

## Take Precautions As Cardiac Arrest Cases Rise In Freezing Cold

**Auqib Javeed**

Srinagar: Amid intensifying chill across the valley, the hospitals in Kashmir are witnessing an increase in footfall of cardiac arrest patients. The health experts in the valley maintain that chill intensifies risk of heart attacks, stroke and other diseases and advised people to take more precautions. They said not only elderly people, but young and healthy

individuals also come to hospitals with massive heart attacks and strokes. Dr. Irfan Ahmad Bhat, senior cardiologist at Shri Maharaja Hari Singh (SMHS) hospital told Kashmir Observer that they people need to understand that in order to keep the body warm during winters the work of the heart doubles. "But this is not happening in the valley only, wherever you have harsher winters, the heart attacks are more," Dr. Irfan



told Kashmir Observer. He further said chill narrows the blood vessels and arteries of the heart as a result the

flood flow is less to the heart. "The Blood pressure also shoots-up during winters, which affects the heart," he added. The patients who are prone to heart attack, according to doctors are—Diabetic, Blood pressure, smokers and people above the age of 60 years. According to officials from SMHS, the territory care hospitals witness 16 to 20 cardiac arrest cases every day, same is the case with Sher-i-Kashmir Institute of

Medical Sciences (SKIMS). Dr. Hilal Ahmad Rather, HOD Cardiology SKIMS said that they usually witness more cases of heart failure and stroke during winters. He, however argues that there is no such research done by anyone to know why more heart attacks in winters but maintains that cold is a risk factor for heart attacks and strokes. "Sedentary lifestyle, peculiar Dietary habits during winters might be the **More on P6**

### Snowfall Likely At Isolated Places Today



**Press Trust Of India**

**Srinagar:** Cold wave conditions intensified in Kashmir as the mercury fell across the Valley and settled several notches below the freezing point, even as there is a possibility of intermittent light to moderate snowfall at scattered places over two days from Thursday, officials said. The intense cold led to water supply lines freezing in several areas. The interiors of Dal Lake and several other water bodies in the Kashmir Valley also froze, the officials said on Wednesday. The minimum temperature in Srinagar settled at minus 5.6 degrees Celsius -- down from minus **More on P6**

## Forces Put On High Alert After Jammu Encounter

Police Says 4 Terrorists Gunned Down In Chance Encounter



**Observer news Service**

**Jammu:** Security forces have been put on high alert across the Jammu region, particularly on the highway, after four heavily armed militants were gunned down on

Wednesday, officials said. The counter infiltration grid has been put on high alert and security has been tightened in the region's border areas. Four terrorists, travelling in a truck to **More on P6**



A tourist couple taking selfie near a frozen water body in the famous hill station of Sonamarg on Tuesday. KO Photo, Abid Bhat

### SIT Files Charge-Sheet In Ex-DGP Lohia's Murder Case

**Observer News Service**

**Jammu:** The Special Investigation Team (SIT) of Crime Branch on Wednesday produced charge-sheet against a man in connection with the sensational murder of former DGP Prison H K Lohia here in this winter capital in October this year. The charge-sheet was produced against Yassir Ahmed of Halla Dandath Ramban in connection with a case FIR No. 345/2022 registered at the Police station Domana on October 3, this year, a police spokesperson said. Nine days after the murder, he said, the investigation of the case was **More on P6**

### Truck Had Fake Number Plate: ADGP

The truck which was carrying the four heavily armed terrorists, who were killed by security forces on Wednesday morning, had a fake registration plate and tampered engine and chassis numbers, Additional Director General of Police, Jammu Zone, Mukesh Singh said. The truck loaded **More on P6**

## HM Reviews J&K Situation In New Delhi Meet

**Press Trust of India**

**New Delhi:** Union Home Minister Amit Shah on Wednesday said the ecosystem in Jammu and Kashmir that aids, abets and sustains the terrorist-separatist campaign to the detriment of the well-being of common people requires to be dismantled. At a meeting here, Shah reviewed the functioning of the security grid and various aspects related to security in Jammu and Kashmir and gave directions to officials to follow the policy of zero tolerance against terrorism.



"A terror ecosystem comprising elements that aid, abet and sustain the terrorist-separatist campaign to the **More on P6**

### Situation Peaceful In J&K: Thakur

**New Delhi:** Does Rahul Gandhi want to vitiate the atmosphere in Kashmir, Union minister Anurag Thakur asked on Wednesday about the Congress' plans to unfurl the tricolour in the Valley and stressed that **More on P6**

### YEARENDER 2022

## Year 2022 Saw Unprecedented Tourist Influx Amidst Political Uncertainty

**Press Trust Of India**

**Srinagar:** Political parties in Jammu and Kashmir, except the BJP, are disappointed as another year has passed by without the Centre living up to its promise of restoring statehood and holding assembly elections in the youngest union territory of the country. As the delimitation process and revision of the electoral rolls were completed in Jammu and Kashmir, the political parties were hopeful that the Election Commission will take the next logical step of announcing the poll schedule to the assembly of the union territory. However, this did not happen with 2022 coming to an end. The biggest news of the year emanating from Kashmir, however, was the targeted killings of Kashmiri Pandits in the valley by terrorists, which led to hue and cry across the country. A large number of Kashmiri Pandits, who had returned to the valley under the PM's



Employment Package announced in 2007, fled to Jammu following the killing of Rahul Bhat by terrorists inside his office in Chadoora area of Budgam district in May. The employees, supported by various KP organisations, have been on a relay sit-in at Jammu, demanding that they be transferred to Jammu till the situation improves in the valley. This demand has found

resonance with the major political parties and their leaders including Farooq Abdullah, Mehbooba Mufti and Ghulam Nabi Azad - three former chief ministers of the erstwhile state of Jammu and Kashmir. However, the LG administration has been adamant that the employees have to return to work in Kashmir and stopped the salaries of those abstaining from duties. **More on P6**

## Provide Security To KP Employees Or Shift Them: Cong

**Press Trust Of India**

**Srinagar:** Kashmiri Pandit employees should be provided security or shifted to Jammu until the situation in Kashmir Valley improves, a senior Congress leader said here on Wednesday. "We cannot leave anyone to die. The jobs were given to them by the Congress (government). They lived here for 12 years and never said they want to return to Jammu. After the (recent) targeted killings, they have been on protest," Jammu and Kashmir Pradesh Congress Committee (JKPCC) president Vikar Rasool Wani told reporters here. The prime minister's special package employees have been on protest and demand that they be shifted to Jammu in view of

the attacks on their colleagues in the valley. The protests started following the killing of Rahul Bhat on May 12 this year. Bhat, a clerk employed under the prime minister's package, was shot dead inside the tehsildar's office in Chadoora tehsil of Budgam district. The Jammu and Kashmir Congress president said, "I think it is important to save people's lives, so their issues should be addressed." He said the Kashmiri Pandit employees should be provided security and "if need be, they should be shifted to Jammu". "The Congress party stands with them and supports their demand," Rasool added. Last week, Jammu and Kashmir Lieutenant Governor Manoj Sinha **More on P6**

**WE CANNOT LEAVE ANYONE TO DIE.** The jobs were given to them by the Congress (government). They lived here for 12 years and never said they want to return to Jammu. After the (recent) targeted killings, they have been on protest."

### S H O R T T A K E S

#### Mother, 3 Children Die Of Asphyxiation



Four members of a family died due to asphyxiation after inhaling smoke from a coal heater in Jammu and Kashmir's Ramban district on Wednesday, officials said. The incident took place in a remote village of Chak Narwah in Banihal tehsil. The deceased were identified as 35-year-old Noor Jahaan, wife of Abdul Rashid, her son Zaffar Ahmed (12) and daughters Shahiza Bano (8) and Asiya Bano (5).

#### Undertrial Dies In Kupwara Jail

A 75-year-old prisoner died on intervening Tuesday and Wednesday night in North Kashmir's Kupwara district, officials said. News agency GNS quoting officials reported that one Mohammad Maqbool Khan, son of Abdul Gaffar Khan, resident of Kakroosa Villgam, already on medication, took seriously ill and was moved to SDH Kupwara, where he died shortly after. They said the individual was lodged in the district jail Kupwara since August 2022 in a case FIR number 61/2023, pertaining to Sections 306 and 109 of IPC. The official in the meantime said that three sons of **More on P6**

#### Fire At Civil Secretariat in Jammu

A fire broke out in the main building of the Civil Secretariat here on Wednesday, but was immediately brought under control, officials said. The fire was reported from the retiring room of the vice chairperson of the Khadi and Village Industries Board Hina Shafi Bhat, they said. The fire started at the room on the top floor of the multi-floor building in the heart of the city around 1 pm, according to the officials. A fire tender of the fire and emergency department, posted at the secretariat, was immediately pressed into service and was joined by fire tenders rushed **More on P6**

#### SIU Raids In Shopian, Pulwama

The Special Investigation Unit of Police conducted multiple Raids in South Kashmir's Shopian and Pulwama district on Wednesday. In a handout issued here, the police said that continuing efforts to dismantle the militancy ecosystem, the State Investigation Unit (SIU) Shopian on Tuesday conducted raids and carried out search at various locations in district Shopian and Pulwama in connection with investigation of militancy related FIR. In district Shopian, sleuths of SIU Shopian conducted raids and search at two suspected location at Zainpora and in district Pulwama, raids and subsequent **More on P6**

#### LG Greet People On Sikh Guru's Jayanti

Lieutenant Governor, Manoj Sinha has greeted the people on the eve of auspicious occasion of Sri Guru Gobind Singh Ji's Jayanti. In his message, the Lt Governor said that Sri Guru Gobind Singh Ji's message of equality, righteousness, selfless service, universalism, inner purity, brotherhood and compassion for all, continues to guide humanity even today. "The revered Guru Gobind Singh Ji showed us the path of spiritual joy, selfless service, sacrifice and humanism. Let us, on this day, resolve to rededicate ourselves to his noble teachings and to work tirelessly for **More on P6**

#### PM's Mother Heeraben Hospitalised

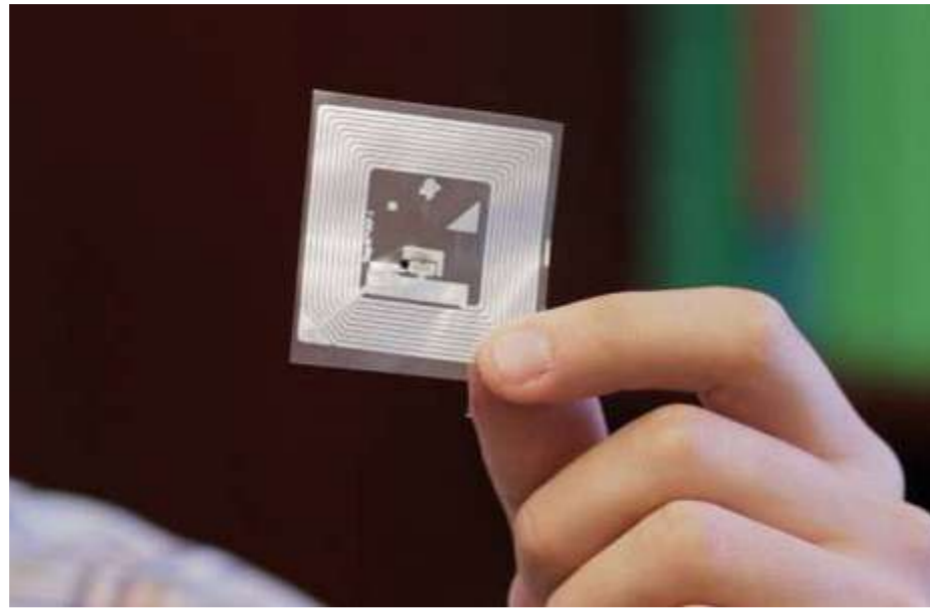
Prime Minister Narendra Modi's mother Hiraben (99) was on Wednesday admitted to a super-specialty hospital here due to some health issues, and her condition is stable, hospital authorities said. Modi visited the hospital in the afternoon to meet his ailing mother. After reaching Ahmedabad, he drove to the hospital and remained there for over an hour. While leaving the hospital, Modi folded his hands in the 'namaste' pose to the crowd and waiting media persons. Gujarat Chief Minister Bhupendra Patel also visited the hospital to inquire about the **More on P6**



# New Inexpensive Sensor Can Detect Toxic Chemicals In Food

Press Trust Of India

Researchers have developed a new cost-effective sensor that can detect toxic chemicals such as formalin in food samples like preserved meat, fish and honey. The team at Shiv Nadar Institution of Eminence Delhi-NCR noted that the chemical sensor for monitoring environmental pollutants offers a cost-effective, easy synthesis and excellent water solubility. The chemosensor, described in the journal ChemComm, also provides good sensing ability to formaldehyde or formalin -- a naturally occurring organic compound -- upto 0.3 micro Moles (µM). According to the Food Safety and Standards of India (FSSAI) regulation 2011, formalin is not permitted for use in food. However, the chemical is often used as a preservative for fish and meat. It is also used as a disinfectant for treating external parasites and fungi in aquaculture. The researchers noted that the sensor can discriminate the formaldehyde from other analogues spectroscopically in parts per million (ppm) concentrations. It also can be visually monitored at higher concentrations. The detection method can monitor formaldehyde in real samples, including preserved fish and chicken. It can also quantify other analogues in honey such as methyl glyoxal (MGO).



"We have used a simple optical method, especially fluorescence, to detect formaldehyde," Anumesh Samanta, Assistant Professor, Department of Chemistry, School of Natural Sciences, Shiv Nadar Institution of Eminence. "Low concentrations of formaldehyde can

be detected by fluorimeter, and higher concentrations can be detected by the naked eye using a simple UV torch. This sensing method is easy and inexpensive for real sample analysis, including preserved fish and honey," Samanta told PTI.

Current fluorescent-based small molecular sensors for formaldehyde are either partially or not soluble in an aqueous solution, limiting the real application in preserved food samples, the researchers said.

A few colorimetric chemosensors or test kits have been developed, but these are not sensitive like fluorescence techniques, they said.

An alternative highly water soluble fluorescence-based small molecular chemosensor was urgently needed to develop, according to the researchers.

Samantha said from a chemistry point of view, the detection of reactive carbonyl species (RCS) is solely dependent on the o-phenylenediamine (OPD) derivatives.

However, none of the current chemical sensors are effective for simultaneous detection and discrimination among formaldehyde and other analogues, such as methyl glyoxal (MGO). "Our design principle, its synthesis, and application are unique compared to similar studies in this research field," said Samanta.

"This research is a proof-of-concept and a practical demonstration of analysing toxic pollutants in food samples," he added.

The research team is trying to develop a test kit that can be detected by mobile onsite instead of using any spectrophotometer, Samanta added.

The researchers noted that the sensor can discriminate the formaldehyde from other analogues spectroscopically in parts per million (ppm) concentrations. It also can be visually monitored at higher concentrations.

# IITs Partner With EU Universities To Build Sensor For Checking Water Quality

Press Trust Of India

Indian Institute of Technology (IIT) Guwahati and Bombay in collaboration with European universities are working towards building a low-cost technology to check the quality of potable and other water in India. The LOTUS Indo-European project, an initia-

work done at Ecole Polytechnique, Paris, France. The sensor was further developed during the project by researchers at Universit Gustave Eiffel in collaboration with IIT Guwahati and the SME EGM, Sophia Antipolis, France.

According to S Senthilmurugan, Chairperson, Technology Incubation Centre, IIT Guwahati, LOTUS water quality sensor requirements were established after collecting information from

drinking water supply solution to the Indian citizens which is in line with the vision of the Jal Jeevan Mission of the government of India and its Make-in-India initiative.

"Even during COVID times, the LOTUS team from IIT Guwahati was able to continue the groundwater sample collection and sensor development work with minimal delay," he said.

For the commercial production of the sensor for the Indian market, IIT Guwahati is collaborating with Linxens India Private Limited and Hydroscope Technology Private Limited, a start-up firm.

The process of technology licensing between both companies and the LOTUS team (IIT Guwahati and Universit Gustave Eiffel) is in progress.

"The LOTUS sensor developed at IIT Guwahati is being designed to address sensing needs and quality control aspects across different use case scenarios encompassing safe drinking water, agricultural water and wastewater.

"The overall framework including the LOTUS sensor, and the quality monitoring and control algorithms developed at IIT Bombay, would be developed and deployed on platforms to provide improved solutions to address major water quality control issues across the country," said Ravindra Gudi, Dean (Alumni and Corporate Relations), IIT Bombay.

The core of the LOTUS sensor is a chip with carbon nanotube-based sensing elements that are capable of measuring multiple quality parameters such as Total Dissolved Solids (TDS), Potential of Hydrogen (pH), chlorine, and arsenic.

The components of the sensor system include a software that enables water quality monitoring and safe water supply in the piped water network and tanker supply systems.

A portable solar-operated disinfectant system integrated with a water quality controller and another software for the optimisation of the water supply in irrigation, are among the other components of LOTUS sensor.



tive of the Department of Science and Technology and the European Commission, is aimed at providing solutions for issues related to the quality of water supplied across Indian households and elsewhere.

A core element of the LOTUS project is a novel water quality sensor that builds on previous

Indian water utility owners, operators, end users, and research and development experts and therefore LOTUS sensor is expected to satisfy Indian water industries.

"Successful commercialisation of the LOTUS water quality sensor will provide a low-cost water quality monitoring and safe

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## Will Continue Bone Marrow Stem Transplant Procedure At GMC: Dr Mir Sadaqat

Agencies

Srinagar: As the first ever successful Autologous Bone Marrow Stem Cell Transplant was performed at SMHS Srinagar a few days ago, the doctors at the hospital Wednesday said that they will continue to conduct such procedures for patients in need of such treatment.

Dr Mir Sadaqat, Assistant Professor Department of Medicine and Clinical Hematology at GMC who conducted the first ever autologous bone marrow transplant procedure a few days ago said that it was a historical achievement for GMC Srinagar as such a procedure was conducted for the first time at the hospital.

He said such a procedure was started at SKIMS Soura around a year or two ago, but now this procedure has been started at GMC also which will continue for other patients in need of such treatment.

He said that patients need not to go outside the valley for such a procedure now as it is a very costly one.

“Conduct this kind of procedure was a challenge and after discussions with several doctors and patients along with the attendants, finally this procedure was started,” the doctor said.

He said the patient on whom the procedure was conducted is fine and has been discharged as

such treatment will be given to other cancer patients who require it.

“There are different types of cancers coming to fore during evaluation as the number of cancer patients is increasing in Kashmir”, he said, adding that with the help of a number of ex-

**“To Conduct this kind of procedure was a challenge and after discussions with several doctors and patients along with the attendants, finally this procedure was started**

perts, doctors, oncologists and hematologists, patients are being evaluated at their door steps.

He said that multiple myeloma and leukemia is common in Kashmir and success rate of Autologous Bone Marrow Stem transactions is very high and can have complications as well. “But such procedures are carried out in all developed countries,” he said.

Notably, an autologous stem cell transplant uses healthy blood stem cells from one's own body to replace diseased or damaged bone marrow. An autologous stem cell transplant is also called an autologous bone marrow transplant—(KNO)

## KU To Have 'Alumni Club' As Dedicated Space For Former Students: VC

Observer News Service

Srinagar: The Department of Environmental Science, University of Kashmir, held its alumni meet on Wednesday.

Vice-Chancellor Prof Nilofer Khan chaired the opening session of the alumni meet, which was attended by scores of alumni of the department established in 2000.

Remarking that the department has made significant contributions in areas of teaching and research, Prof Nilofer, who was the chief guest on the occasion, said the contributions and expertise of the university's alumni are very important to take the institution forward.

“It is a moment of great satisfaction that our alumni are serving beyond the education sector—in civil services, corporate world, medical science etc.—on important positions. It is our desire to develop a strong and sustained connection with our alumni whose association with our University can help us develop and progress further,” the Vice-Chancellor said, adding that the University will explore the possibility of establishing a dedicated facility like Alumni Club for its former students.

She said the Department of Environmental Sciences must further align its academic and research programmes to the current and future requirements of the society. “It is our constant endeavor to connect

the institution with the societal requirements in all our domains like teaching, research, extension education and outreach programmes,” Prof Nilofer said.

Registrar Dr Nisar A Mir, who was a guest of honour, said the institution's alumni hold a strong sense of belonging to the institution and are always desirous to see the institution grow and prosper.

He said the strength of the alumni association has a direct bearing on the University's visibility and ranking. “It is in this context that the Vice-Chancellor conceptualized the idea of having the department-wise alumni meetings before a centralized alumni meet is held,” Dr Mir said.

The alumni meet, among others, was attended by former KU academicians including Prof A R Yousuf (former Dean Academic Affairs), Prof M Z Chisti (former professor, Department of Zoology), Prof G A Bhat (former Professor, CORD) and Prof Azra Nahid Kamili (former Dean, School of Biological Sciences), besides Director North Campus Prof B A Ganai and Director CORD Prof Niamat Ali.

Dean School of Earth and Environmental Sciences Prof Shamim A Shah also shared his views on the occasion.

Dr Mohammad Muslim delivered the vote of thanks at the inaugural session, which was followed by sharing of views by the department's alumni.

## SWC Zoonimar Lauds DC For Combating Drug Menace

Observer News Service

Srinagar: A special meeting of Social Welfare Committee Zoonimar Srinagar was held on Wednesday under the chairmanship of Firdous Ahmad Bhat where the steps taken by Deputy Commissioner Srinagar respected Ajaz Asad Sahib to combat drug menace were hailed.

“Deputy Commissioner Srinagar has been very kind to address ticklish issues related to the general public, preferably to Youth and young generation. The decisions taken in the meeting to gear up the men and machinery to make Srinagar

drug free are really appreciable,” the members said.

Social Welfare Committee Zoonimar has all along been alert and taken steps to make the area drug free. A number of meetings have also been held to motivate the youth to shun the path.

“The steps initiated by the Deputy Commissioner are going to boost our morale and he has encouraged us to stand with District Administration. We assure the administration that we are firm and ready to extend our warm hands for any sort of assistance to eradicate the drug menace and other immoral practices.” The members of the SWC Zoonimar added.



## SKIMS Conducts 3rd Annual Research Day

Observer News Service

Srinagar: The Department of Clinical Research SKIMS inaugurated '3rd Annual Research Day' on Wednesday. During the event 18 research papers selected out of 40 of faculty members representing different specialties were presented in a scientific session and reviewed by panelists.

In the inaugural ceremony Prof. Nazir Ahmed Ganai, Vice Chancellor SKUAST who was the chief guest on the occasion felicitated the SKIMS administration on bringing forth the research done at SKIMS and appreciated medical practitioners for their services. He further said technology advancement has revolutionized the world and many diseases have been eradicated but leaves no room for complacency and urged to contribute to the generation of knowledge to serve society. He also stressed on interlinking of students with various

institutions for quality research purposes.

Prof. Parvaiz A. Koul Director SKIMS/EOSG in his address appreciated Dr. Ashraf Ganai for organizing research day which is now held annually is an important event with long term implications. He said we must develop credible research and underlined that the research must be novel, focused and community oriented. He further said that research is one of the major focused areas of SKIMS and evolution in the patient care comes because of the research eventually benefitting patient care which is the primary objective of the research. He thanked all guests and participants in the event.

Guest of honor Professor Mohd. Afzal Wani Former Dean & HOD Neurosurgery SKIMS lauded the administration for organizing this event and said SKIMS is flourishing under the leadership of Prof. Parvaiz A. Koul. Dean

Medical Faculty SKIMS Prof. Bashir Ahmed Laway also spoke on the occasion and in his address he advised students to get their work published and said SKIMS has shown growth in patient care and teaching and research is also main focused area of the institution and expressed hope the Annual Research Day will make students more aware about research.

Prof. Ashraf Ganai, Organizing Chairman highlighted the essence of conducting the Research Day. He thanked the administration for constant support for development of research and appreciated former directors for the approval of Annual Research Day at SKIMS where faculty showcase their research work, he added.

The event was attended by eminent scientists and Ex-Directors of the Institution besides students and faculty. Dr. Reshma Roshan Department of Clinical Haematology presented vote of thanks.

## DC Holds Public Grievance Redressal Camp At Panzinar

Observer News Service

Srinagar: In its endeavour to bring administration at the door steps of the people as a part of Public Outreach Programme, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Wednesday conducted an extensive tour of Panzinar area in the outskirts of Srinagar District and presided over a Public Grievance Redressal cum Awareness Camp under Weekly Block Diwas initiative.

The Public Grievance Redressal camp witnessed large participation of people from Panzinar-A, Panzinar-B, Mujgund and other adjoining areas of Shalteng Tehsil of Srinagar District during which local DDC members, PRI representatives, public delegations and scores of individuals projected various issues and demands before the DC particularly the long pending issue arising out of jurisdictional dispute with Baramulla and Bandipora Districts.

Besides, they also demanded for macadamization of inner roads, augmentation of health centre, water and power supply infrastructure, provision of bank ATM facility and playground for local youth and other issues related to old age pension, Revenue documents.

After giving patient hearing to the grievances and demands of the public, the DC sought on the spot response from the concerned District Officers present during the Grievance Redressal Camp.

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- BIJBHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

**HIGHWAY STATUS**

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



PRAYERS	
FAJR	6:07
ZUHR	12:32
ASR	3:51
Magrib	5:33
ISHA	6: 58

**HIJRI CALENDAR**  
05 Jumad al-Sani  
**1444**

## This Day In History

- 1170 - Thomas Becket, Archbishop of Canterbury is assassinated inside Canterbury Cathedral by followers of King Henry II; subsequently martyred.
- 1503 - Battle of Garigliano: Spanish army under General Cordoba defeats French forces
- 1539 - St Jacob's Church burns after being hit by lightning
- 1541 = Isabella of Poland and King Ferdinand of Austria sign Treaty of Gyalu
- 1558 = Charles V, King of Spain and Holy Roman Emperor, buried in El Escorial, San Lorenzo de El Escorial, Spain
- 1653 - Dutch painter Jan Vermeer becomes a member of the Guild of Saint Luke for painters in Delft
- 1705 - Prosper Jolyot's "Idoménée," premieres in Paris
- 1708 - Great Alliance occupies Gent.
- 1778 - British troops occupy Savannah, Georgia.
- 1786 - French Revolution: The Assembly of Notables is convoked
- 1806 - Thomas Dibdin's pantomime "Harlequin and Mother Goose" starring Joseph Grimaldi, in his most famous clown performance, opens at the Covent Garden Theatre, London
- 1812 - The USS Constitution under the command of

## From KO Archives

### NC Closes Ranks In Fear Of Gul Shah's Raid

*Farooq, party brass hold lengthy meetings*

Observer News Service

Jammu- The recent convention by -National Conference adversary, the Awami National Conference led by G. M. Shah in Srinagar has sent alarm bells ringing in the ruling party with the NC president, Farooq Abdullah other top functionaries in the party for a meeting to review the political situation in the state.

The NC President, Farooq Abdullah this afternoon held a detailed discussion with his senior party colleagues at his private office to take stock of the political situation in the state. The meeting, sources said, went into the evening hours also.

The meeting assumes significance in the wake of open threat by CM's brother-in-law, G. M. Shah that he would go all out in removing Farooq Abdullah from the seat of the power in the state.

Sources said that there are fears among the NC top brass that Shah like in 1984 may engineer defections in the ruling party as there was growing dissension among some of the ministers. They are reportedly unhappy over Dr. Farooq Abdullah's move of cutting them to size in the last reshuffle. They include Gulam Mohi-ud-Din Shah and Abdul Rahim Rather.

The Chief Minister, sources said, who is under tremendous pressure to drop at least six ministers for their reported poor performance has dropped the idea of a fresh cabinet re-shuffle in view of the latest threat by G. M. Shah. The CM had earlier made-up his mind in consultation with his senior colleagues to drop some ministers, including Iftikhar Hussain Ansari for his alleged tax-evasion, Bashir Ahmad Kitchloo for his son's alleged involvement in timber-smuggling and Ajat Shatru for his reported illegal construction in green belt.

“Nothing will be done that annoys anyone in the party for the time being,” a source, close to those who attended the meeting this evening said. The meeting also discussed possible changes in the state administration on large scale.

The police is also to witness large scale reshuffle by the state cabinet. The changes will affect almost all the senior police officers of the rank of IGP's in the state, besides shifting of all the district police chiefs. Three IGP's, sources said are being promoted as additional director generals of police, while three senior officers are being sent to Centre on deputation.

(KASHMIR OBSERVER, 29 DECEMBER, 1998)

KASHMIR OBSERVER

Thursday | 29-12-2022

Valley Of Cars

A new survey has found that Jammu and Kashmir is one of the regions in India with a substantially higher ownership of cars. Others are Kerala, Himachal Pradesh, Punjab, Goa, including union territory of Ladakh and a few other North Eastern states. The data which has been made available by the Ministry of Health and Family Welfare presents a huge disparity in car ownership across the country. It shows that fewer than 8 percent of households have a car.

There are two dimensions to this finding: one, the per capita ownership of the vehicles at the national level is surprisingly low. And this brings up the question: why do we encounter traffic gridlocks on the roads if fewer people own cars.

Another is about the states and the UTs with a higher per-capita car ownership: The question is whether the figure means that the people in these regions are more prosperous than those in others? It doesn't necessarily. Maharashtra, India's richest state, has just 8.7 percent per capita car ownership. Gujarat, also one of the richest states, has just 10.9 percent.

The takeaway from this is that it is not necessarily the prosperity that makes people buy cars but something more than this. And this 'something' can be a separate research subject. May be it has something to do with more per capita ownership of houses. Or may be it is a result of a less efficient public transport in some places. Or has something to do with the culture of a place. Nothing can be said conclusively.

Closer home, it has come as a surprise that the Valley is one of the places with the largest per capita ownership of cars. The trend of owning vehicles began in the Valley at the turn of the millenium and still continues. And one of its fallouts is visible on our roads. The peak traffic hours remain a horror across Srinagar. It takes hours to travel a distance of a few kilometers to work. A chaotic spectacle plays out on the streets every day. The reason is well-known: the city's road length is not commensurate with the exponential growth in traffic volume.

The expansion of the city's roads is desperately needed, not only with an eye to fix today's problems but also to handle the future traffic of an ever-expanding city. Also contributing to this state of affairs is the inadequate public transport system. Higher per capita car ownership is both a good and a bad thing. It reflects growing prosperity among people but it also leads to traffic congestion on the roads and consequent pollution.

OTHER OPINION

Free Gains,  
Welcome Step

PMGKY absorbed the shock of the pandemic for the extremely poor and also brought in political dividends for the ruling Bharatiya Janata Party in many States that had elections this year, including Uttar Pradesh in particular. While discontinuing the scheme, the Government has said that it will bear the expenses of food grains under the NFSA for 2023 and ensure free ration under the Act for the estimated 81.35 crore beneficiaries for that year. In other words, ration card holders can now avail 5 kg of wheat or rice per month for free rather than at a subsidised rate, while Antyodaya Anna Yojana cardholders will receive 35 kg of free foodgrains.

As the estimated number of 81.35 crore beneficiaries is still based on Census 2011 numbers and Public Distribution System entitlements have been limited to ration card holders and quotas framed by the Union Government, some States have gone on to expand benefits to others through the NFSA and other schemes. By taking on the burden of the expenditure for this distribution, the Union government, which has estimated an additional amount of 2 lakh crore for the scheme, has provided limited but welcome relief in monetary terms for States.

While the expenditure numbers on food distribution and subsidy provisions seem fiscally expensive, the schemes have provided distress relief to the most needy, helped the Government control its food buffer stocks better, and also reduced wastage of procured food grains at a time when procurement figures for rice and wheat by the Food Corporation of India remain high. The PDS and the PMGKY have not only enabled basic food security but have also acted as income transfers for the poor by allowing them to buy other commodities that they could not have afforded if not for the benefits. There is, of course, the question of whether targeted distribution, including the identification of priority households and the "poorest of the poor", has really helped the benefits reaching the deserving with concerns about diversion of foodgrains. But as rights activists have argued, the more robust solution could be a universalisation of the PDS, which has already worked well in a few States such as Tamil Nadu, as the scheme would be available by anyone in need instead of a flawed targeting system.

The Hindu

Hundred Days of Yatra

The yatra is a desperate measure for a desperate situation. Will it change anything for the better for Congress? Its true gauge will be the party's future electoral performance



A college girl in hijab playing football with Rahul Gandhi Ji on the road of Nanded, Maharashtra | Source: Twitter

RIYAZ WANI

More so, in its ideological agenda: Hindutva has now widest acceptance across the country. No other party's ideology comes even close, least of all that of Congress whose secular credentials now carry little conviction even within the party itself

Congress leader Rahul Gandhi has completed hundreds days of yatra. On December 24 he entered Delhi where he addressed the rally at Red Fort which garnered some reasonable attention on social media. A video snippet of his speech where he accuses media of spreading hatred and harping on "Hindu-Muslim" issues went viral. Gandhi rightly lamented that the yatra was largely ignored by the media. This despite the fact that it has generated an unexpected groundswell and made visible a constituency that no longer seemed to exist.

Contrary to this, the Delhi-centered Anna-Hazare-led India Against Corruption campaign in 2013 had received a 24x7 coverage. It turned out to be a watershed development that became a major factor in bringing the BJP to power. However, for all the distance covered by Gandhi's yatra and the massive participation by the people, it hasn't generated the level of mass engagement which could pose an electoral threat to the BJP. Or so it appears. One can always blame the lack of media coverage, the inherent inadequacies of the yatra or its message. Reverse could also be true: it could very well be that the yatra might have re-invigorated the Congress base or seeded a new politics that might in near future challenge the BJP.

Politics can be both a drawn process and a dramatic event. And yatra, in a sense, can be both. As far as the yatra's value as an event, it doesn't seem to have made the desired impact. But as a process, the yatra may have succeeded in changing the atmospherics a bit, albeit not conspicuously so. For now, however, the yatra seems to have breathed some fresh life into an otherwise dying party. It has been drawing reasonably good crowds. But mobilization of crowds doesn't guarantee a good electoral performance.

Another apparent shortcoming of the yatra so far has been its messaging. There is no powerful idea, a resonant slogan or an alternative political vision that has come to the fore. Gandhi, so far in his political career,

has left his political articulation generally vague. It seems his commitment to secularism is more of an everyday talking point than backed by conviction like the Hindutva movement.

But Gandhi himself seems to have come some way. There is definitely a makeover in progress and it is not just about his appearance. His speeches now carry more conviction. He has paid more attention to the framing of his arguments enabling him to generate a bigger ideological contestation than he did earlier - albeit, he has still a long way to go to match prime minister Narendra Modi's overarching persona. But Gandhi is certainly becoming more visible and grabbing more public attention because of yatra. He is, no doubt, attracting crowds

AAP has still a long way to go before it could be seen as a credible rival to the BJP, the party seems to offer a sort of new politics that has been effective against that of the BJP. And in Kejriwal, the party has a leader who is shaping up to be a match for PM Modi's extraordinary rhetorical skills.

Politics, of course, is not only about great rhetorical skills. It has to have substance too: For example, a party's social, economic and ideological agenda and its credibility to execute these on the ground make all the difference. And the BJP is strongest on all these fronts. More so, in its ideological agenda: Hindutva has now widest acceptance across the country. No other party's ideology comes even close, least of all that of

Another apparent shortcoming of the yatra so far has been its messaging. There is no powerful idea, a resonant slogan or an alternative political vision that has come to the fore. Gandhi, so far in his political career, has left his political articulation generally vague

but he is not yet in a position to whip up a political wave, in part, due to lack of media support.

Is there a chance in the near to medium future that Gandhi will truly arrive on the political scene? He might very well do. Congress needs this to happen sooner. The party is in need of a deep surgery. It can only survive if it has a charismatic new leader who can not only corner the ruling party on day to day governance but also aggressively peddle a credible alternative vision of India on a sustainable basis. As things stand, it doesn't appear probable. And given the current state of Congress, it may not happen at all. So, a Congress-mukt Bharat seems a distinct possibility as has been the BJP goal. More so, at a time when the AAP is fast stepping into the breach left behind by the retreating Congress.

Arvind Kejriwal's party has emerged as a major political force in the country with its landslide triumph in Punjab. Though the

Congress whose secular credentials now carry little conviction even within the party itself.

The AAP has left this area conspicuously ambivalent. But as apparent from the actions of Kejriwal in recent years, the party has made not so subtle nods to Hindu religion and majoritarianism to protect and expand its base. And it has succeeded in this, even making now inroads into Gujarat.

This has created a do or die situation for Congress. The yatra is a desperate measure for a desperate situation. Will it change anything for the better for the beleaguered party? Its true gauge will be the party's future electoral performance.

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



## Islam and Community Development

M Ahmad

Community development practice has been need of almost all nations and is practiced in various ways through governmental or non-governmental efforts. Main theme includes service provision and problem solution at grassroots level with maximum participation of community people without any discrimination. Community development is the result of joint efforts of local community people for promoting their collective welfare and improving their lives. It means a philanthropic gesture or initiative that is made with a view to bringing a change for the betterment of the life of community. Community development focuses on solution of community problems and bringing positive changes. All initiatives of community development bring social changes and Islam also believes in it. Community development improves quality of life and Zakat is an ideal example of it in Islam. Religion Islam guides its followers to help the

needy through various services and community development also emphasizes on service provision. Islam and community development encompass principles of self-help and social justice and bring stability and solidarity in the community. Community development practitioners need to get guidance from Islamic practices for better working in local communities. Islam brought real and practical changes in all walks of life i.e., social, economic, moral and political transformation. Islam guided for changes in the social set up to build a changed society overall. Islam gives very clear and comprehensive concepts to improve quality of life. Muslims are guided for hard-working to survive and fulfil their needs which could improve their daily lives. Islam makes its followers responsible for themselves and for society too.

The tools for equitable distribution of wealth in Islamic economic system for over all development of the Society can be divided into two categories i.e. obligatory institu-

Waqf also plays a vital role for enhancement of quality of life of poor communities. It is an important socioeconomic institution in the Islamic state and is a powerful institution for community facilitation which provides social, medical and educational initiatives in the community

tions and non-obligatory institutions, contents of former are Zakat, whereas the latter consists of Waqf, Sadaqas, and Infaq, etc., Quran and Hadith both have given emphasis on it. Zakat is a religious institution to tackle poverty and promote welfare in the Society irrespective of religion. It is a social pillar encouraging Muslims for bringing social justice and equity in communities. It improves quality of life of various types of community members. It is a beautiful and workable system of fair distribution of wealth among community members. Waqf also

plays a vital role for enhancement of quality of life of poor communities. It is an important socioeconomic institution in the Islamic state and is a powerful institution for community facilitation which provides social, medical and educational initiatives in the community. Nevertheless, Islam remains as a clear outline of how those key concepts and principles should be implemented. Participation from all members of the community is necessary. Man must do something good for the community and prevents any negative elements that might affect the com-

munity. In other way, it means that Islam generalizes the purpose of each concept, including the form of behavior which ultimately able to develop their communities by placing them as the best among other people

Meanwhile, Sadaqas (charity) has no fixed percentage and one is free to pay it as many times as one can afford or feel inclined to it. Infaq is basically pious spending in the way of Allah. It has a significant importance in Islamic economic principles, with reference to redistribution of wealth and elimination of poverty for the development of Society. Khums refers to the required religious obligation of any Muslims to pay one-fifth of their acquired wealth from certain sources toward specified causes. Islam is against injustice, inequality and discrimination. Social relationship among Muslims is based on the concept of sacrifice where they share some amount of their finances for virtue and they gain community consciousness feelings. The Holy Quran says "Righteousness is not

that you turn your faces toward the east or the west, but righteousness is one who believes in Allah, the Last Day, the angels, the Book, and the prophets and gives wealth, in spite of love for it, to relatives, orphans, the needy, the traveler, those who ask for help and free slaves, establishes prayer and gives zakah; fulfill their promise when they promise; and patients in poverty and hardship and during battle. Those are the ones who have been true, and it is those who are the righteous." (Surat Al-Baqarah, 2:177)

Prophet Muhammad (SAW), said: "Charity does not in any way decrease the wealth and the servant who forgives, Allah adds to his respect; and the one who shows humility, Allah elevates him in the estimation (of the people)." (Muslim)

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## Women's Heart Attacks Are Different

Glen Pyle

During a heart attack, women are more likely to present without pain, or with uncharacteristic symptoms. Treatment guidelines, however, are based on data collected primarily from men. Sexism in cardiovascular research means that not only are heart attacks often missed in women, but women are also less likely to receive recommended therapies, interventions and rehabilitation opportunities

One evening, you tune in to your favourite medical drama. As the scene opens, the calm of the hospital is shattered when a patient grabs their chest and collapses to the floor. The impossibly good-looking medical team rush in and work feverishly to save the heart attack victim.

In your mind did you picture a man or a woman having the heart attack? Most people associate heart attacks with men. But cardiovascular disease is the leading cause of death globally for both sexes, and women are more likely than men to die of a heart attack.

During a heart attack, women are more likely to present without pain, or with uncharacteristic symptoms. Treatment guidelines, however, are based on data collected primarily from men.

Sexism in cardiovascular research means that not only are heart attacks often missed in women, but women are also less likely to receive recommended therapies, interventions and rehabilitation opportunities.

### MORE WOMEN ARE DYING

One of the most common cardiovascular conditions is ischemic heart disease, which can lead to heart attacks. Heart attacks occur when blood vessels serving the heart are blocked, causing heart muscle to die. In most cases the blockage is due to atherosclerosis: the build-up of fatty plaques in the coronary arteries.

However, more than 50 per cent of women with ischemic heart disease don't have blocked coronary arteries. The Women's Ischemia Syndrome Evaluation (WISE) study found ischemic heart disease in women often occurs when smaller blood vessels of the heart known as the "microcirculation" become damaged, causing them to close.

Despite advances which have



decreased heart attack mortality, women have higher rates of death compared to men.

Why does the same condition kill more women than men?

### HEART ATTACKS WITHOUT PAIN

Most heart attacks aren't sudden, painful events that cause victims to collapse to the ground. Pain may be gradual and mistaken for indigestion or a muscle ache.

Although chest pain is the most common symptom for both sexes, women are more likely to present without pain or have uncharacteristic symptoms including fatigue or discomfort in the neck, jaw and back. The failure to quickly recognize atypical symptoms can delay treatment and cause more heart damage.

A long-standing concern is that women delay seeking medical care and suffer greater damage by not

acting quickly. A review of research from 1960 to 2008 cites 11 studies which found women took longer to seek care and seven which found no sex differences. Whilst most studies find that women who have heart attacks take longer than men to obtain medical care, these differences are relatively small.

Clinical guidelines set checkpoints for tests and treatments that are often missed in women. The Heart and Stroke Foundation of Canada found that women were less likely than men to receive an electrocardiogram — a test to detect heart attacks — within the recommended 10 minutes after arriving in the emergency department.

### MOST ACCURATE DIAGNOSTICS NOT USED

Troponins in the blood (proteins released when the heart muscle has been damaged) are the gold standard

biomarker for diagnosing heart attacks. But the criteria for troponin testing were created using data collected primarily in men. Men have up to 2.4 times the circulating levels of troponins as women.

This means increased troponins in female heart attack patients may not exceed the diagnostic threshold. Up to 20 per cent of heart attacks are missed in women when using the male threshold for identifying heart attacks.

Angiography identifies blocked coronary arteries in a heart attack, but it does not detect blockages in the microcirculation that often occur in women.

Imaging tests like PET and SPECT are more accurate diagnostic tools for women with heart attacks. Unfortunately, these imaging tools are not routinely used, causing women to go under-diagnosed.

### FEWER WOMEN GET CARDIAC REHAB

Women who have a heart attack are less likely to receive recommended therapies.

Interventions like cardiac catheterization and bypass surgery are less common in women.

At discharge, women are less likely to receive prescriptions despite evidence that mortality is reduced when drug guidelines are followed.

Long-term treatment for heart attack patients includes cardiac rehabilitation. These services are underused in general, but by women in particular.

Women are less likely to be referred to cardiac rehabilitation by their physician. Even when referred, women are less likely to adhere to the program and more likely to withdraw before completion.

### SEXISM IN HEART RESEARCH

Treatment guidelines are based on data collected primarily from men. A 2016 statement from the American Heart Association notes that recommended heart attack treatments benefit women, but definitive data on sex differences in treatment efficacy are lacking.

Investment in basic research that identifies sex-differences in health and disease are a prerequisite for devising more effective, sex-specific therapies, as is the inclusion of more women in clinical trials.

Research agencies have guidelines to increase the inclusion of women in clinical trials and promote research into sex differences in cardiovascular disease. However, these recommendations must be enforced to have an impact on women's health.

The bottom line is until the glass ceiling of sexism in cardiovascular research is broken, women will continue to suffer the consequences.

By arrangements with The Conversation







## YSS Kashmir To Conduct Ski Training At Various Places

Observer News Service

**GULMARG:** Department of Youth Services and Sports (YSS) J&K is all set to organise Ski Training courses at various destinations across Kashmir Valley.

"Beside Gulmarg, Yousmarg, and Gurez, the Department is exploring ways to start such training programs at other famous tourist destinations of Kashmir like Doodhpatri, Sonamarg, and Pahalgam as well," Director YSS Subash C Chhibber said on Wednesday. The Director said this as he chaired an important meeting of senior YSS officers and was accompanied by Joint of the Department Bashir Ahmed.

Chhibber inquired about the preparedness for the training courses being organised at Gulmarg and Yousmarg under the first phase. Director YSS also told the media that the Department is committed to provide the best possible arrangements of boarding and lodging to the young students.

While referring to the great achievement of Olympian Arif Khan, he said that Mr Arif was also initially trained by the competent trainees of the Youth Services and Sports Department and today he has proved his mettle. He hoped that with the efforts of the Government J&K will have many Olympic stars in the sport of skiing in the years to come.

## Kashmir's Women Kayaks Wade Frozen Waters In Pursuit Of Glory

Press Trust of India

**SRINAGAR:** The temperature in Kashmir may have fallen below the freezing point but it has not come in the way of a determined bunch of girls who are practising hard in the chilly Dal Lake here as they train for kayaking and canoeing to bring home glory.

The extreme sub-zero temperatures overnight the past few days has resulted in formation of a layer of ice over the surface of the lake. The girls have to break the ice before they begin training.

Though they are currently training under the guidance of national coach Bilquis Mir for the upcoming national championship to be held in Bhopal, a few of them have trained their sights on Olympic glory.

"There is a huge scope in women's sports in our country, including Jammu and Kashmir. If we look at the results of the



Olympics or Asian games, most of the medals have been won by girls," Mir told PTI as her wards concluded the second of the daily training sessions in the beautiful but forbidding Dal Lake.

"They have made our country proud and the number will only increase as we are doing very well in women's sports," she said. According to Mir, her girls cannot afford for ice to thaw naturally.

"If they wait for temperature to rise to a comfortable level, the girls will miss the competi-

tions next month," she said. One of the emerging talents from the region is 12-year-old Nabeela Khan, who thinks she has it in her to go all in the kayaking and canoeing.

"My dream is to become a kayak Olympic player and I have been working really hard for it. It is cold here, but it is not an obstacle because if I have to do it, nothing can stop me, even if it is too cold," Khan, who has already participated in the nationals in Shimla, said.

## Downtown Heroes Management Meets AIFF President



Observer News Service

**SRINAGAR:** The management of Srinagar-based football club, Downtown Heroes FC, on Tuesday met the All India Football Federation (AIFF) President Kalyan Chaubey and General Secretary Shaji Prabhakaran at Football House, New Delhi to discuss various issues pertaining to development of football in Jammu & Kashmir.

The Downtown Heroes FC delegation comprised Mushtaq Bashir, Kaiser Bhat and Hinan Manzoor, and raised various issues with the AIFF president per-

taining to players and coaches. The delegation stated that no big tournament took place in J&K this year and requested the AIFF officials to invite private clubs and players in various national tournaments and leagues being organised across the country to play in J&K.

The delegation also apprised the AIFF President about the dearth of coaches and coaching staff in J&K. The President and General Secretary AIFF gave a patient hearing to all the issues raised by Downtown Heroes FC delegation and promised timely redressal of all its genuine demands.

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**HASSANABAD, SRINAGAR**

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(2ND OF JUMADA AL-THANI, 1444 A.H)

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30TH OF DECEMBER, 2022 AT THEIR  
ANCESTRAL GRAVEYARD NEAR  
IMAMBARA HASSANABAD AT 8 AM. THE  
CONDOLENCE MAJLIS WILL CONTINUE  
FOR THE DAT AT THEIR RESIDENCE

قطعہ تاریخ:

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کلفت و مرض مزمن آخرش تنکین شد  
بار زهراء بنت کاسم در جوار رحمتش  
روز سوم در جمادی الثانی وے تدفین شد

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Body with NIKKOR Z 24-120mm f/4 S Lens MRP: ₹ 2 09 990.00\* now at an Offer Price: ₹ 1 91 995.00\*

Consumer offer worth ₹ 4 990.00\* and Mount Adaptor FTZII at 50% discount

**Z 50**

**20.9 MP** **EXPED 6** **100-51200 ISO Range** **4K UHD**

Z 50 Body only MRP: ₹ 72 995.00\* now at an Offer Price: ₹ 70 995.00\*  
Z 50 Body with NIKKOR Z DX 16-50mm f/3.5-6.3 VR Lens MRP: ₹ 85 995.00\* now at an Offer Price: ₹ 82 995.00\*  
Z 50 Body with NIKKOR Z DX 16-50mm f/3.5-6.3 VR & NIKKOR Z DX 50-250mm f/4.5-6.3 VR Lens MRP: ₹ 1 05 995.00\* now at an Offer Price: ₹ 1 02 995.00\*  
Z 50 Body with NIKKOR Z DX 18-140mm f/3.5-6.3 VR Lens MRP: ₹ 1 28 490.00\* now at an Offer Price: ₹ 1 06 495.00\*

Consumer offer worth ₹ 8 550.00\* and Mount Adaptor FTZII at 50% discount

\*Conditions apply. Limited period offer. Price quoted is for one unit of product. MRP inclusive of all taxes. For more details and offers, please visit our website: www.nikon.co.in