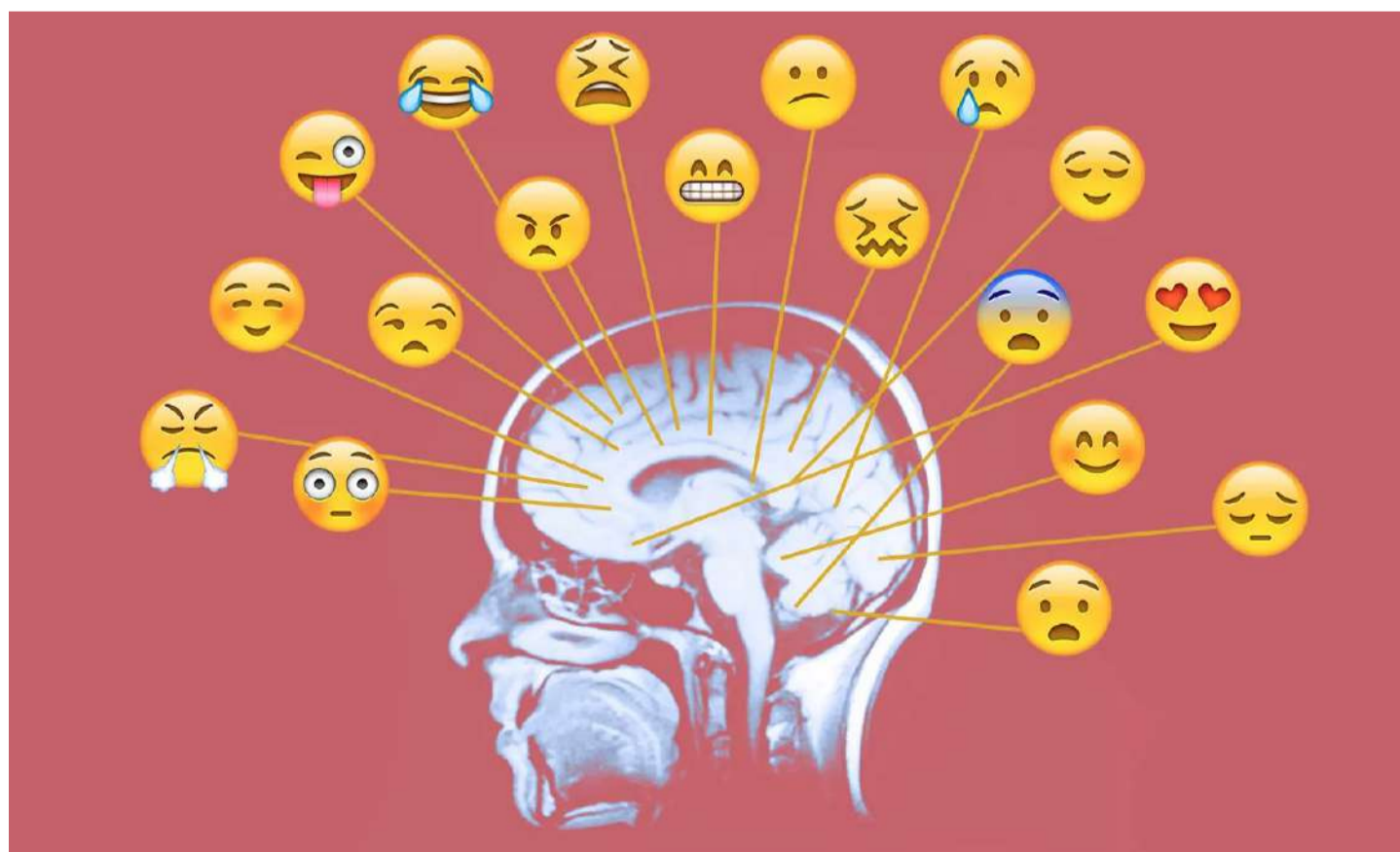
# Channelising Emotions

Zahoor Farooq

To give in under reaction or no reaction at all is better than resorting to over reaction. A person requires a lot of energy to create an emotion. That is why most of our emotions carry our life and in many instances, our emotions keep stirring us to act. If an emotion is negative, yet potent and intense, its negativity can be leveraged to bring about positive results. For instance, a father is aware of child's sickness, since he is the lone earner of his family, he can channelise this emotion of sadness and work more to meet the current expenses of his family in order to overcome this problematic situation at home. Emotions channelised in a proper way can generate unbounded motivation. The more emotional you are, the more you get to experience the intensity of life and in this way, more depth is added to your life. Life without emotions becomes tedious and colourless, however, to experience emotions, it is not necessary to disclose them to people. When they are externally expressed, you become disempowered. To manage emotions properly, neither do you need to vent them out nor do you require to keep them suppressed so they become infertile, but like water you have to store your emotions and learn to recycle them. Water, if let loose, flows endlessly downwards or if it is repressed, it wells up taking its own course. However, when it is rightly stored, it can be used for a long time. Emotional reaction is like water stirred on a pan, whenever joy, grief and pain is externally expressed, this expression discards both positive and negative aspects of the emotion. In order to utilise and channelise emotions for longer periods, you do not need to react but observe emotions remotely keeping ourselves apart. Which can be done by following six ways:

**1. Meditate on your feelings:**

You have to keep check on the flow of emotions, though, they shouldn't be retained nor should they be constrained but consciously observed. Laughter and tears are to be meticulously meditated. When sadness befalls, instead of reacting externally, sit around and meditate on these negative feelings. And when you feel joyous, internalise this joy. Whether you are depressed or cheerful, with time you will learn to control your emotions. Pangs of depression will be the



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stairs to joy, when the light of consciousness is gleamed on it.

**2. Invite your emotions to your home:**

Emotions require to be treated as guests. Before a person is invited to home, he is paid heed in

order to be acquainted with him. Emotions are no less than guests, they can be taken under control as long as they are not consciously attend to like guests. In this way, you will come to know that each emotion has to a distinct personality, subsequently every emotion has to be diversely managed.

**3. Be the master of chaos:**

Chaos is something that troubles or upsets us. If you do not revel in chaos or you are not used to managing a mess, you will most likely fail to sustain the intensity of your emotions. If you cannot grapple with your lows and darkness, you will remain unqualified for your peaks and light. It is a skill to be gradually developed to leverage emotions to your benefit for being more productive. So you need to create a mindset that can normalise chaos of any level.

**4. Trigger a continuous supply of the desired emotion:**

Here you have to recall the darkest hours

and the brightest times of your life, attempting to know why and how you were sad or happy at a particular point of your life? What was your highest and lowest point? And which emotions manoeuvred you into those directions? Had the same emotional state been experienced at every moment, you would have been much wiser and productive. Every inner moment would be rejoiced at its most. You would have amused yourselves taking insights from sadness and that is also a major goal of Yoga, how a desired state can be evoked and keep the inner world aligned with the outer world. You should live with this fact in your head that everything in this world which saddens or excites us is a lie, thereby taking no emotion on long rides. Thus they don't have to be taken for terror or power. It becomes easy to control them when a change is brought about in perception. This is what author Thibaut Meurisse talks about in his book 'Master your Emotions'.

**5. Only be loud when you are overflowing:**

Expressing emotions externally can be unproblematic in those cases when you find yourselves overflowing through the emotions. People, whose joy and sadness is fleeting, cannot afford to be externally loud and expressive. If you notice, your lives are mostly abound with momentary emotions. You feel terrible at one moment and on clouds nine at other. When an emotion cannot survive for long, it is not wise to neutralise the emotion by releasing it but you have to resort to non reaction.

**6. Work more whenever you are emotionally excited:**

Your mood and emotions keep on changing on a daily basis. To exploit emotions productively, you can avail of them by shifting your work in between these specific time periods. For instance, most of the people are energized and emotionally charged in the morning, that's the reason difficult assignments and tough projects are done in the morning. Some feel emotionally charged at night, so it becomes convenient for them to do more work then. This is a simple and straightforward way to channelise your emotions. If you perceive your emotion like an energy drink or powerful drug, then you will realise that internalising and channelising emotions is a lot better than externally expressing them and having them neutralized.





## Real Kashmir Loses 1-0 To Punjab In I-League



Press Trust of India

**SRINAGAR:** Pranjali Bhumij produced the solitary goal as RoundGlass Punjab FC overcame a nine-men Real Kashmir FC 1-0 in an I League match at the TRC Stadium here on Monday.

With this win, RGPFC jumped to the second position on the table, while ending Kashmir's unbeaten run in tournament.

Both teams tried to control possession from the beginning in cold conditions. RKFC had the first

chance of the half when Samuel James Lyngdoh found an unmarked Jerry Pulamte unmarked in the box but the latter lashed on to the shot.

An attack from the left wing broke the deadlock in the 21st minute with Krishnananda Singh finding Pranjali Bhumij inside the box on the far post who just had to tap in to give RGPFC the lead.

RGPFC could have doubled their lead in the 36th minute. Krishnananda Singh again found space down the left and dribbled inside only to hit his shot wide.

## LoneStar Kashmir Enters Christmas Gold Cup Semis



Observer News Service

**JAMMU:** LoneStar Kashmir FC on Monday defeated Jammu United FC 2-0 in the first quarter-final match played at GGM Science College.

Zubair scored the 1st goal in 23rd minute to give his side the lead. LoneStar then doubled its lead when Munif scored the second goal of the match in 59th minute. In a fiercely contested match

up, Jammu United saw one of its players sent off, as Abhishek Singh received two yellow cards in 25 minute and 40th minute.

In the other quarter-final match scheduled for today, December 13, J&K Bank will take on Sainik Colony FC at 2:30 pm.

The tournament is being organised by All J&K Sports & Cultural Association under the aegis of DFA Jammu.

## FIFA World Cup Finals: Argentina Face Croatia Today



Agencies

**DOHA:** Momentum is building behind Lionel Messi's push to cap his career with the biggest prize in the game. The 35-year-old Argentina playmaker has carried his team to the semifinals, almost in the same way Diego Maradona — the man with whom Messi is so often compared — led the South American nation to its second and most recent World Cup title in 1986.

Now in Argentina's way is Croatia, a country with a population of 4 million which is establishing a reputation as the most stubborn and durable of opponents while also boasting one of soccer's most graceful

players in Luka Modric.

The teams go head to head at Lusail Stadium — also the venue for Sunday's final — in a meeting between the last two runners-up at the tournament: Argentina in 2014 and Croatia in 2018.

Both teams have come through uncomfortable moments. Argentina's darkest time was right at the start of the tournament, after a 2-1 loss to Saudi Arabia in what will go down as one of the World Cup's biggest upsets.

Inspired by Messi and one of the most fervent fan followings in Qatar, Argentina won its final two group games, ended up squeezing

past Australia 2-1 in the round of 16 and then required penalties to get past the Netherlands in a wild quarterfinal match.

Modric is a case in point. He might not have scored a goal. He hasn't even had an assist. But don't underestimate the importance to Croatia of the little magician who keeps things ticking in midfield and manages to assert some control for a team which fights until the last minute.

Containing Messi will be key and much of the responsibility there lies with holding midfielder Marcelo Brozovic, who protected Croatia's defense so well against Brazil.

Argentina will be without two players because of suspension: left back Marcos Acuña and right back Gonzalo Montiel.

The match starts at 12:30 AM (Wednesday). (AP)

## England Beats Pakistan By 26 Runs In 2nd Test

Agencies

**MULTAN:** Mark Wood destroyed Pakistan hopes with his fearsome pace and led aggressive England to a sensational 26-run victory inside four days in the second Test here on Monday.

Pakistan, in pursuit of a challenging victory target of 355, was bowled out for 328 within an hour after lunch on Day 4 to send England into the third match with an insurmountable 2-0 lead in its first Test tour of Pakistan in 17 years.

England won the first Test by 74 runs in dimming light on the last day through the aggressive approach that has now brought them eight victories in their past nine tests under new coach Brendon McCullum and captain Ben Stokes.

Wood grabbed 4-65 including a contentious, game-changing, caught behind decision which denied lefthander Saud Shakeel (94) his maiden Test hundred before lunch.

Shakeel's patient, third successive half century in just over five hours nearly pulled off Pakistan's highest-

ball in the same area.

Wicketkeeper Ollie Pope took a low catch down the legside after Wood got Shakeel tangled. The third umpire, Joel Wilson of the West Indies, ruled in the bowler's favor after viewing several replays, after onfield umpire Aleem Dar referred the decision with a soft signal of out.

Shakeel and Nawaz stifled England for nearly 22 overs before Wood struck twice in quick succession to raise England's hope of clinching the three-match series.

Pakistan lost Faheem Ashraf (10) in the day's sixth over when Joe Root had the lefthander caught at slip as captain Ben Stokes chose to deploy spinners from one end.

But Shakeel, resuming on 54, and Nawaz, thwarted England's seam and spin bowlers, rising in confidence even after England took the second new ball with Pakistan still needing 109 runs.

Fast bowler Ollie Robinson thrice went past Nawaz's bat, but the lefthander showed aggression against Root and leftarm spinner Jack Leach with some crisp bound-



ever successful chase in a home test after the hosts resumed on Day 4 on 198-4, needing a further 157.

Shakeel shared 80-run stand with Mohammad Nawaz (45) before Wood struck in his first over with the second new ball. He first had Nawaz caught down the legside off a short ball and then ended Shakeel's defiance with another short

aries before Stokes turned to the pace of Wood late in the first session and gained two crucial wickets.

Abbar Ahmed, who took 11 wickets in his debut test, made a brisk 17 that featured three extravagant boundaries against Wood after lunch before England seamers Robinson (2-23) and James Anderson (2-44) wrapped up the tail. (AP)



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*Meals On the Go*



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