

Of Migratory Birds, Poaching, Wetlands: A Chat With Wildlife Warden

Auqib Javeed

Some 11 lakh migratory birds are likely to visit the Kashmir valley in the year 2022-23, following the start of the seasonal avian arrival this past October.

"We're likely to receive around 11 lakh migratory birds till early next year," says Ifshan Dewan, Wildlife Warden Wetlands. "This is a sign of Kashmir being a favorable place for the avian guests."

Migratory birds start coming in the month of October and stay in the valley till ending March.

Last year, the warden said, the

"same number"—11 lakhs—of avian birds arrived in the valley.

But the wetlands woes and poaching problems continue to pose a fatal danger.

"There's tranquility in Kashmir wetlands right now due to wildlife vigilant efforts," Ifshan says but admits, "We can not say that poaching has completely stopped."

The wildlife warden in a chat with the Kashmir Observer talks about the ongoing flutter in the wetlands of the valley.

A group of NGOs recently visited the Hygam wetland and reported non-sighting of migratory birds there.



Isn't this a matter of serious concern?

No, it's their viewpoint. As per our information, there're around sixty thousand birds

present there. All of them are migratory birds.

The NGOs you're talking about went in a hurry and denied the presence of migratory birds. This is not based on facts.

When do migratory birds usually visit Kashmir valley?

Migratory birds start coming in the month of October and stay in the valley till March.

How many migratory birds are expected to come this year?

Last year, we hosted around 11 lakh birds. I presume it must be the same number this

time around as well.

But then, the migratory birds left Kashmir early last year. Has your department taken any initiatives to make their long journey a source of comfort in the valley?

See, migration is a very vast—and yet a least researched—subject worldwide. The migratory birds have their own set procedures. They follow their own time period, just like they did last year.

When they arrive in the valley, we take all necessary measures to make their stay comfortable. But when they decide to leave, they leave. You cannot stop them. **More on P6**

9 KPs Killed In J&K In Last 3 Years: Govt

Press Trust Of India

New Delhi: Nine Kashmiri Pandits have been killed by terrorists in Jammu and Kashmir since 2020, Rajya Sabha was informed on Wednesday.

Union Minister of State for Home Nityanand Rai said four Kashmiri Pandits were killed in 2022 and as many in 2021, while one was killed in 2020.

The victims include a person belonging to Kashmiri Rajput community, he said.

Replying to another question, Rai said the Union home ministry has spent about Rs 2,815 crore for various aspects of security in Jammu and Kashmir in the last three years.

The minister said Rs 1,267 crore was spent in 2019-20, Rs 611 crore in 2020-21 and Rs 936.095 crore in 2021-22.

Srinagar Has Coldest Night At Minus 3.4°C

Agencies

Srinagar: Freezing weather conditions continued unabated as minimum temperature in Srinagar plunged to minus 3.4°C on Wednesday.

A meteorological department official said Srinagar saw a fall by 1.2°C against the previous night's temperature. While the mercury was around 2.4°C below normal during this time of the year, the official said, it equaled the temperature endured by people on December 5 and the lowest recorded so far this season in the city.

Qazigund recorded a low of minus 3.0°C against minus 2.2°C on the previous night while Pahalgam recorded a low of minus 5.3°C against minus 3.0°C on previous night and it was 1.5°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

Kokernag recorded a low of minus 0.3°C against minus 0.4°C on the previous night and it was 0.8°C above normal for the place, he said.

Gulmarg recorded a low of minus 4.0°C against minus 5.5°C on the **More on P6**

SC To Consider Listing Pleas Against Art-370 Abrogation

Press Trust Of India

New Delhi: The Supreme Court on Wednesday said it would consider a plea for early listing of petitions challenging the Centre's decision to abrogate provisions of Article 370 which had given special status to Jammu and Kashmir.

"We will examine and give a date," a bench comprising Chief Justice D Y Chandrachud and Justice P S Narasimha said when intervenor Radha Kumar, an academic and author, sought early listing of the petitions on the issue.

Earlier on April 25 and September 23, a bench headed by the then CJI N V Ramana, since retired, had agreed to list for hearing the pleas challenging the Centre's decision to abrogate provisions of Article 370.

The apex court will have to re-constitute a five-judge bench to hear the pleas as ex-CJI Ramana and Justice R Subhash Reddy, who were part of the five-judge bench which had heard the pleas, have retired.

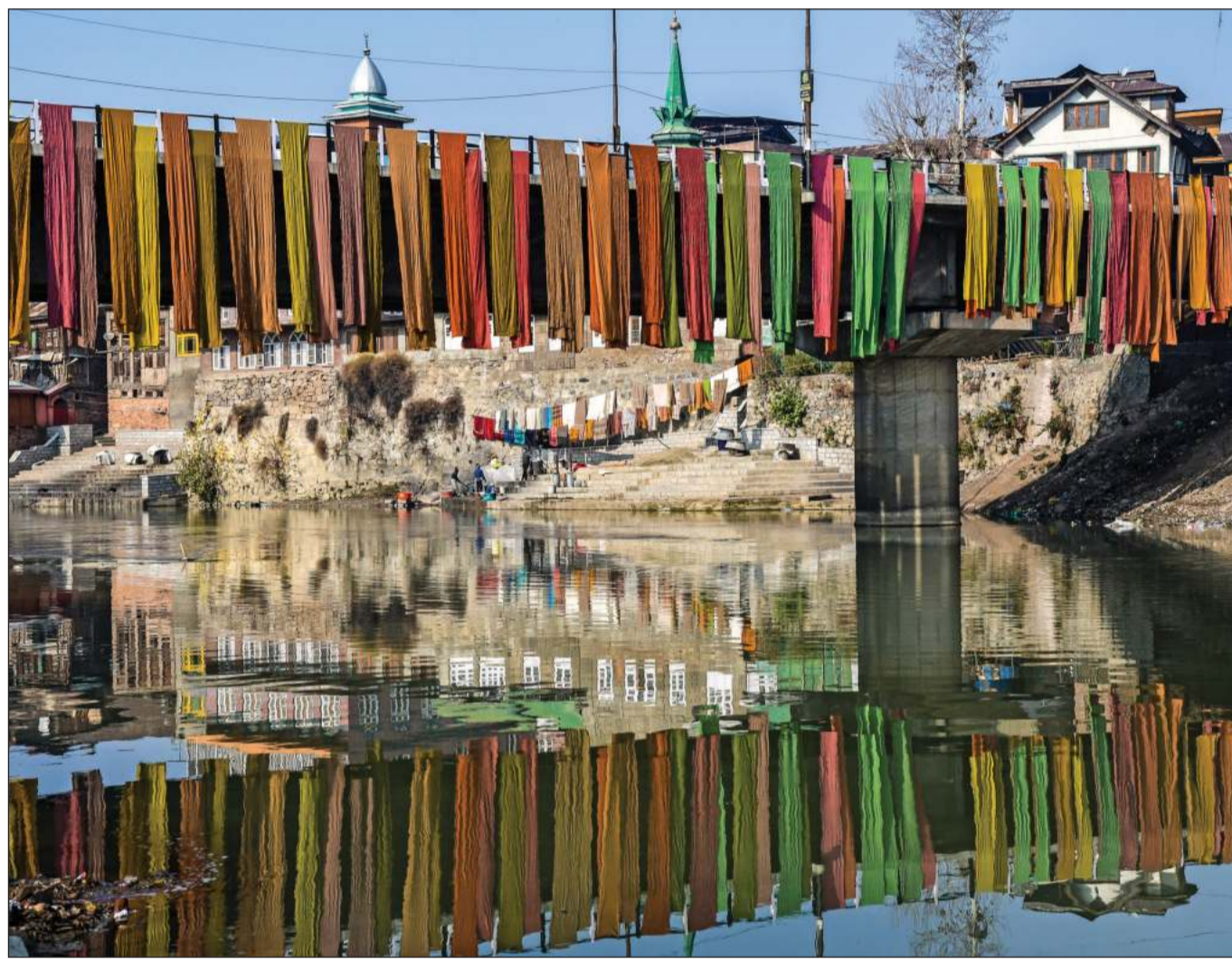
Besides the two former judges, Justices Sanjay Kishan Kaul, B R Gavai and Surya Kant

were part of the bench which, on March 2, 2020, had declined to refer to a larger seven-judge bench the batch of petitions challenging the constitutional validity of the Centre's decision to abrogate provisions of Article 370 on August 5, 2019.

Several petitions challenging the Centre's decision to abrogate provisions of Article 370 and the Jammu and Kashmir Reorganisation Act, 2019, which split J-K into two Union Territories Jammu and Kashmir, and Ladakh were referred to a Constitution Bench headed by Justice Ramana in 2019 by the then CJI Ranjan Gogoi.

By abrogating Article 370, the Central government had revoked the special status of Jammu and Kashmir.

NGO, People's Union of Civil Liberties (PUCL), Jammu and Kashmir High Court Bar Association, and an intervenor had sought referring of the matter to a larger bench on grounds that two judgements of the apex court — Prem Nath Kaul versus Jammu and Kashmir in 1959 and Sampat Prakash versus Jammu and Kashmir in **More on P6**



KO PHOTOJOURNALIST ABID BHAT CAPTURES the reflection of colorful fabric, left for drying on a bridge by laundrymen, in the waters of river Jhelum in the Old City of Srinagar.

Changes In Land Laws To Benefit Common Man: LG



Says, Earlier Land Laws Were Regressive
Press Trust Of India

Srinagar: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Wednesday said necessary changes were being made in land laws to benefit the common man as earlier legislations

were "very regressive".

"The (old) land laws were very regressive and not framed with the interests of the people in mind. The changes which are necessary for benefiting common man are being made," Sinha told reporters here on the sidelines of a function.

The LG was responding to a question about **More on P6**

Reviews Work On Transit Accommodations

The Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Wednesday conducted on-site inspection and reviewed ongoing construction work of the transit accommodations for PM Package employees at Baramulla and Bandipora. The LG ascertained the progress of the work being carried out at the two sites and laid emphasis on timely completion of all the works, an official spokesperson said. Sinha, he said, interacted with the officials, engineers engaged at Baramulla and Bandipora. The spokesperson said that the concerned Deputy Commissioners **More on P6**

India-China Standoff

UN Chief Calls For De-Escalation In Tensions

Press Trust Of India

United Nations: United Nations Secretary-General Antonio Guterres on Tuesday called for the de-escalation in tensions along the India-China border, days after troops of the two countries clashed in the Tawang sector of Arunachal Pradesh, resulting in minor injuries to some soldiers on both sides.

Defence Minister Rajnath Singh said in Parliament on Tuesday that Chinese troops tried to "unilaterally" change the status quo along the Line

of Actual Control (LAC) in the Yangtze area of Arunachal Pradesh's Tawang sector on December 9, but the Indian Army compelled them to retreat by its "firm and resolute" response.

When St phane Dujarric, Spokesperson to the UN Secretary-General was asked to comment on this issue, he said: "Yeah, we've seen these reports. We call for de-escalation and to ensure that the tensions along in that area do not grow."

Chinese Foreign Ministry spokesman Wang Wenbin addressing a media **More on P6**

5 Principals Given 'Look After' Charge' As CEOs Kashmir

Observer News Service

Srinagar: The School Education Department (SED) on Wednesday assigned "look-after" charges to five principals of government schools and posted them as Chief Education Officers (CEOs) to fill the vacant positions in the Kashmir division.

The order issued by Principal Secretary SED, Alok Kumar says that the temporary arrangement has been made in the interest of administration and in

view of the administrative exigencies till the posts are filled up on regular basis.

"In the interest of administration and in view of the administrative exigencies, it is hereby ordered that the Principals shall look after the post of Chief Education Officers and equivalent indicated against each till these posts are filled up on regular basis," the order reads.

According to the order, Principal Higher Secondary School (HSS) **More on P6**

Govt Shifts 7 JKAS Officers

The Union Territory government ordered transfer of seven Jammu and Kashmir Administrative Service (JKAS) officers in the interest of administration with immediate effect. According to an order issued by the General Administration Department (GAD), Samir Ahmad Jan, JKAS, Sub-Divisional Magistrate, Gulmarg, has been transferred and posted **More on P6**

Will Not Beg Centre For Polls In J&K: Omar

Press Trust Of India

Srinagar: National Conference vice-president Omar Abdullah Wednesday said his party will not beg the Centre for assembly elections in Jammu and Kashmir.

Speaking to reporters after a party function in Pahalgam, in south Kashmir's Anantnag district, he said the delay in the polls does not worry his



party. The BJP is "scared" and lacks the courage to conduct the polls **More on P6**



Next Elections Will Be Held In Peaceful Atmosphere: DGP

Asserting that the overall security situation in Jammu and Kashmir is peaceful, Director General of Police Dilbag Singh on Wednesday said the next **More on P6**

S H O R T T A K E S

SIU Searches 2 Places In Anantnag

The special investigation unit of Jammu and Kashmir Police on Wednesday conducted searches at two locations in connection with a case registered under the Unlawful Activities Prevention Act (UAPA) in Anantnag district, officials said. The raids were conducted after obtaining search warrants from Court for two different locations of the district, they said. They said the searches were conducted at the **More on P6**

2 Women Charged Over Fake DOBs

The Economic Offence Wing of Crime Branch Kashmir filed a chargesheet against two accused women for producing fake and fabricated date of birth certificates to join the department of Handicrafts. According to a statement, the chargesheet in Case FIR No. 21/2020 U/S 420, 467, 468, 471, 201 RPC of P/S CBK before the court of City Judge Srinagar against Hassina Bano and Shuguffa. The statement reads the instant **More on P6**

IED Defused In Pattan: Army

The government forces on Wednesday claimed to have averted a major tragedy by timely detecting and defusing an Improvised Explosive Device (IED) along the Baramulla highway in Pattan. Security forces during the course of patrolling, detected an IED along the Srinagar-Baramulla National highway on Wednesday afternoon, a defence spokesperson said. Shortly after the detection of the IED, he said, **More on P6**

Search Ops Launched In Rajouri

Government forces Wednesday launched a cordon and search operation in a village in Jammu and Kashmir's border district of Rajouri following information about suspicious movement, officials said. The villagers of Muradpur, six kms from Rajouri town, reported movement of two suspected persons, believed to be militants, in the village around 4 am, the officials said. After getting **More on P6**

Ladakh University Announces Winter Break

The University of Ladakh and its Constituent Degree Colleges have declared winter vacation for their two campuses. Registrar, University of Ladakh, Prof.(Dr.)Ashok Kumar Sharma in this regard has issued a notification that reads that winter vacations shall be observed in the two campuses of the University of Ladakh and Constituent Colleges from 16th December 2022 **More on P6**



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2

What Could Precipitate Heart Attacks In The Young? Experts Give Reasons

Press Trust Of India

Widely conceived to occur in 'obese' and 'high-on-cholesterol' people, recent instances of young people 'collapsing' from heart attacks may tell a different, alarming story.

Many videos have emerged showing people doing everyday activities such as walking on the street, working out at gyms and dancing at weddings before seemingly 'dropping' due to a heart attack but eminent cardiologists feel the reason could be 'unaccustomed exercise' or 'over exercise' that could precipitate heart attacks in the young.

Over the past couple of years, there has been a surge in cases of heart attacks, especially between 25 and 50 years of age including several celebrities like Kannada superstar Puneeth Rajkumar, singer KK and the recent case of comedian Raju Srivastava.

This has brought to the fore some widely held misconceptions about heart attacks and cardiac arrests and the need to address them.

Biologically, what is going on?

"Heart attacks happen due to sudden blockages in arteries that supply blood and nutrition to the heart," says Dr Nitish Naik, professor, Department of Cardiology, All India Institute of Medical Sciences here.

"There is fat plaque build-up in the artery. It ruptures and enters the blood vessel, forming a clot and suddenly choking it," explains Dr Ajay Kaul, chairman of Cardiac Sciences, Fortis Hospital Noida and in-charge of cardiac surgery and cardiology.

But what causes this to happen?

"People who smoke, have a sedentary lifestyle, are morbidly obese, have poorly controlled blood pressure or diabetes or



have high cholesterol levels are prone to develop such conditions," says Naik.

However, it is not as simple as that. Undertaking strenuous activity at the gym may also be the cause.

"Unaccustomed exercise can precipitate a cardiac arrest, therefore, untrained exercise should not be done," says Dr Viveka Kumar, principal director & chief of Cath Labs, Pan Max - Cardiac Sciences.

"Yes, over-exercise can cause rupture of plaques in the coronary vessels, leading to cardiac arrests," says Dr Vijaya Kumar, senior consultant and interventional Cardiologist, Ujala Cygnus BrightStar Hospital, Moradabad.

"Plaque rupture is the disruption of the cap of the plaque build-up, leading to the exposure of plaque material to the blood in the vessel. A rapid sequence of events follows, resulting in clot formation, blocking the blood flow," explains Dr Vineet Bhatia, Associate Director, Department of Cardiol-

ogy, Max Hospital, Patparganj, New Delhi.

But it is not just the unaccustomed exercise. There is talk of Covid too causing heart attacks. So, how much is Covid a contributor?

"Statistically speaking, in young people, 15-18 per cent of the cases," says Viveka Kumar. "It is true that Covid has caused a lot of problems. Covid leads to blood clotting. Covid leads to heart and lung problems and cardio vascular diseases," says Kaul.

So, how can one know if Covid or over-exercise are the culprit causing heart problems?

"Evaluation. Go to a doctor, and they will tell you whether Covid was limited only to your lungs or not," says Kaul.

In the fight against Covid, vaccines have been instrumental. However, Covid vaccines have also been known to cause some heart attacks. How worried should we be about this being the case? "Benefits far outweigh the risks. Vaccination has a lot of other problems. Yes, it has. But the numbers are so small, that you need to ignore

them. Secondly, it is Covid that can lead to heart problems more," says Kaul.

"According to a recent report in the British Medical Journal, COVID 19 vaccines may rarely (1.7 out of 100,000 people) lead to myocarditis. The benefits of vaccination far outweigh the risk of adverse reactions," says Bhatia, justifying taking the Covid vaccine.

"On the other hand, a review of 51 studies in a leading British medical journal 'The Heart', which included 48,317 people with COVID-19, found that cardiac ailments, high blood pressure, and diabetes were associated with a higher risk of severe disease or death due to COVID-19 across all age groups," he adds.

Cardiologists agree on the notion of getting a cardiac risk evaluation or consulting with a physician to inform oneself if long Covid is causing heart problems, of their exercise requirements or if one is genetically predisposed to getting a heart attack.

"Before going to the gym, people should first get a cardiac evaluation for fitness," says Viveka Kumar.

What does getting a cardiac evaluation entail? "We look at everything. We ask patients about their family history. We tell them to get their cholesterol checked, their sugar tested, to take precautions and step-up their exercise regime, if need be," says Kaul.

Among the gym-goers, intake of protein supplements has steeped and doctors generally seemed to be against this trend. "Why can't you take fish, mutton, chicken or eggs? Dal, rajma and soya also are very good sources of proteins," says Kaul.

According to Bhatia, "They overlook the fact that a smart diet plan and using existing protein sources can build muscle, strengthen bones and power our body functions. However, wanting quick and overnight results and often peer pressure prompts people to use over the counter supplements available in an unregulated market."

PUBLIC NOTICE

I have lost my Provisional and Character Certificate of class 12th bearing Roll No: 33152217 Section annual 2021 . Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Govt Boys Higher Secondary School Khore Sherabad Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.



Nighat Hamid
D/o Ab Hamid Mir

bmg_r

Subject:- Grant Of Registration of the Proposed Travel unit under the name & Style "M/S LIS EXPORTS" Situated at Magam

PUBLIC NOTICE

Whereas I Sindhu Devi S/D/O Ashok Kumar Bhat R/o Wus-san Bangl Kashmir intends to apply in the department of Tourism for Registration of my proposed Travel unit under the name and style "M/s LIS EXPORTS" Situated at Magam Kashmir under Tourist Trade Act 1978/82/2011-12. Before the case is processed for registration by the competent authority the matter is hereby notified for information of general public / Financial Institutions / Bank/ Organization, Etc For Objection, If Any And The Same Should Reach To The Deputy Director Tourism registration (email: ddtreg123@gmail.com) within a period of 7 days from the date of publication of this notice. After that no objection shall be entertained.

bmg_r

اطلاع عام

ہر خاص و عام کو مطلع کیا جاتا ہے کہ مجھے اپنی فرمائشیں بنام محمد یوسف وانی ولد حاجی غلام احمد وانی ساکنہ گورہ چاؤر سبیل سنٹر موضع مارکے پورہ چٹ پورہ خندہ ریشم کرنا مطلوب ہے اس بارے میں اگر کسی شخص کو کوئی عذر یا اعتراض ہو تو وہ اندر ایک ہفتہ اپنے عذرات پیش کرے

المشعر
محمد یوسف وانی

rko_f

GOVERNMENT of JAMMU AND KASHMIR

OFFICE OF THE ASSISTANT LABOUR COMMISSIONER BANDIPORA

MINI SECRETYARIAT BANDIPORA 193502
email id: asstlabcombandipora@gmail.com

General Public Notice

This is for information of all active Labour cards holders of district Bandipora that the Educational Assistance application forms for the financial year 2022-23 shall be received on online mode on official portal www.jkbocw.gov.in.

Therefore, all the Labour Card holders who want to avail the benefits under the scheme shall submit the completely filled application forms along with following documents before 15 of February 2023.-Essential documents required:-

(A) Primary/Lower Education, Secondary & Higher Secondary level:
1. Result Card/ Pass Certificate of the previous standard/ class, issued by the Head of the School/ Institution.
2. Dependent Certificate (in case of student is brother or sister).
3. Bonofide Certificate.
(B) Higher/Professional Education: (BA, BSc, BCom, BBA, BCA)
(Post Graduation/MA/MSc/ Bed/ LLM/ MCom/MLib/MBA/MCA/LLB) (Three Year Diploma Courses & Professional/ Technical Degree Courses: MBBS/BE/BTech/ BDS/BVSc/ MS/MD or any other technical or medical degree or PG Courses).
1. Bonofide Certificate indicating Enrollment, Present Status, Mode of Education and Details of Student, issued by I lead of the Education Institution/ authorized officer with Name, Seal, signature. Mobile No. /Dispatch No. and Date of issue of certificate.
2. Result Card/ Pass Certificate of the previous standard/ class, issued by the Head of the School/ Institution.
3. Dependent Certificate (in case of student is brother or sister).
4. Institution Submitted Fee Slip.

Sd/= Assistant Labour Commissioner Bandipora

No: ALC/BPR/2022/

DIPK-15059/22
Dated: 14/12/2022

Union Territory of Jammu & Kashmir

Office of the District Soil Conservation Officer. Division Baramulla.

E- NIT NO: - 31 of 2022-23 DATED: -12 -12-2022

For and on behalf of the Hon'ble Lt. Governor of Union Territory of Jammu and Kashmir, e- Tenders on items are invited from Approved Contractors / Registered with J&K Forest UT & Central Government for Construction of Toilet /Green House & planting of N.R.Sapplings into Nursery beds at Sopore Nursery under CAMPA APO 2022-23.

S.N	NAME OF WORK	ADV. COST	CLASS OF CONTRACTOR	Cost of Tender	Earnest Moiney	TIME OF COMPLETION	Receiving/ Opening
	Name of Nursery: Sopore Nursery Location of Nursery: Ningli Sopore Zone: SWC Sopore Division: Soil & Water Conservation Division Baramulla						
1	Construction of Toilet at Sopore Nursery as per BOQ	1.828					
2	Construction of Green House for Poly Pots at Sopore Nursery as per BOQ	1.35					
3	1. Raising Restocking of Naked Root Pricking into Nursery Beds at Sopore Nursery Under CAMPA APO 2022-23 includes all operations i.e. Bed formation and preparation of Soil involving twice earth work in hard soil not exceeding 30 cms in depth with clad breaking, pulverising of top soil, dressing of beds, smoothening of surface, Repairs of berms,, paths, cross paths for Raising of Broad leaved pricking and supply of Farm Yard Mannure (FYM) , its cost/ carriage (Mechanical / Head load upto site of work and its Application in the Beds as per the standard Nursery practices, than Planting of pricking in lines at a spacing of 1 ft, x 1 ft. i.e 80 nos in a Bed complete job as per BOQ but excluding the Cost/ Carriage of Pricking to be supplied by the contractor already qualified for the Supply of pricking materials for raising of nursery stock No. of Beds of size 20'x4' = 744 Beds No. of pricking to be planted at a spacing of 1 ft. x 1 ft. i.e 80 Nos per Bed = 15550 Nos Note: Prickings shall be supplied departmentally.	1.71	C & D" Class PWD Contractor	Rs. 700/=	Rs. 9776=	One calander month after Award of Contract	Tender Opening Committee
Total		4.888					

The e-NIT Consisting of qualifying information, eligibility criteria, specifications, bills of quantities, (B.O.Q) set of Terms & Conditions of contract and other details can be seen/downloaded from the Website:- www.iktenders.gov.in
Position of AA: Accorded Position of T/S: Accorded_Position of Funds: Available

Publishing Date:-	12-12-2022
Download Start Date:-	12-12-2022 from 03:00 PM
Bid submission Start Date:-	12-12-2022 from 03:00 PM
Bid submission End Date:-	17-12-2022 Up to 04:00 PM
Date of Opening of Technical Bid Online.	17-12-2022, 6.00 PM in the Office of Joint Director Kashmir Soil & Water Conservation Department Haftchinar Srinagar
Date of Opening of Financial Bid Online:	To be opened (Online) at any convenient date & time after complete Evaluation of Technical Bids Received.

01 The bids shall be deposited in electronic format on the website:- <https://jktenders.gov.in>
2 The date for opening of Technical & Financial bids online shall be opened as per time schedule mentioned above.
3 Bids for opening must accompany Govt. Treasury Receipt (cost of tender document) in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and Earnest Money Deposit @ 2% of the advertised cost. The bids for the work shall remain valid for a period of 60 days from the date of opening of bids.
4 As per rule 171 of GFR-2017, Performance Security shall have to be deposited by successful bidder to the order of 20% of the value of contract if there are compelling circumstances, performance security in excess of five percent may also be demanded.
5 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website jktenders.gov.in
6 To participate in bidding process bidders have to get Digital Signature Certificate (DSC) as per Information Technology Act Bidders can get Digital Certificate form approved vendor.
7 The bidders have to submit their Technical & financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical/hard form.
8 Bidders must ensure to upload scanned copies of all necessary documents i.e Valid Registration Card issued by the concerned department duly renewed for the current financial year 2022-23, PAN, Valid GST Registration, Govt. Treasury receipt/Challan (cost of Tender Document) and Earnest Money Deposit @ 2% in shape of CDR/FDR.
9 The successful bidder has to produce Valid Labour Registration Certificate issued by Labour Department after issuance of award of contract.
10 The Department will not be responsible for any delay in online submission of the bid due to any reason (technical or otherwise).
11 The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Information regarding publishing the NIT, in any of the newspaper under circulation.
12 The tender accepting Authority however reserves the right to reject any or all the tenders without assigning any reason thereof.
13 All other terms and conditions shall remain same as per PWD form 25 (double leaf) and as per the detailed document.
NO:- DSCOB/e-Tenders/CAMPA/2022-23/888-892

District Officer Soil & Water Conservation Deptt. Baramulla/Bandipora

DIPK-14999/22
Dated : - 12 /12/2022

Government of Jammu and Kashmir

Office Of The Medical Superintendent

District Hospital Handwara

Tele-Fax: 01955262194 Email: d.h.handwara@gmail.com

Subject:-Notice for open Auction of Dead stock/unserviceable/Condemnable hospital machinery/hospital furniture at DH Handwara.

It is notified for information of general public that Medical Superintendent District Hospital Handwara is going for open auction of Dead stock/Unserviceable/Condemnable Hospital Machinery /Hospital furniture at DH Handwara on 20.12.2022 at 10:30am. The details of auction notice and items which are available for auction can be collected from the office of Medical Superintendent district Hospital handwara on any working day between 10:30am to 3:00pm within five days from the publication of this notice against payment of Rs.50/-.

Terms and Conditions:

1. That only those parties would be eligible for participation in open auction who have deposited CDR Rs.5000/= as security deposit
2. That each bidder is entitled to furnish only One CDR through their respective registered firms.
3. That each bidder will be allowed at the most to have one helper will him on the auction day
4. That the Auction committee should be at liberty to accept or reject the bids, without assigning any reason thereof.
5. That the items should sold to the highest bidder on.
6. That the GST rates as applicable shall be charged over and above the value of highest bid. The rates should be quoted in Indian Rupees exclusive of GST.
7. That the successful bidders shall have to deposit 50% amount of final bid on spot after he/she is declared successful bidder by Chairman Auction Committee and remaining 50% of the final bid amount have to be deposited within a period of 03(seven) days along with GST as applicable under rules before lifting the stock

No: MS/DHH/2022/308-09

Medical Superintendent DH Handwara

DIPK-15070/22
Dated: 14-12-2022



FCS&CA Lodges 4 FIRs Against Erring Traders

OBSERVER NEWS SERVICE

Srinagar: The Enforcement Squad of Department of Food Civil Supplies and Consumer Affairs, headed by Assistant Director Enforcement, Mushtaq Ahmad Wani launched a massive drive within the vicinity of Srinagar City following the complaints from various corners.

During the course of action as many as 16 erring traders were penalised with a sum of rupees 18100.

Besides, one poultry shop has been sealed and police complaints against three vegetable sellers and one fruit seller were also lodged in concerned Police stations for violation of the Essential Commodities Act, 1955.

It is pertinent to mention here that during the current financial year in the entire valley, an amount of Rs 8183980 has been collected as fine from 17584 erring traders.

Besides, 224 establishments have been sealed and police complaints against 20 defaulters also stand lodged for violation of the set norms.

Moreover, the erring lot has been reprimanded to remain careful in future.

"The drive will continue in the same passion in future as well & whosoever found violating the norms will be brought to justice", AD said.

He added that in case of any complaint, people may contact the toll free number 18001807011.

Public Grievance Redressal Camp Held At Harwan

Observer News Service

Srinagar: Continuing the efforts to take Administration to the doorsteps of the people to propel the development mission to saturate the requirements of the general public, the Deputy Commissioner, Srinagar Mohammad Aijaz Asad held a Block Diwas at Harwan Block of the District.

On the occasion, the local people, PRI members put forth their Developmental demands and issues confronted by them

among the people about the concerned office and location where they shall be able to submit documents without facing further inconvenience.

He also cleared concern of people about allocating only a single sheep unit in Dhara and asked for submitting for more applications. DC stated that the allotting of sheep units is happening through draw of lots and participants are selected through a transparent process.

Also, Asad dispelled concern regarding snow clearance



regarding infrastructural and road connectivity needs besides individual beneficiary schemes and issues related to the wildlife and forest departments.

While projecting the grievances of public interest before the Deputy Commissioner, PRIs demanded operation of the filtration plant at Dhara, pension verification, construction of Panchayat Ghar, fixing of responsibility to the concerned department for snow clearance, and compensation to fire victims.

to the demands raised by people, DC assured that all those issues shall be resolved in a time bound manner. Regarding grievances of old age pension seekers, DC directed concerned officers to create awareness

in the area and said that the government has notified the jurisdiction of snow clearance between SMC and R&B and locals should not worry about it.

The Deputy Commissioner said that the compensation has been approved for the fire victims and the same shall be disbursed to them very soon.

The DC appreciated the people for their active participation in the Block Diwas, which he called a viable and much needed requirement for progress of the area.

Further, he also issued directions to the officers of various departments including social welfare, revenue and district administration for addressing the grievances of locals at the earliest.



Shivpora Residents Up In Arms Against New Wine Shop

Syed Mohammad Burhan

Srinagar: The residents of Shivpora locality took to the streets against the opening of a liquor shop in the vicinity. The residents marched from inner lanes of the locality to the main road.

Some Kashmiri Pandits who reside in the locality were also part of the protest.

The protestors voiced concern over the setting of a liquor shop in the area and urged the administration to close the shop at the earliest.

Speaking to media persons, Raviji Razdan, one of the protesters said that he has been living in the locality for the last 32 year. He, however,

There was a liquor shop on the highway, we never objected to it, now opening a liquor store in the inner lane will spoil the careers of the students

said the opening of liquor shop will badly affect the lives of locals, especially women.

"There was a liquor shop on the highway, we never objected to it, now opening a liquor store in the inner lane will spoil the careers of the students" Raviji said.

Raviji further said that

there are at least three schools in the vicinity and a cinema hall has also been opened recently and this can badly affect the education of children.

"During night hours, it is going to be difficult for women to get back to their homes safely" Raviji added.

He was flanked by other locals who were holding placards and raised slogans against the setting of the new liquor shop.

Pertinently, the Shivpora locality that falls under the jurisdiction of Badamibagh Cantonment Board. The shop had been earlier closed in October by the Badamibagh Cantonment authorities as it did not have the required permission.

70% Work On Sangarmall Complex Still Incomplete, Allege Shop Owners

Agencies

Srinagar: Constructed in 2011, the government's initiative of coming up Sangarmall complex near Polo Ground here has failed to serve the cause as the shopkeepers and others claim that 70 per cent of the work has been completed yet, thus ignoring the complex completely.

President Sangarmall Shopping Complex, Ashiq Kawa said that

The Srinagar Development Authority (SDA) has miserably failed to complete the pending work of the complex to ensure a desired look and charm to the complex.

"Almost 70% work is still incomplete," he said and appealed to Lieutenant Governor Manoj Sinha to visit the complex in person to see its situation. "The building is completely wasted as it has been ignored by the SDA so far," he said.

He added that nearly eight shops remain open here in the complex while the rest remain closed due to the official apathy. "An audit team recently visited the complex and got the firsthand appraisal of the complex. The team has mentioned every situation and even admitted the building has been ignored completely," he said.

Sheikh Feroz, Owner of Alkhuddam Hajj and Umrah services and Café, told KNO that the plan that was being executed for the complex has been left in abundance in the midway. "Only phase-I has been completed while the rest of the phases are incomplete," he said.

He said that there is no doubt that the amount is pending with the shopkeepers and others. "I am sure that the amount will be paid on time, but the government needs to complete the project first. We have almost paid 40 per cent of the amount, but the government has not delivered up to the mark yet," he said—(KNO)

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HIGHWAY STATUS

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

 HIJRI CALENDAR 20 Jumad al-Awwal 1444	PRAYERS	
	FAJR	5:58
	ZUHR	12:25
	ASR	3:46
	Magrib	5:27
	ISHA	6:52

This Day In History

- 1256 - Hulagu Khan captures and destroys Hashshashin stronghold at Alamut, in present-day Iran, part of the Mongol offensive on Islamic southwest Asia.
- 1612 - German Astronomer Simon Marius is 1st to observe Andromeda galaxy through a telescope.
- 1745 - Battle at Kesseldorf: Prussia beats Saksen & Austria.
- 1840 - Napoleon Bonaparte receives a French state funeral in Paris 19 years after his death.
- 1864 - Battle of Nashville, TN.
- 1877 - Thomas Edison patents the phonograph.
- 1899 - Battle at Colenso, South Africa (Boers-British army).
- 1907 - In Persia, the Shah leads a coup d'etat against the liberal Prime Minister Nasir ul-Mulk and imprisons him, but a popular uprising forces the Shah to restore Nasir ul-Mulk.
- 1913 - Nicaragua becomes a signatory to the Buenos Aires copyright treaty.
- 1914 - Battle of Lodz ends; Russians retreat toward Moscow.
- 1914 - British fleet forfeits chance to destroy German fleet in North Sea.
- 1914 - Serbian troops retake Belgrade in Austria-Hungary.
- 1916 - French defeat Germans in WW I Battle of Verdun.
- 1917 - Moldavian Republic declares independence from Russia.
- 1917 - World War I: An armistice is reached between the new Russian Bolshevik government and the Central Powers.
- 1919 - Fiume (Rijeka) declares its independence.
- 1922 - IVVV (association) peace congress on war forms in Hague.
- 1941 - North Africa: allied assault up Italians Gazala-posing
- 1944 - Hizbu'llah (Arm forces for Allah) forms.
- 1952 - Christine Jorgenson is 1st person to undergo a sex-change operation.
- 1954 - Netherlands Antilles becomes co-equal part of Kingdom of Netherlands.
- 1964 - 1st time 4 people in space.
- 1965 - 3rd cyclone of year kills 15,000 at the mouths of the Ganges River in Bangladesh.
- 1965 - Gemini 6 launched; makes 1st rendezvous in space (with Gemini 7).
- 1966 - Audouin Dollfus discovers 10th satellite of Saturn, Janus.
- 1967 - The Silver Bridge collapses, killing 46 people.
- 1970 - S Korean ferry Namyong-Ho sinks in Strait of Korea, 308 killed.
- 1970 - Soviet Venera 7 is 1st spacecraft to land on another planet (Venus).
- 1971 - USSR performs nuclear test at Eastern Kazakh/ Semipalitinsk USSR.
- 1976 - Samoa becomes a member of the UN.
- 1979 - Deposed Shah of Iran leaves US for Panama.
- 1979 - World Court in Hague rules Iran should release all US hostages
- launches Intelsat V satellite, no. 503.
- 1984 - USSR launches Vega 1 for rendezvous with Halley's Comet.
- 1986 - 150 killed during race riot in Karachi.

From KO Archives

Internet Telephony Soon

Observer News Service

NEW DELHI: In a major policy decision, the government has decided to scrap the old Telegraph Act and replace it with a new Convergence Act, which allows making telephone calls through the Internet, Union Information Technology Minister Pramod Mahajan announced in Pune on Sunday.

Under the existing 1886 Telegraph Act, there were separate rules for delivery of voice and picture data through telecommunication channels and hence using the Internet to make telephone calls (Internet telephony) was not permissible, he said addressing the concluding function of a two-day conference on Information Technology and Biotechnology.

The new Convergence Act takes into consideration all these aspects and evolves a uniform law, Mahajan said. He said the Convergence Act will have uniform laws regarding the delivery system of voice, picture, digital and other forms of data through telecommunication channels. He said the final version of the new Convergence Act was ready and will be cleared by December 21 by a Group of Minister dealing with this act. By December 25, it will be released on the Net for people to give suggestions and objections.

(Kashmir Observer, 15 December, 2000)

GOVT. OF JAMMU AND KASHMIR

DISTRICT EMPLOYMENT & COUNSELING CENTRE, ANANTNAG

Email id: dveccang@gmail.com Phone No: 01932222220

PUBLIC NOTICE

District Employment & Counseling Centre, Anantnag is going to organize One day Job fair/ Placement Drive on 17th of December 2022. in Townhall Anantnag at 11.30 AM The aim of this Event is to Sensitize Unemployed educated Youth about various Employment Opportunities provided by Government/Semi-Govt./Private Employers & facilitate their placement with prospective employers.

It is pertinent to mention here that, in order to make the Event successful & carve the Employment Opportunities for Job Seekers/ Unemployed Educated Youth of District Anantnag, a part from Government line departments providing self employment opportunities, nearly 10 reputed private agencies from different sectors with more than 70 vacancies are participating in the aforementioned event for on-spot placements.

In this backdrop, the unemployed youth of District Anantnag are hereby informed/ invited to participate in the said event on the scheduled date and venue and make most out of this opportunity.

Moreover, the unemployed youth of district Anantnag are requested to get themselves registered as a job-seeker on the J&K Employment Portal (www.jakemp.nic.in). For further information contact us at 01932222220. Assistant Director Employment Anantnag.

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KASHMIR OBSERVER
Thursday | 15-12-2022

PSA Debate

Former J&K Chief Minister Omer Abdullah said on Tuesday said that if elected to power, National Conference will repeal controversial Public Safety Act (PSA) on the first day. In an address to the NC workers at Dooru in Aanantnag, Omer said that the law was in force only in J&K and its sole aim was to harass the people in the union territory. Omer also spoke at length about the alleged effort to give local jobs and land resources to outsiders. The NC president was in south Kashmir to mobilize support for the party in preparation for Assembly elections which are likely to be held early next year. South Kashmir has been the traditional stronghold of the PDP, which is the NC's ally in the People's Alliance for Gupkar Declaration. The PDP also performed well in the area in the District Development Council polls in 2020. So, it would be interesting to see if the NC fares better than its ally-cum-rival in the area in Assembly elections.

That said, Omer's pledge to do away with the PSA if elected to power is certain to resonate with a large number of people in union territory, who see the law as violative of their freedoms. At the same time, Omer's promise to repeal the PSA has an ironic ring to it. The law was first enacted by the J&K government headed by NC founder Sheikh Mohammad Abdullah in 1978 to deter timber smuggling. But after the eruption of militancy in 1990, the law, which provides for detention of up to two years without trial, was used against militants and separatists. The NC during its rule has also liberally used the law. But the alleged "misuse" of law over the last thirty years has always been a subject of contentious debate in J&K.

In 2011, the then government led by Omer himself tried to amend the law termed by the Amnesty International a "lawless law". The PSA, Amnesty had said, is used "to secure the long-term detention of individuals against whom there is insufficient evidence for a trial". Incidentally, the Amnesty's figures of detention under the PSA over the preceding two decades ranged from 8000-20000. But not much changed in the law after Omer's attempt to amend it. It is true that the law has been widely used and misused over the past three decades, which has created a strong public opinion in favour of its repeal. And it would be great if the existing government also took a closer look at the law and tried to modify it, if not entirely do away with it.

OTHER OPINION

Evolution Of India's Soft Power

RRR's international recognition and popularity, then, expands the horizon for Indian cinema further, and potentially into the bastion that is Hollywood.

The Golden Globe nominations for S S Rajamouli's RRR are, in a sense, an acknowledgement of the film's immense popularity and impact across the world. Domestically, like the two-part Baahubali, Rajamouli's Raj-era action extravaganza transcended linguistic barriers and became a pan-Indian blockbuster. On the international stage, it now represents a new stage in the evolution of Indian mainstream cinema's soft power. In that sense, RRR marks a phenomenon that is both novel and known.

RRR at the Golden Globes | Why a mass film can open doors for Indian cinema

Indian cinema's cultural influence for the first few decades after Independence was outsized compared to its economic and political might. Initially, and for years thereafter, the storied popularity of the socialist era and its ethos in Raj Kapoor's films, particularly in the former Soviet Union and Eastern Europe made it one of the country's primary cultural exports. That tradition, in spurts and starts, continued until the nature of the Indian economy and — perhaps as a result — Hindi cinema changed. At the beginning of this century, films that appealed to the Punjabi diaspora as much as they did post-liberalisation, upwardly mobile Indians became Bollywood's crossover offering. Around the same time, Tamil-language blockbusters, notably Rajinikanth's films, began finding large audiences in Southeast Asia and Japan, cementing his Superstar status.

RR's international recognition and popularity, then, expands the horizon for Indian cinema further, and potentially into the bastion that is Hollywood. While its two nominations — for best non-English language film and best original song — aren't necessarily the most popular categories, they nonetheless illustrate that Indian cinema from the likes of Rajamouli has reached a level of technical competence that allows it to appeal to audiences that are used to some of the best action sequences in the world. And, perhaps, as Indian filmmakers get the confidence to work with bigger budgets and more special effects, the dollars from the Western market will provide some incentive to experiment.

The Indian Express

Why Persian Needs Revival in Kashmir



Insha-e-Darab on Kashmir's last Persian poet conducted recently

Amir Suhail Wani

Amidst all this disappointing and discouraging scenario, some bursts of light shine now and then and it appears that an undercurrent of consciousness is rippling in our young generation and they will inevitably wake up to the spell and splendour of this language

At a point in time, Kashmir resembled and mimicked Iranian culture so much in the wake of arrival of Islam and missionaries from Central Asia that it came to be known as Iran-e-Sagheer (The Little Iran). No where else was this imitation and import seen with such rigor and extent as in literature and literary traditions.

Kashmir went on to produce some acclaimed poets of Persian language, who gained name and fame not only at home, but were celebrated across the Persian speaking world. For a long time, Kashmir continued to maintain and secure its place of repute by making immense and precious contributions to the Persian language and literature. Not only did Kashmiris contribute immensely to this literary tradition but Kashmiris also benefited upon interacting with this language of longstanding and brilliant literary tradition.

While the Bostan and Gulistan of Sa'adi instilled in people the moral, civic and religious sense, the Mathnavi of Rumi, opened to them the nectar fountains of mysticism, philosophy, didactics and a host of other religious and mundane sciences. The compositions of Khayyam, Hafiz, Saib and others heightened and polished the literary and aesthetic attitude of people across the board. Persian continued to serve the purpose of literary, aesthetic, moral and religious arbiters for the people of Kashmir across centuries.

The loss of Persian, not only from everyday life but also from the academic circles too had its repercussions. The treasure trove of wisdom, philosophy and literature turned inaccessible

and alien to people resulting in the subsequent degeneration and loss of century old tradition.

Languages are portals to culture and civilization and this meant that Persian served as our passport to the entire cultural and civilisational architecture of Central Asia, helping us enrich and expand our own mental and social horizons. At a time when the West is rushing towards the Persian classics and poets like Rumi and Hafiz have attracted vast translators and exegetic corpus around them, back home, we have ousted this legacy which used to adorn our social and intellectual spaces. We are yet to develop even a proper sense of the tragedy of the loss of Persian from our cultural matrix and the cascaded loss it has brought us in intellectual and cultural terms remains unquantifiable.

In our schools, Persian is not even taught as an optional subject and this sufficiently reflects our indifference towards the language and lack of sense of our cultural and historical nexus with it.

Amidst all this disappointing and discouraging scenario, some bursts of light shine now and then and it appears that an undercurrent of consciousness is rippling in our young generation and they will inevitably wake up to the spell and splendour of this language.

There is a sort of resurgence — an unfelt movement which is constantly magnetising the people and populace towards this language. A number of unrelated reasons seem to have acted like a catalyst in this direction and have imparted impetus to the reception and learning of this language. With the arrival and profusion of social media, Rumi's

poetry and his wisdom quotes have struck a chord with the youth and despite the fact that most of us do not bother to venture beyond the surface, there are many who have been led to Persian language and literature by the way of Rumi. There are students and learners, who have explored the online resources, met Persian knowing people and benefited from books of all sorts to gain entry and expertise in this language. It is true that on the whole people have drifted away from Persian, but the language continues to be received with awe and amaze and the people knowing the language are dignified and seen as embodying the wisdom and values — as is intrinsic to the language itself. This social ascent adds to the prestige of language and makes its learning/ speaking a desirable act. Though the number of people who understand this language are scant, even today, the orations, chants and recitals in all major shrines continue to be in Persian. This has left an indelible mark on the minds of people and sanctified the language for them. They may little understand it, but they do feel it, relish its spiritual aura and are at times drawn into ecstasy by the power and purity of this language. All these factors make a strong case for the vivification of Persian and in reviving it we shall be revisiting and recreating our own literary, cultural and intellectual heritage.

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

The author is a Srinagar based columnist



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Civic Sense?

This refers to the article titled The A Tale of Forlorn Garbage Bins by Dr Raja Muzaffar published in Kashmir Observer on Nov 21st 2022. This piece explains the mismanagement and misgovernance on part of Govt machinery to implement the rural waste management programme under Swachh Bharat Mission Gramin. The article also highlights

how govt officers are bypassing the role of Panchayati Raj Institutions in implementing this programme. The letter written by Chairman District Development Council Budgam to Secretary Drinking Water & Sanitation Govt of India makes it clear that State Mission Directorate of SBM Gramin / Department of Rural Sanitation are not taking into confidence District Development

Council Chairpersons who are technically the head of District Swachh Bharat Mission. The Rural Development Department before installing the Trash Bins in villages should have decided where to unload the waste once these bins get filled? This is not rocket science and even a layman can think about it. I request Lt Governor and Chief Secretary to take serious notice of it. The Chairpersons

and Members of DDCs should be fully sensitized about Rural Waste management programmes and updated about their role as well. The Govt officials should not bypass these elected representatives which violates the essence of Panchayati Raj system of governance.

Sajad Hussain Mir

Delayed Gratification

A TOOL FOR SUCCESSFUL LIFE

Wasim Kakroo

In this modern era of one-click transactions and window shopping, instant gratification has become a norm of the society. The idea that you must get what you want right away is reinforced by the availability of smartphones and Wi-Fi resulting in dopamine surges in the pleasure centre of our brain all day from time to time. Despite being the new norm, instant gratification isn't usually the best, though; in fact, impulse control, i.e., delayed gratification is what differentiates us from animals. The ability to delay your desires to go after your pleasurable short term objectives can help you in achieving your long term more profitable objectives.

Expecting to achieve everything you want or desire, instantly, is unrealistic. In addition, instant gratification actually leads to frustration because it creates false expectations. You can buy time for thoughtful planning and failure-based learning by developing the skill of delayed gratification. But the question is what is delayed gratification? And how can one develop this skill?

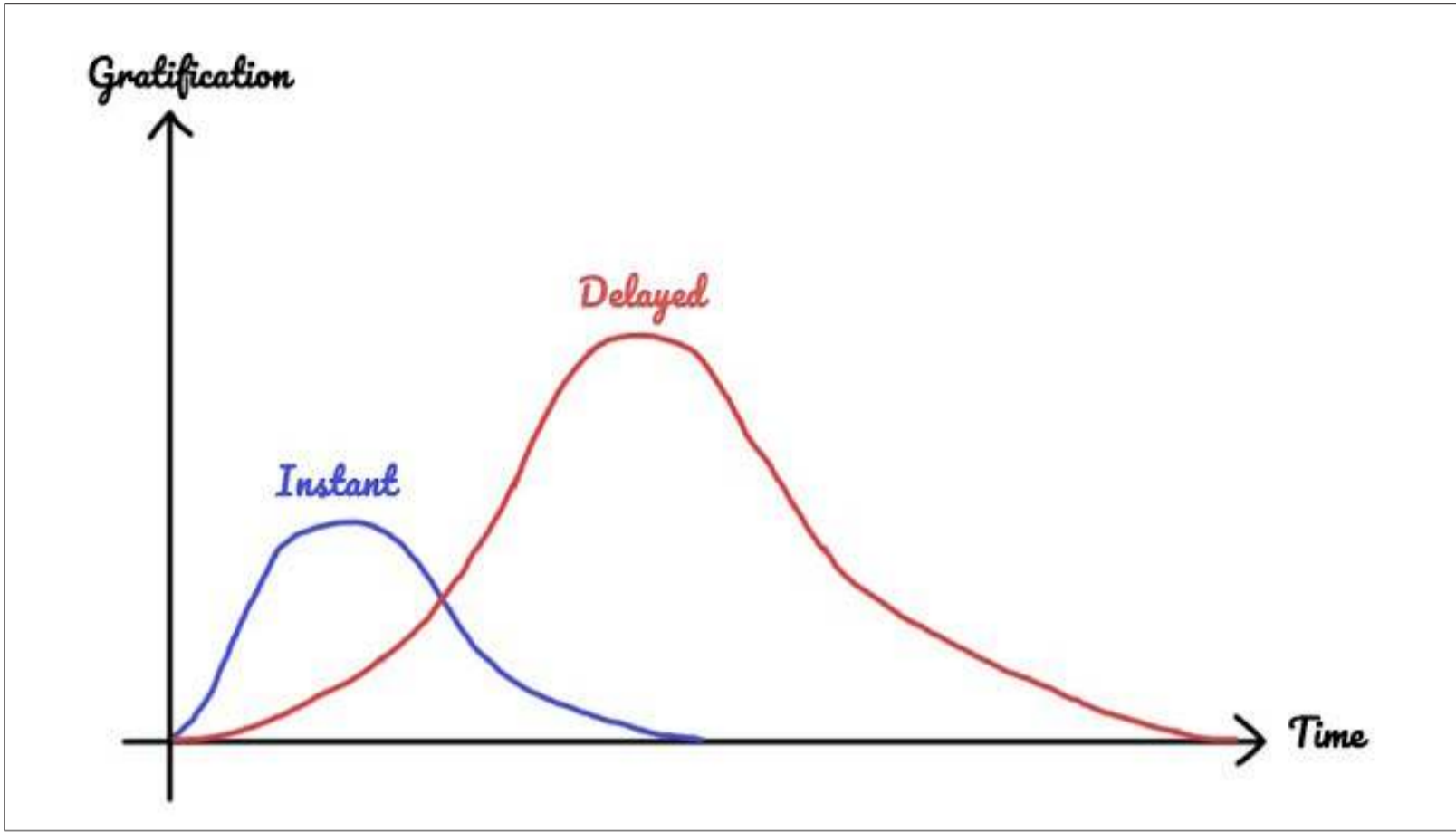
WHAT IS DELAYED GRATIFICATION?

The concept of delayed gratification refers to the ability to resist the lure of an immediate benefit in the hope that a bigger reward will come along later. It is an effective technique for acquiring the ability to live life purposefully. It relates to impulse control because people with strong impulse control frequently perform well at delayed gratification. The good news is that we can all learn this skill to a lesser or a greater degree.

Since we know that humans are hardwired to seek pleasure and avoid suffering that is why children look for instant gratification of their pleasures. As children grow into adults, their capacity to weigh risks and rewards, helps to handle this urge and allows us to postpone fulfillment rather than choosing poorly, especially if the eventual reward is bigger than the one we'd obtain right away. This is delayed gratification.

DELAYED GRATIFICATION: WHY IS IT IMPORTANT?

Delayed gratification as a crucial life skill is the capacity to wait for a better payoff down the road. By practicing delayed gratification, you can



SINCE WE KNOW THAT HUMANS ARE HARDWIRED to seek pleasure and avoid suffering that is why children look for instant gratification of their pleasures

do things like put off major purchases to save for a trip, skip dessert to lose weight, or accept a job you don't particularly enjoy but that can help you to improve your CV in the long run and hence can help you have a successful career later in your life.

Studies reveal that one of the most valuable personality traits that makes a person successful is the ability to delay gratification. People who learn to resist the need to immediately feel completely satisfied do better in their careers, relationships, health, and finances than those who give in to their urges immediately.

It is difficult to master the ability to delay gratification of pleasures. For those who haven't mastered impulse control, it means experiencing dissatisfaction, which is why it appears unachievable. While choosing to indulge in something now might feel nice, exercising discipline and controlling your emotions might lead to more or better rewards in the long run. Delaying gratification can help you develop

more self-control over time and will ultimately speed up the process of achieving your long-term objectives.

HOW CAN PRACTICING DELAYED GRATIFICATION HELP US IN OUR DAILY LIFE?

Delayed gratification is an important life skill that can help people from all walks of life. To describe how important acquiring this skill is, let us consider the following examples:

1. RELATIONSHIPS

This skill helps you to avoid getting involved in a fight or being angry with your partner; instead, it can help you to use your communication skills to come up with a workable solution with your partner. It means, putting your phone away, forgoing the need to check social media or send texts, and deciding to spend quality time with your partner.

2. CAREER

You can use your internet time to

learn things that can help you grow and advance in your profession instead of aimlessly binge-watching Netflix or scrolling through social media.

3. HEALTH

Employing the skill of delayed gratification can help you against giving in to the instant gratification of having your favorite fast food, and hence harvest the reward of a good health. You can refuse the ease, assurance, and immediate reward that comes with a simple workout as it helps you to discover your exercise motivation and enjoy the delayed gratification of health advantages later. It can also help you to deal with the tendencies to go for short cuts- gambling, illegal and unprotected sexual practices, drugs etc. in dealing with your frustrations and stresses of daily life.

4. FINANCES

You can reward yourself in the

long run with more savings and financial independence by delaying the gratification of buying something you don't absolutely need. When you invest, you might not see immediate results, but as your money grows through compounding, the delayed gratification will be more beneficial.

HOW TO TRAIN OUR BRAIN FOR DELAYED GRATIFICATION?

1. RECOGNIZE YOUR VALUES FIRST.

Delaying gratification is not easy as it goes against the animalistic tendencies of us humans and hence it needs sacrifices of our urges. How can we make sacrifices if we don't know what we're aiming for?

Thus, recognizing your personal and professional values is important before you attempt to improve your ability to delay gratification. Knowing what you're aiming for makes it simpler to stay focused on your goals when you're tempted.

2. START SMALL AND BUILD FROM THERE.

There's no need to begin exercising your ability to delay gratification with something that won't

happen for years. Start small and work your way up before tackling your major, long-term objectives. Starting with something small still needs delaying gratification

but it may not require you to wait for too long to get the small goals done and hence may increase your confidence to practice delayed gratification for bigger goals.

Your capacity for practicing delayed gratification for small goals will determine how long you should hold out. If you find it difficult to wait a week for a reward, for example, you might start with one day. The habit can be ingrained into your life gradually.

3. STOP BEING ON AUTOPILOT.

Do you frequently succumb to temptations without giving them much thought?

If this is the case, mindfulness training might help you become more conscious of your actions. Stop for a second when you catch yourself acting in a habitual manner. Consider your motivations for your actions. Spend some time considering your feelings. Be mindful of the little things. Every time this occurs, pause for a moment to bring your awareness to the present. You'll be able to stop the habit of seeking instant gratification the more you do this.

4. DEVELOP GRATITUDE.

One of the best ways to teach your brain to develop delayed gratification is to constantly remind yourself of all that you have. You realize you don't need the new things you've been desiring when you consider all the outfits you're already fortunate enough to own or the perfectly good car you already own. Be thankful that you have food to sustain your body rather than being angry because you only had a salad for lunch instead of a burger. When you are grateful, you naturally experience delayed gratification.

Do you ever wonder how our society's emphasis on instant gratification molds the way you and your loved ones think and behave? Delaying gratification might give you the power to refocus and recover the narrative of what really matters in your life.

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

Twitter's Public Health Risk

Anjana Susarla

Twitter's decision to no longer enforce its COVID-19 misinformation policy, quietly posted on the site's rules page and listed as effective Nov. 23, 2022, has researchers and experts in public health seriously concerned about the possible repercussions.

Health misinformation is not new. A classic case is the misinformation about a purported but now disproven link between autism and the MMR vaccine based on a discredited study published in 1998. Such misinformation has severe consequences for public health. Countries that had stronger anti-vaccine movements against diphtheria-tetanus-pertussis (DTP) vaccines faced a higher incidence of pertussis in the late-20th century, for example.

As a researcher who studies social media, I believe that reducing content moderation is a significant step in the wrong direction, especially in light of the uphill battle social media platforms face in combating misinformation and disinformation. And the stakes are especially high in combating medical misinformation.

MISINFORMATION ON SOCIAL MEDIA

There are three key differences between earlier forms of misinformation and misinformation spread on social media.

First, social media enables misinformation to spread at a much greater scale, speed and scope.

Second, content that is sensational and likely to trigger emotions is more likely to go viral on social



media, making falsehoods easier to spread than the truth.

Third, digital platforms such as Twitter play a gatekeeping role in the way they aggregate, curate and amplify content. This means that misinformation on emotionally triggering topics such as vaccines can readily gain attention.

The spread of misinformation during the pandemic has been dubbed an infodemic by the World Health

Organization. There is considerable evidence that COVID-19-related misinformation on social media reduces vaccine uptake. Public health experts have cautioned that misinformation on social media seriously hampers progress toward herd immunity, weakening society's ability to deal with new COVID-19 variants.

Misinformation on social media fuels public doubts about vaccine safety. Studies show that COVID-19

vaccine hesitancy is driven by a misunderstanding of herd immunity and beliefs in conspiracy theories.

COMBATING MISINFORMATION

The social media platforms' content moderation policies and stances towards misinformation are crucial for combating misinformation. In the absence of strong content moderation policies on Twitter, algorithmic content curation and recommenda-

tion are likely to boost the spread of misinformation by increasing echo chamber effects, for example, exacerbating partisan differences in exposure to content. Algorithmic bias in recommendation systems could also further accentuate global healthcare disparities and racial disparities in vaccine uptake.

There is evidence that some less-regulated platforms such as Gab may amplify the impact of unreliable sources and increase COVID-19 misinformation. There is also evidence that the misinformation ecosystem can lure people who are on social media platforms that invest in content moderation to accept misinfor-



The danger then is that not only will there be greater anti-vaccine discourse on Twitter, but that such toxic speech can spill over into other online platforms that may be investing in combating medical misinformation

mation that originates on less moderated platforms.

The danger then is that not only

will there be greater anti-vaccine discourse on Twitter, but that such toxic speech can spill over into other online platforms that may be investing in combating medical misinformation.

The Kaiser Family Foundation COVID-19 vaccine monitor reveals that public trust for COVID-19 information from authoritative sources such as governments has fallen significantly, with serious consequences for public health. For example, the share of Republicans who said they trust the Food and Drug Administration fell from 62% to 43% from December 2020 to October 2022.

In 2021, a U.S. Surgeon General's advisory identified that social media platforms' content moderation policies need to:

- ▶ pay attention to the design of recommendation algorithms.
- ▶ prioritize early detection of misinformation.
- ▶ amplify information from credible sources of online health information.

These priorities require partnerships between healthcare organizations and social media platforms to develop best practice guidelines to address healthcare misinformation. Developing and enforcing effective content moderation policies takes planning and resources.

In light of what researchers know about COVID-19 misinformation on Twitter, I believe that the announcement that the company will no longer ban COVID-19-related misinformation is troubling, to say the least.

By arrangements with The Conversation

Congress, TMC Members Walk Out Of LS, Demand Discussion On Sino-Indian Border Issue

Press Trust of India

New Delhi: Congress Lok Sabha MPs, led by party leader Sonia Gandhi, and Trinamool Congress lawmakers on Wednesday walked out of the House, accusing the government of not allowing a discussion on the sensitive India-China border issue.

As soon as the Question Hour ended, Congress' Leader of the House Adhir Ranjan Chowdhury demanded that a discussion on the "Indo-China border situation be held", saying late Prime Minister Pandit Jawaharlal Nehru had allowed a discussion in Lok Sabha on the India-China war in 1962.

"We have been demanding a discussion on India-China border situation. In 1962, when India-China war took place, Jawaharlal Nehru, in this House, had given 165 MPs chance to speak, and a decision was taken on what to do only after that," Chowdhury said.

Responding to the Congress leader's demand, Lok Sabha Speaker Om Birla said a decision will be taken on it in the meeting of the Business Advisory Committee.

As the Speaker went ahead with the proceedings of the House, the Congress, as well as the TMC, staged a walkout in protest and accused the government of not allowing a discussion on the India-China border issue.

TMC member Sudip

Bandyopadhyay, also raising the demand for a discussion in the House, said his party members were staging a walkout in protest against the "attitude" of the government.

Earlier in the day, Opposition members had walked out of Lok Sabha in protest against various issues.

As soon as the House met for the day, members from the Congress and the DMK wanted to raise certain issues.

One of the members displayed a printout with the words "Justice for Stan Swamy".

The Speaker told the protesting members that the Question Hour was important and it was for them. However, they sought to raise various issues.

Later, members of the Congress, DMK, NCP and the NC among others walked out of the House during the Question Hour. Some of them were heard shouting "nahi chalega (this will not do)".

Some of them, however, returned to the House after some time.

On Tuesday, a US-based forensic firm claimed that digital evidence used to arrest Jesuit priest Father Stan Swamy in the Bhima-Koregaon case was "planted" on his computer's hard drive.

Swamy, 84, who was accused in the Elgar Parishad-Maoist links case, died in July 2021, while waiting for interim bail on medical grounds.

EAM Jaishankar Discusses India's UNSC Experience, G20 Presidency With General Assembly President Kor Si

United Nations: External Affairs Minister S Jaishankar met President of the 77th session of the General Assembly Csaba Kor si and discussed India's tenure in the Security Council as well as the country's goals during its G20 presidency.

"Glad to meet @UN_PGA Csaba Kor si in New York. Discussed our UNSC experience, our G20 Presidency goals and importance of reformed multilateralism," Jaishankar tweeted Tuesday. India assumed the monthly rotating presidency of the Security Council as well as the year-long presidency of the G20 on December 1.

In a tweet, Kor si said it was "always a pleasure" to meet the Indian External Affairs Minister. "Discussed India's G20 Presidency & the ongoing monthly Presidency of the Security Council, UN reforms & maximising synergies on water."

Jaishankar also had a "good discussion" with Japan's State Minister of Foreign Affairs Yamada Kenji.

"As G4 members, India and Japan work together to advance reformed multilateralism. Spoke about the need to take forward IGN process more effectively," Jaishankar said, referring to the Intergovernmental Negotiations on UN Security Council reform.

Jaishankar arrived here Tuesday to preside over two signature events on counter-terrorism and reformed

multilateralism, held under India's current presidency of the UN Security Council, before the curtains come down this month on the country's two-year tenure as elected member of the powerful 15-nation group.

"Delighted to receive our External Affairs Minister, @DrSJaishankar during India's ongoing UN Security Council #UNSC Presidency. The Minister will be chairing India's signature events at the UN, alongside #bilaterals and significant side events," India's Permanent Representative at the UN Ambassador Ruchira Kamboj tweeted.

Jaishankar will chair the first signature event on December 14, which will be a ministerial-level open debate of the Security Council on New orientation for reformed multilateralism' under the item Maintenance of international peace and security'. Both Kor si and UN Secretary General Antonio Guterres will address the debate.

On December 15, India will organise a briefing of the Security Council on Global counter-terrorism approach principles and the way forward" under the Threats to international peace and security caused by terrorist acts'.

A concept note on reformed multilateralism issued by India ahead of the meeting said that the "world is not the same" as it was 77 years ago. The 193 member states

of the United Nations are more than triple the 55 that it had in 1945. However, the composition of the Security Council, responsible for global peace and security, was last fixed in 1965 and is far from reflecting the true diversity of the wider membership of the United Nations, it added. The concept note added that new global challenges have emerged during the past seven decades, such as terrorism, radicalism, pandemics and threats from new and emerging technologies.

"All of these challenges call for a robust multilateral response. The new orientation for reformed multilateralism envisages reforms in all three pillars of the current multilateral architecture peace and security, development and human rights with the United Nations at its centre," it said. A concept note issued ahead of the counter-terrorism meeting stressed that the menace of terrorism cannot be associated with any religion, nationality, civilisation or ethnic group.

"Terrorism in all its forms and manifestations must be condemned. There cannot be an exception or justification for any act of terrorism, regardless of its motivation and wherever, whenever and by whomsoever committed. The era of classifying terrorists as "bad", "not so bad" or "good" on the basis of political convenience must end immediately."

There Shouldn't Be Any Gap In Supply Of Clothing, Equipment To Troops In High-Altitude Regions: Par Panel

New Delhi: There should not be any "gap" in supply of clothing, equipment, ration and provisioning of accommodation for soldiers engaged in safeguarding the country's borders under difficult weather conditions in high-altitude regions, a high-level parliamentary panel said on Wednesday.

In its 55th report tabled in Lok Sabha, the Public Accounts Committee (PAC) pointed out inordinate delays in procurement of winter clothing for soldiers in high-altitude areas as well as implementation of the project for improving their housing conditions.

It also recommended urgent revamp of the approach towards procurement of high-altitude clothing, equipment, ration and housing facilities for the troops deployed in those regions.

Temperatures in some of the forward locations including in Ladakh drop up to minus 40 degree celsius during harsh winter months.

The PAC's report on 'Provisioning, procurement and issue of High Altitude Clothing, Equipment, Ration and Housing' noted that the audit found instances of delays stretching up to four years in procurement of clothing items from time to time.

In this context, the committee headed by Congress's Adhir Ranjan Chowdhury also referred to the setting up of an empowered committee in 2007 with full financial powers for speedy procurement

of clothing items for troops in high-altitude regions.

It also said that there was a need for separate allotment of financial resources for meeting requirements of the troops deployed in areas having extreme weather conditions.

"There were inordinate delays in receipt of contracted items from ordnance factories. Delayed procurement action and delayed receipt of contracted items as per audit observations led to acute shortage of essential clothing and equipment items and adversely affected timely issue of the same to the troops," the panel said.

"Health and hygiene of troops stationed at high-altitude areas was reportedly affected as a result of procedural delays, non-supply or supply of recycled or alternate items at the time of need," it said.

The committee also noted the "lack" of research and development by the defence laboratories and failure in indigenisation resulted in the prolonged and continued dependence on import.

"Special rations were to be given to the troops for alleviating certain physiological conditions that the troops face in high altitude inhospitable conditions," the report mentioned.

"However, audit findings revealed that substitutes in lieu of scaled items were authorised in a given percentage on a cost-to-cost basis which affected the quantity of calorie intake of troops," it said.

CONTD. FROM FRONT PAGE

Of Migratory Birds

But what steps have you taken to stop poaching?

We've local volunteers and informers alerting and updating us about the situation. Based on their tipoff, we depute teams to the sites of violation and seize hunting devices from poachers.

Due to this hyper-vigilance, the order has been restored in many wetlands. Someone living nearby the Hokarsar wetland told me lately that they no longer hear gunshots ringing around. But despite this difference, we can't say that poaching has been completely stopped.

But has any poacher been arrested this year?

No, but our teams are monitoring the situation and doing everything needed to maintain the order.

Is it true that the wildlife department is developing eco-spots for migratory birds?

Yes, in Hokarsar wetland, we've already developed an eco-spot for migratory birds. The same will be done for Hygam and Shalbugh.

But then, the condition of wetlands remains worrisome?

See, we're intensifying the initiatives to protect wetlands. We're developing eco-spots, eateries and parks for sightseers with an active public involvement. The aim is to engage locals and help them grow economically.

However, our main focus is on eco-restoration. We're deploying machinery and are reviving channels. We're axing the illegally-planted trees and retrieving a lot of land.

But won't these wetland works affect the ongoing migration?

No, not at all. In fact, the area under migratory birds is spreading. At Hokersar, at least 40,000 birds are present. The number of avian guests is also increasing in Soibugh and other areas. So, there is no disturbance.

But then, again, some areas of wetlands are without water?

Wetland ecology is another subject. It's not like Dal or Wular lake. Different birds need different types of wetlands. We're taking steps against siltation especially after the 2014 floods.

Srinagar Has Coldest

previous night, the official said. It was 0.2°C above normal for the world famous skiing resort in north Kashmir's Baramulla district, the official said.

In Kupwara town, the mercury settled at minus 2.8°C against 1.7°C on the previous night, the official said. It was 1.1°C below normal for the north Kashmir place, he said.

Jammu recorded a low of 6.4°C against 8.0°C on the previous night. It was 2.8°C below normal for J&K's winter capital, he said. Banihal recorded a low of 3.6°C (above normal by 1.9°C), Batote 3.5°C (0.2°C below normal), Katra 8.1°C (0.3°C above normal) and Bhadarwah 1.0°C (0.6°C above normal).

Ladakh, Leh recorded minus 11.5°C and Kargil minus 11.3°C, the official said. The Met department has forecast mainly dry weather till December 21. (GNS)

SC To Consider

1970 — which dealt with the issue of Article

370 conflicted each other and therefore, the current bench of five judges could not hear the issue.

Disagreeing with the petitioners, the bench had said it was of the opinion that "there is no conflict between the judgements".

Will Not Beg

in the Union territory, he added.

"We will see to it whenever elections take place. But I have been saying this, we will not beg for these elections," Abdullah said.

The former Jammu and Kashmir chief minister said the NC would be ready whenever the Centre decides to conduct polls in the Union territory. The party is ready, but "we will not beg for it", he said.

"BJP members are scared, they do not have the courage to conduct the elections. Let them find the courage, plunge into the fray and then we will see where people stand," Abdullah added.

Asserting that the party's public meetings were not a signal to its workers that the elections were approaching, the NC vice-president said party leaders were meeting with workers in an endeavour to strengthen the organisation, identify loopholes and plug them.

On criticism over his remarks on Tuesday that the NC will revoke the stringent Public Safety Act (PSA) after it forms the government in Jammu and Kashmir, Abdullah asserted that he had not said anything new.

"I have been continuously saying it for the last few years. I think I said it in the 2019 parliamentary polls as well, and I stand on this. When the NC forms the government, we will remove this law from the statute," he added.

On the government's latest order asking all outgoing lessees to immediately handover possession of the land taken on lease, the NC leader said it was very "unfortunate".

"I understand the leases have expired and they (government) want to renew those leases, but those people who have kept these institutions, structures, and businesses running in very difficult times, they should get first priority.

"Let the government fix the rates, ask the lease holders to renew at such rates, and if they cannot do that, then let the government look out for others. How is it justified that you want to vacate them from there first," he asked.

The government aims to vacate them as it wants to bring people from outside, Abdullah claimed.

Next Elections

elections will be conducted in a peaceful atmosphere as hartals and stone-pelting have become a thing of the past.

However, he said, attempts from Pakistan to push terrorists into India and revive terrorism in peaceful areas are continuing. But police and other security agencies are alert to the threat and are foiling their designs.

Singh was talking to reporters after inaugurating two newly-constructed buildings to be used as a police station and residential quarters for policemen at Loran in the border district of Poonch.

"All elections in the past five years were conducted peacefully and so the coming elections will also take place in a peaceful atmosphere," the police chief said, responding to a question about assembly elections likely to take place next year.

Jammu and Kashmir had witnessed by large peaceful polling in parliamentary, panchayat and urban local bodies elections in 2019 followed by first-ever district development council elections the following year.

Though the election commission is yet to

fix a date for assembly polls in Jammu and Kashmir, there are indications suggesting that the voting might take place next year.

Panchayat and urban local bodies elections are also completing their full term next year and the state election commission has already called for revision of panchayat electoral rolls.

"The situation is very good and we are hopeful that it will improve further with time. People are not facing any hardship. There is no highhandedness from police or any other security forces and we are also ensuring that there is no interference in the day-to-day activities of the public from any side," the DGP said.

He said hartals (strikes), stone-pelting and closure of schools and colleges have become a thing of the past and today, the youngsters are focused on their studies, career building and they are getting good jobs.

"People are performing their normal activities without any threat or fear," Singh said.

Asked about the situation in Poonch and Rajouri, the police chief said, "Since the two districts share the border with Pakistan, there are continuous attempts from across the border to push terrorists and revive militancy in peaceful areas." "Pakistani agencies are continuing with their immoral activities and are trying to spread terrorism to peaceful areas. Infiltration attempts are continuing and sometimes they are able to cross the border successfully," the DGP said.

He said the two districts witnessed long search operations after the successful infiltration from Pakistan last year.

"This year, we conducted a number of successful operations to scuttle infiltration attempts. The conspiracy from across the border is to revive terror activities by pushing Pakistani terrorists but security forces are alert and certain elements who managed to sneak in were neutralised," Singh said.

Lauding the residents of Loran, he said they did not allow a foothold to terrorists when militancy was alive in Poonch.

"We had a meeting with the panchayat representatives and our discussion was focused on the attempts from Pakistani agencies to revive militancy," he said, adding that the stooges working for the enemy are being neutralised from time to time to maintain peace.

He said the public representatives also raised minor issues related to their developmental needs which will be taken up with the concerned civil authorities. (PTI)

Changes In Land

land lease holders in Jammu and Kashmir being asked to return the possession to the government.

Sings said 40 to 45 per cent litigation in the Union Territory was due to land records.

"We have carried out digitisation of the land records. Once the process is complete, the people here can live in peace," he added.

Reviews Work

briefed the LG on the progress of works pertaining to different departments including power, water supply and other additional works.

Chief Secretary Dr Arun Kumar Mehta, Divisional Commissioner Kashmir Pandurang K Pole, ADGP Kashmir; Vijay Kumar, Commissioner/Secretary to Government, Revenue Department Vijay Kumar Bidhuri, Deputy Commissioner Baramulla Dr Sehrish Asgar, Deputy Commissioner, Bandipora Dr Owais Ahmad, and other concerned officials were present.

UN Chief Calls

briefing in Beijing on Tuesday said the two sides have maintained smooth communication

on boundary-related issues through diplomatic and military channels.

It is the first major clash between the Indian and Chinese armies since the fierce face-off in the Galwan Valley in June 2020 that marked the most serious military conflict between the two sides in decades.

This is also the first major incident at the border after Chinese President Xi Jinping was re-elected for an unprecedented third five-year term at the once-in-a-five-year Congress of the ruling Communist Party of China (CPC).

The Friday clash took place even as both countries held 16 rounds of talks between their commanders to resolve the standoffs at various points since the eastern Ladakh border standoff which erupted in May 2020, following a violent clash in the Pangong lake area.

The last round of talks was held in September during which both sides agreed to disengage their troops at Patrolling Point 15 in the Gogra-Hot Springs area.

India has been consistently maintaining that peace and tranquillity along the LAC are important for the overall development of bilateral ties.

5 Principals Given

Halmathpora Ali Mohammad has been assigned the look after charges of CEO Bandipora, while Principal HSS Khawas, Chaman Lal Sharma has been assigned the charge of CEO Baramulla.

Similarly, Sushma Koul and Vinod Kumar Jad, currently posted at the Migrant Cell Jammu have been assigned the charges of CEO Pulwama and CEO Srinagar, respectively.

Ramesh K Hakim, presently posted at HSS Camp Purkhoo, Jammu has been assigned charge of CEO Anantnag, as per the order. Ram Paul Sharma currently posted at HSS Malnoo, has been assigned the look after charge of Principal District Institute of Education and Training (DIET) Kulgam.

However, the officer(s) assigned look after charge shall not be entitled to charge allowance. The arrangement is purely temporary and shall not confer any right upon the officers to claim seniority, placement, promotion or regularization which shall be strictly made as per the rules and in order of seniority and availability of vacancy," the order reads.

It further adds that the arrangement will be without any prejudice to the outcome of writ petitions, if any, pending consideration before the Court (s) of competent jurisdiction.

"It is further ordered that the officers shall exercise DDO Powers in addition to the administrative powers," the order adds.

Govt Shifts 7

as General Manager, DIC, Kupwara, against an available vacancy.

Ms. Naeem Ul Nisa, JKAS, Sub-Divisional Magistrate, Surankote, Poonch, holding additional charge of Sub Registrar, Poonch, has been transferred and posted as Assistant Commissioner Panchayat, Poonch.

Syed Altaf Hussain Musvi, JKAS, Assistant Commissioner Panchayat, Bandipore, has been transferred and posted as Sub-Divisional Magistrate, Gulmarg.

Rizwan Asgar, JKAS, Assistant Commissioner Panchayat, Shopian, has been transferred and posted as Sub Divisional Magistrate, Surankote. "He shall also hold the charge of the post of Sub-Registrar, Surankote, in addition to his own duties, till further orders," the order issued by Dr Piyush Singla, Secretary to the government reads.

Bashir Ahmad Lone, JKAS, Sub-Divisional Magistrate, Sumbal, has been transferred and posted as General Manager, DIC, Kulgam,

relieving Shurjeel Ali Naiku, JKAS, Assistant Commissioner Panchayat, Kulgam of the additional charge of the post.

Umesh Shan, JKAS, Assistant Commissioner Panchayat, Reasi, has been transferred and posted as Deputy Director, Tourism, Jammu, against an available vacancy.

Aamir Choudhary, JKAS, BDO, Nowgam, has been transferred and posted as Sub-Divisional Magistrate, Sumbal, reads the order issued Tuesday.

SIU Searches

residential houses of two accused involved in a case registered under various sections of IPC, Arms Act, and UAPA.

The search was conducted in the residential houses of Shahbaz Ahmad Thoker, a resident of Waghama Bijbehara and Subzar Ahmad Ganie, a resident of Marhama Halimpora Bijbehara.

During the searches, the Special Investigation Unit (SIU) Anantnag gathered relevant information and the role of these accused in the commission of the crime is being examined. Proper SOPs were followed during the raids, the officials said.

These raids are carried out to eliminate the terror ecosystem in the district by identifying various over-ground workers and supporters of terrorism. These raids will continue in future also for the logical conclusion of all UAPA cases, they added.

2 Women

case had been registered upon a written communication received from Director Handicrafts, Kashmir wherein it was alleged that Ex-Manager Massive Carpets Scheme, Handicrafts Department filed a writ petition before the High Court.

"Among other issues, the petitioner raised doubt against the qualification and age of other employees of Massive Carpet Scheme. Accordingly Case FIR No. 21/2020 was registered in Police Station Crime Branch Kashmir and investigation was set into the motion," it reads.

It further reads during the course of investigation, it came to fore that the entry in service book as fake date of birth and other circumstances clearly established and proved that the accused joined the department of Handicrafts on the basis of fake and fabricated date of birth certificates.

"Offences under section 420, 467, 468, 471, 201 were established and accordingly a chargesheet was produced before the court of City Judge Srinagar," it reads.

IED Defused

the traffic was halted and the movement of people was restricted, however Bomb Disposal Squad was rushed to the spot.

"The Bomb disposal team destroyed the IED without causing any harm and traffic was restored subsequently. The alertness of security forces prevented occurrence of any untoward incident," the spokesperson added.

Search Ops

information, Police along with Army immediately launched a joint search operation in the village and adjoining areas but there was no trace of the suspected persons so far, they said.

The officials said the operation was in progress when the last reports were received.

Ladakh University

(Friday) to 15th February 2023 (Wednesday). The non-teaching office staff of UOL's Administrative Offices and Campuses as well as those of

Constituent Degree Colleges, however, shall remain on duty during the winter vacation.

Army Starts Work To Open Uri Road To End 8 Yrs Wait Of LoC Village



Agencies

URI: People in this border town on Wednesday said that the army has started construction of a road which was damaged by 2014 floods and expressed optimism that the same would be completed soon so that they get relief after eight years of wait.

The locals said that the road in Gowalta village along the LoC was damaged in the floods but the authorities concerned failed to open it despite requests.

They said that they had been requesting the PMGSY Department and others to open the road but to no avail.

Locals said a huge population of the area remained disconnected from Tehsil Headquarter due to the closure of the road and suffered badly during all these years.

"Now that the work has been started, we hope that the army's 12th Infantry Brigade Uri will complete the road at the earliest." (GNS)

Vikar Rasool Involved In Militancy, Hawala Cases: Azad's DAP

Agencies

SRINAGAR: Leveling serious allegations against PCC president Vikar Rasool, Democratic Azad Party (DAP) on Wednesday said that he is involved in militancy and Hawala cases.

A spokesman of DAP, Sujada Bashir told reporters Wednesday that PCC president Vikar Rasool is involved in militancy and Hawala cases.

"Vikar Rasool has become unnerved. Whenever Azad Sahib speaks, he becomes frustrated. He doesn't remember his own scandals. A Hawala case is

against him. We had requested the NIA to probe the case. Even he is involved in militancy cases," Sujada claimed.

Vikar has been frequently targeting the Azad-led group and accused it of being BJP's creation.

Two days ago, Ghulam Nabi Azad said that he as a Chief Minister of Jammu and Kashmir had sent a report to the then Prime Minister of India Dr Manmohan Singh and Union Home Minister, Shivraj Patil about the links of some political leaders of the State with the militants but the Central leadership took no action in this regard

DAP Welcomes SC's Decision On Listing Art-370 Petitions

Observer News Service

JAMMU: Democratic Azad Party led by former Chief Minister Shri Ghulam Nabi Azad hailed the Supreme Court decision to have an early hearing on the pleas challenging Article 370 abrogation by the Union Government in August 2019, revoking the special status enjoyed by Jammu and Kashmir.

In a statement issued here, DAP spokesman Salman Nizami said that the party is welcoming the decision of the Supreme Court.

The spokesman said that our party Chief Mr Ghulam Nabi Azad even has been stressing for it from day one. "We believe that the Supreme Court would give justice to the people of Jammu & Kashmir and safeguard their interests."

Anti-Encroachment Drives Held At Many Places In Anantnag

Observer News Service

ANANTNAG: Continuing the drive against illegal encroachments on State and Kahcharie land, multiple land retrieval drives were held in the district on Wednesday.

The drives were held on the direction of Deputy Commissioner Anantnag, Dr Basharat Qayoom. Braving the cold, one drive was held in Larnoo area of Kokernag sub division. Teams led by SDM Kokernag Er Sarib Sehran accompanied by Tehsildar and other revenue officials removed encroachments on 3 kanals of state land.

The SDM said that retrieved land can be used for development of public infrastructure. He appealed to the people to desist from encroaching on state & kahcharie lands and reiterated directions to field officials to immediately flag

such encroachments so that necessary action shall be taken.

A drive was also held at Keherpura Kokernag led by Tehsildar Kokernag in which 3 kanals of state land were retrieved. A board has also been installed at the site to prevent further encroachment and earmark land available for developmental purposes.

Similar drive was held in the Pahalgam area where the team headed by Tehsildar Pahalgam, Mohd Hussain retrieved 10 kanals of state land. He said that several such drives have been held in the previous months and a significant quantum of land has been retrieved and made available for public works.

He said that strict directions have been passed to lumberdars and chowkidars for flagging encroachments and responsibilities shall be fixed on delinquent officials in case of violation.

CITU Urges Working Class To Oppose Government's 'Anti-Labour, Anti-People' Policies

Press Trust Of India

JAMMU: The Centre of Indian Trade unions (CITU) on Tuesday at its sixth state conference here urged the working class to oppose the "anti-labour and anti-people policies of the Narendra Modi government".

According to a CITU spokesperson, the conference deliberated upon various issues and problems confronting the working class and expressed determination to intensify struggles to fight the "anti-working class policies of the government".

The national president of CITU, Hemlata, in her inaugural address claimed that the BJP government

at the Centre "was working for the capitalist and big business houses" whose profits have increased multiple times while the working class are facing unemployment and exploitation.

She called upon the workers to participate in the Kisan Mazdoor Rally in Delhi on April 5 next year.

Expressing concern over the government's "failure" to fulfil its promise of regularizing daily wagers and casual labourers in various departments, the CITU national president said these people are suffering due to non-payment of wages. MY Tarigami stressed the need for increasing organizational strength to fight these challenges.

Satellite Townships, Housing Colonies Will Accelerate Economic Activities In J&K: LG

Lays Foundation Of 'Shehjar Heights' In Bemina

Observer News Service

SRINAGAR: Lieutenant Governor Manoj Sinha on Wednesday laid the foundation stone of Srinagar Development Authority's Satellite Township at Rakh Gund Aksha & a Housing Colony at Bemina, Srinagar.

Congratulating the SDA officials for developing first of its kind satellite township in Kashmir division, the Lt Governor said the new initiative is aimed to decongest the city and to meet the needs of affordable homes for growing population.

The housing colony 'Shehjar Heights' is a symbol of aspiration of the middle class. The two projects will not only provide quality and valuable space for families but also become the driver of economic development and unlock the potential of local economies, he added.

The Lt Governor emphasized on accelerating the speed and scale of the development to meet the requirements of the increasing population. He directed the H&UDD to conduct periodic review of the projects to ensure that these projects are completed within the timeframe.

The township shall be self-contained with building infrastructure for businesses, offices, commercial & institutional buildings, hotels and other facilities designed to make living and working comfortable, added the Lt Governor.

It is pertinent to mention that a Medicity and a new High Court Complex are coming up adjacent to the township that will make the whole area another bustling centre of activity in the vicinity of Srinagar. The Township will also have clusters of planned housing with neighbourhood level health and education facilities. "Shehjar Heights" Housing Colony at Bemina will have peripheral road network with pavements, club house with swimming pool and gymnasium, community hall, shopping mall.

Highlighting the efforts of



the government to rejuvenate the urban landscape in the UT, the Lt Governor said, cities and towns of J&K are experiencing a transformational urbanism that has been achieved through excellence in infrastructure planning and execution and stimulated local development.

The ongoing transformation in Srinagar, Jammu and their neighbouring towns is the harbinger of sustainable development, the Lt Governor said.

Observing that Housing is the most important component of city's development and also defines the culture of that city, the Lt Governor stressed that infrastructure being developed must reflect our cities' aesthetic and cultural values.

Satellite townships & housing colonies will accelerate economic activities in J&K, supplement our efforts to overcome challenges of urbanization and provide better housing facilities to the people. It will also generate large-scale skilled & unskilled employment, he added.

Seamless service delivery, housing and infrastructure development as per people's needs should be a major component of the master plan. We also need to change our approach and special attention

should be paid to fulfil needs of the citizens living in towns, the Lt Governor noted.

The Lt Governor also called upon the elected public representatives and common citizens to play their important role in the successful conduct of G20 presidency events. He also sought suggestions from them to make the visit of delegates and people coming from across the world memorable.

Junaid Azim Mattu, Mayor SMC and Dr Arun Kumar Mehra, Chief Secretary also spoke on the occasion and underscored the need to develop satellite townships and housing colonies to meet the growing housing requirements of the urban population.

Dheeraj Gupta, Principal Secretary to the Government, Housing & Urban Development Department, briefed on the newly launched housing projects.

Aftab Malik, DDC Chairperson Srinagar; Pandurang K Pole, Divisional Commissioner Kashmir; Mohammad Aijaz, Deputy Commissioner Srinagar; Athar Aamir Khan, Commissioner SMC; Dr Haris Ahmad Handoo, VC Srinagar Development Authority and other senior officers from Banks, Police and Civil Administration were also present on the occasion at Kashmir Convention Centre.

Prescribe Antiviral Drugs, Not Antibiotics For Flu: DAK To Doctors

Observer News Service

SRINAGAR: With surge in number of flu cases in Kashmir valley, Doctors Association Kashmir (DAK) on Wednesday advised doctors to prescribe antiviral drugs for flu patients.

"Doctors should prescribe antiviral medication to flu patients as early as possible and should not wait for the lab test results as delay could be fatal," said DAK President and flu expert Dr Nisar ul Hassan.

Dr Hassan said antivirals work best for treatment when they are started within 48 hours of onset of illness.

"However, starting them later can still be helpful," he said.

The DAK President said antiviral treatment is recom-

mended for any patient with confirmed or suspected flu who is hospitalized or has severe progressive illness or is at higher risk for developing flu-related complications. People at high risk for complications include children, elderly, pregnant women and those with underlying medical conditions.

Antivirals can also be considered on the basis of clinical judgment for those who do not have risk for severe illness.

"Currently, oseltamivir is the most effective antiviral drug for all circulating flu viruses which includes H3N2, H1N1 and influenza B viruses," he said adding "the drug can be safely given to pregnant women and infants aged 2 weeks and older."

Dr Nisar said despite antiviral medicines offer life-saving benefits to flu patients, they are unfortunately under prescribed.

Clinicians continue to dole out unnecessary antibiotics for flu patients, even though antibiotics do not have activity against viruses.

You go to a doctor with runny nose, sore throat or cough, you will walk away with a prescription for antibiotics.

People who come down with flu are asking their doctors for antibiotics. They have a misconception that antibiotics help to get over flu more quickly.

"Antibiotics for flu are not only inappropriate but also put patients at risk for antibiotic-resistant infections," he said.

DC Ganderbal Chairs Coordination Meeting With Police

Observer News Service

GANDERBAL: Deputy Commissioner Ganderbal, Shyambir Wednesday chaired a meeting of Revenue and Police department to discuss various issues pertaining to District Police Ganderbal.

At the outset, brief discussion was held on various issues including land transfer cases, security to protected persons, illegal mining, security to revenue officers and drug de-addiction activities.

After a thorough discussion the DC asked the SSP Ganderbal to provide sufficient protection to the protected persons and government officers in the district.

To curb the illegal mining, police department was asked to put up nakas at identified locations and take strict action against persons involved in illegal mining as per law.

While discussing the Rev-



enue cases, the ADC said that revenue papers are submitted to the SSP office for authentication and other formalities for which the DC asked the SSP to process the cases at an earliest.

Regarding drug abuse activities, the SSP Ganderbal said that police department is organizing awareness pro-

grammes and other activities regularly in collaboration with other departments besides strict action is initiated against drug peddlers.

The meeting was attended by SSP Ganderbal, Nikhil Borkar, ADC, Mehraj-ud-Din Shah, DySP, Tehsildars, SHOs and other concerned.

Digvijaya Singh In Jammu To Oversee Preps For 'Bharat Jodo Yatra'



Press Trust Of India

JAMMU: Senior Congress leader and former Madhya Pradesh chief minister Digvijaya Singh arrived here on Wednesday for a two-day visit to oversee preparations for the party's 'Bharat Jodo Yatra' march in Jammu and Kashmir.

According to the Congress, the Rahul Gandhi-led yatra from Kanyakumari is likely to enter the Union territory in the third week of January.

Singh, a member of Rajya Sabha who is looking after the preparations for the yatra, was received at the Jammu airport by senior Congress leaders

led by former minister Yogesh Sawhney, chief spokesperson of the Pradesh Congress Committee Ravinder Sharma said.

He said Pradesh Youth Congress president Bhanu Chib and Seva Dal chief Sahil Singh Langleh were also present at the airport.

Gandhi will spend eight days in Jammu and Kashmir during the final phase of the yatra, which started from Kanyakumari on September 7 to mobilise public support against the politics of "fear, bigotry and prejudice" and the economics of livelihood destruction, increasing unemployment and growing inequalities, the party said.

Apni Party's Unambiguous Agenda Gained Public Acceptance: Bukhari

Observer News Service

SRINAGAR: An eminent social personality from north Kashmir's Wagoora Baramulla Shabir Ahmad Shah joined Apni Party in presence of Party President Syed Mohammad Altaf Bukhari and other top leaders prior to the party's convention organized at Wagoora on Wednesday.

According to a press release, the party leaders gave Shabir Ahmad Shah a warm welcome into the party fold and assured him that the entire leadership will be behind him when he is out there to serve the people in his area.

On this occasion, Syed Mohammad Altaf Bukhari expressed his pleasure over Shah's joining into the party. He said, "It is a great pleasure to greet people like Shabir Ahmad Shah into Apni Party. He is a well-known personality and people respect him for his helping behavior, and I am sure that after joining Apni Party he will be more active in terms of serving his people. Also, his presence in the party will strengthen our cadre in Wagoora further. I would like to advise him to start his political activities and public outreach in order to get connected with his people to work for their interests."

He expressed his satisfaction over the joining of new members into the party fold from across J&K.

He said, "Apni Party has the distinction of being the only party in J&K that gained public acceptance in the shortest period of time after it was established. The way people, mostly reputed political leaders and activists, from each and every corner of J&K have been joining our hands for past more than two years indicates that people trust our clear-cut agenda and policies."

Addressing the party convention, Syed Mohammad Altaf Bukhari reiterated Apni Party's vision for a better future for Jammu and Kashmir and its people. He said, "Apni Party holds a candid agenda and policy for a better future of J&K and its people. Since its inception, Apni Party is working to create a peaceful atmosphere in J&K as we believe that only a peaceful environment will help us to pave a way for the prosperity and devel-

opment of this place, and prosperity and development will eventually enable people to have political and economic empowerment."

He urged people to help create peace and stability in J&K so that prolonged instability and turmoil could be put to an end here. He said, "We must understand that fact that people of J&K cannot afford further bloodshed and destruction on this land. Violence has destroyed our generation and now the future of our youngsters is also at stake. Our youth cannot prosper and we cannot create better opportunities for them unless we have peace and stability here. Violence and hate politics only fetches miseries to people."

He added, "We can achieve everything that is required for a better future through peaceful means. Peace will fetch us everything that is needed for a safe and prosperous future for our young generation. Thus, we must strive for peace and stability here."

Besides Syed Mohammad Altaf Bukhari, the prominent party leaders who were present on the occasion included the party's Senior Vice President Ghulam Hassan Mir, General Secretary Mohammad Rafi Mir, Provincial President Mohammad Ashraf Mir, Chief Spokesperson Javid Hussain Baigh, former legislator Yawar Mir, District President Baramulla Khurshid Khan, Co-ordinator north Kashmir Fazl Beigh, Shabir Ahmaad Shah, Vice District President Mehmood Beigh, Vice District President Dilshad Ahmad Malik, District President Baramulla for the party's Youth Wing Irfan Ahmad, Ghulam Mohammad Dar, BDC Baramulla, and District President Women's Wing Ms. Shamshada, Sarpanch Bandi Payeen Ghulam Nabi, Sarpanch Muqaam Fayaz Ahmad Gana, and others.

Man Dies After Bike Rams Wall In Bandipora

SRINAGAR: A motorcyclist died after his bike rammed into a wall in North Kashmir's Bandipora district.

Sources told news agency Kashmir News Trust that a biker identified as Talib Ahmed Bhat, a resident of Bagh Bandipora sustained

critical injuries after the bike he was riding rammed into a wall.

The victim was shifted to District Hospital Bandipora where he succumbed to his injuries.

Police in this regard have registered a case under relevant sections of law.

NIC Shopian Holds Training Programme On Revenue Services

Observer News Service

SHOPIAN: Following the directions of Deputy Commissioner Shopian, Sachin Kumar Vaishya, one day training programme was conducted on Wednesday by NIC Shopian on online revenue services including issuance of Income, RBA, SC, ST, OSC/ALC and Character certificates.

The Training was imparted to Naib Tehsildars, Girdawars and Patwaris of the district by District Informatics Officer Shopian, Ishfaq Ahmed and other staff of NIC.

Training regarding ensuring quick and efficient disposal of issuance of Certificates to facilitate the general masses of the district was imported to the participants.

JKFA Invites Valley Clubs To Meet Chief Secretary

Plans to raise issue of departmental teams

Observer News Service

SRINAGAR: The Jammu & Kashmir Football Association (JKFA) on Wednesday invited all top-flight clubs of the Valley to meet Chief Secretary J&K Arun Mehta to discuss various grievances.

The CS' presence has been organised by Secretary J&K Sports Council Nuzhat Gul, who will also be part of the grand scale meeting today, December 15, at 4:00 PM at Synthetic Turf TRC.

"This is to inform all the management and players of Premier Division, Super Division and A Division clubs that they are informed to report tomorrow that is Thurs-



day 15th of December at 4:00 PM at Synthetic Turf TRC Ground. Secretary J&K Sports Council Nuzhat Gul has invited Chief Secretary of J&K UT Arun Kumar Mehta to the meeting to address several grievances," the JKFA said in a statement.

"The meeting is regarding the development of football and other important factors. Chairman JKFA Wasim Aslam has also been long advocating revival of departmental teams. Many key issues and obstacles pertaining to football especially of departmental teams like J&K Forest, J&K RTC, Food & Supplies, etc., will be discussed, the statement concluded.

Grand Warriors Academy Trainees Selected For Pro Kickboxing League

Adil Khan

SRINAGAR: The first-ever Pro Kickboxing League trials were held on 13th December at the Indoor Sports Complex Shadipora, Sumbal. The trial was organized by District Ganderbal Kickboxing Association in collaboration with Ali Sports Academy under J&K WAKO Kickboxing Association. A large number of kickboxers from the Valley participated in the trials.

Adnan Ali and Yawer Abbas of Grand Warriors Academy of Martial Arts were selected for the Pro Kickboxing League.

While talking to Kashmir Observer, Grand Warriors Academy coach said: "I am very happy that our two players have been selected for the Kickboxing League. These types of events will help all the players financially as some players couldn't participate at



National and international levels due to financial issues."

"We are also thankful to Rouf Ahmad, Secretary LP School who has given us space for the training purpose," he added.

The top 16 players will fight for the title of Pro Kickboxing Champion of UT J&K.

According to the organiser, the winner (Gold Medallist) will receive a Rs 40,000+Belt+Full month protein diet, while the Runner-Up (Silver Medallist) will be awarded Rs 10,000+Belt+Full month protein diet. The 3rd

'Messi, Messi, Messi': Argentina Erupts After Team Reaches World Cup Final



Agencies

BUENOS AIRES: The streets of Argentina turned into a party Tuesday as the national team beat Croatia by a comfortable 3-0 and earned this soccer-crazed South American country a spot in the World Cup final.

Fans poured onto the streets of the capital of Buenos Aires as soon as the match ended, with people waving Argentina flags out of their cars while others jumped and sang in joy amid a sea of wearing the national team's jersey.

Earlier, Buenos Aires had come to a standstill on what was a scorching summer afternoon as fans packed cafes, restaurants and public plazas, where giant screens followed the exploits of the Lionel Messi-led team.

"I'm in complete ecstasy," said Emiliano Adam, 31, who

works at an advertising agency and was celebrating in the streets of Buenos Aires while wearing the country's flag as a cape. "This is the first match that didn't make me suffer, the first time I could enjoy a match from beginning to end."

Argentina will now play the last match of the World Cup against either France or Morocco, who are facing off Wednesday.

With that final match still days away, Tuesday turned into a day of joy as thousands of people descended on the capital's iconic Obelisk.

The agonizing start of the tournament for Argentina was followed by a string of victories that have brought some much-needed joy to a country stuck in an economic standstill with one of the world's highest inflation rates, closing in on almost 100 per year, and where close to four of every 10 people live

in poverty.

In a traditional café in the Buenos Aires neighborhood of Palermo, those who had been nervously staring at the television screen exploded in jubilation when Messi scored a penalty kick, ending what had been an agonizing goalless 33 minutes. "Messi, Messi, Messi," the crowd started chanting as they moved their arms in a worshiping ovation.

It was only five minutes later, before the crowd had even had a chance to cool down that Julián Álvarez scored an impressive goal, taking the score to 2-0.

By the second half, the crowd was ecstatic and when Álvarez, with an assist from Messi, scored a third goal, the joy overflowed with people jumping on chairs, kissing and hugging.

"Holding Messi by the hand, we're going to go all the way," the crowd chanted. (AP)



Pujara Misses On 100 As India Score 278/6 On Day 1

Press Trust of India

CHATTOGRAM: Cheteshwar Pujara injected a fresh lease of life into his uncertain international future with a dogged 90 while Shreyas Iyer enjoyed a reprieve to remain unbeaten on 82 in India's underwhelming opening day score of 278/6 against Bangladesh in the first Test.

Pujara missed out on a Test hundred as he was bowled neck and crop by a beauty from left-arm spinner Taijul Islam (3/84) but not before seeing India out of danger with a 149-run fifth-wicket stand with Iyer.

Mehidy Hasan Miraz (2/71) dismissed Axar Patel off the last delivery of the day to wrest the initiative back for the hosts who would like to restrict India around a total of 300 runs on a track that wasn't bad for batting.

Credit should also be given to Rishabh Pant (46 off 45 balls) whose counter-attacking knock was of immense value as he was the first one to hold the opposition by the scruff of its neck after skipper KL Rahul (22), Shubman Gill (20) and Virat Kohli (1) were dismissed cheaply within the first 90 minutes of play. Till Pant was at the crease, it seemed like he was battling on a different track. Honours were shared on the opening day with Islam emerging as the hero for Bangladesh and showing he has the potential to come out of the shadows of his more illustrious skipper Shakib Al Hasan.

He bowled a couple of classical left-arm spinner's deliveries to get rid of Kohli in the first hour and Pujara in the final half hour to negate the advantage that India had gained after the fall of three wickets.

Journalist Wahl Died Of Aortic Aneurysm At World Cup

Press Trust of India

NEW YORK: Grant Wahl died of a ruptured blood vessel when he was stricken while covering a World Cup match last weekend, according to an autopsy of the well-known American soccer writer.

Wahl's wife, Dr. Céline Gounder, said Wednesday that an autopsy was conducted by the New York City Medical Examiner's Office.

"Grant died from the rupture

of a slowly growing, undetected ascending aortic aneurysm with hemopericardium," she wrote on her husband's website, referring to the wall that surrounds the heart.

"The chest pressure he experienced shortly before his death may have represented the initial symptoms. No amount of CPR or shocks would have saved him. His death was unrelated to COVID. His death was unrelated to vaccination status. There was nothing nefarious about his death."



Bun Maska



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