KASHMIR OBSERVER[®]

Thursday 5 January 2023 | 12 Jamaad-al-Sani | 1444 Hijri | Srinagar | Vol: 25 | Issue: 04 | Pages: 08 | Price: ₹3

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Rajouri Aftermath: Centre Rushes More Troops To Jammu

2000 CRPF Personnel To Be Deployed In Poonch, Rajouri Districts

Observer News Service

Jammu: Days after twin attacks left six people, including two children dead in Rajouri district of Jammu and Kashmir, the central government has decided to rush more paramilitary personnel to the twin border districts of Poonch and Rajouri in Pir Panchal belt to secure minority community members and to thwart any possible attacks by militants.

Over 20 CRPF companies comprising more than 2,000 personnel are being deployed for strengthening security in Rajouri and Poonch districts, an officer told PTI.

Inspector General of CRPF and other top officers are supervising the deployment of the troops, he said.

He said the security deployment is going on. It is being done for the security of minority areas in Rajouri and Poonch.

However, another news agency ANI reported that 18 CRPF companies



- approximately 1,800 personnel - will be rushed to the Jammu region for deployment mainly in the twin border districts of Poonch and

According to the report, eight CRPF companies will be deployed very soon from nearby locations of deployment in

Jammu and Kashmir while 10 CRPF companies are being rushed from Delhi.

There is a huge cry from the minority community people over the security of their areas in border districts

after the Rajouri attack.

Two children were killed and six people were injured

in an IED explosion on Monday near the house of one of the victims in Dangri village, officials said.

On Sunday evening, militants opened fire on three houses of a minority community in the area in Rajouri district killing four civilians and injuring six.

GOC, DGP Discuss Situation

eneral Officer Commanding (GOC) 16 Corps, Lt. General Sandeep Jain and Director General of Police, Dilbag Singh on Wednesday discussed the prevailing security scenario in the Jammu region, a police spokesperson said. He said that GOC 16 Corps called on the DGP at Police Headquarters here on Wednesday and both discussed various issues relating to the overall security scenario More on P6

Shutdown, Protests Continue For Day-2

he bandh against the twin militant attacks in Rajouri that killed six people and injured 11 others entered its second day in the border town of Poonch on Wednesday while protests were held across the Jammu region. More on P6

GI Could Be A Game Changer For Rural Economy: LG

'People First Is Our Mantra To Speed

Up The Pace Of Sustainable Development'

Observer News Service

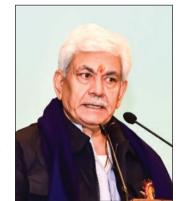
Jammu: The Union Territory Lieutenant Governor, Manoj Sinha said on Wednesday that Geographical Indication (GI) could be a game changer for rural economy and Jammu and Kashmir will lead in GIs use for agricultural & handicraft sectors.

Sinha made these remarks during the inauguration of twoday workshop on Geographical Indications (GIs) of North-Western Himalayas at SKUAST-Jammu on Wednesday.

Jammu on Wednesday.

The LG lauded the efforts of SKUAST Jammu and Agriculture Production & Farmers Welfare Department for bringing experts of Geographical Indication, Intellectual Property Rights, experts, officials on a common platform to chalk out constraints and opportunities from the farmer's and artisan's perspective.

"Geographical Indication could be a game changer for rural economy and J&K will lead in GIs use for agricultural & handicraft sectors. GIs also has the potential to substantially extend



wider benefits to rural areas while strengthening historical and cultural link between place & people," Sinha said.

"Besides ensuring sustainable livelihoods and generating more income for producers, GIs will also play a key role in protection of indigenous knowledge. It will help the particular geographical area to produce and sustain niche market products," he added.

Highlighting the significance of Geographical Indications in the 21st century economy, the LG said that the UT Government is making dedicated efforts for GI tagging of niche & premium local products and helping them to create their distinctive identity.

"GI Tagging of More on P6

Kashmir To Receive Rain, Snow This Weekend

Observer News Service

Srinagar: The weather department on Wednesday predicted fresh spell of rain and snowfall in Kashmir this weekend, even as the Valley continued to reel under sub-zero temperatures as the mercury remained several degrees below freezing point for the third consecutive night.

Deputy Director Meteorological department (MeT), Dr Mukhtar Ahmad said that there is a possibility of light to moderate snowfall on January 08-09.

He said that the plains would experience light snowfall on January 08-09.

"The weather as per the forecast is expected to remain wet on January 08-09 and 11-12," he said, adding that the night temperature would go up in the coming days.

He said that two Western Disturbances are affecting J&K and light snowfall is expected in the plains of Kashmir during the period.

Meanwhile, the cold wave continues to tighten its grip on the Valley.

Srinagar recorded a low of minus 5.2 degrees Celsius on Tuesday night against minus 4.4 degrees Celsius the night before.

Pahalgam in Anantnag dis-

Pahalgam in Anantnag district, which serves as a base camp for the annual Amarnath Yatra, registered a temperature of minus 9.4 degrees Celsius and was the coldest recorded place in Jammu and Kashmir.

The minimum temperature in Gulmarg, the More on P6



Three men sitting on a wooden stair, enjoy bright sunlight in the interiors of Dal Lake on Wednesday. KO Photo, Abid Bhat

Kashmiri Photojournalist Gets Bail In 'Terror' Case

Delhi Court Raps NIA, Says Accusation 'Does Not Appear To Be Cogent And True'

Press Trust Of India

New Delhi: A Delhi Court has granted bail to a 25-year-old Kashmir-based photojournalist accused of plotting terrorist

acts in Kashmir and major cities in India, saying the allegation made by the NIA "does not appear to be cogent and true". Additional Sessions Judge Shailender Malik granted

relief to Mohd Manan Dar in a case lodged under the stringent Unlawful Activities (Prevention) Act and the IPC.

"Upon analysis of entire evidence and at least for the purpose of disposal of bail application it can be observed that accusation against the accused does not appear to be cogent and true," the judge said in the order More on P6

J&K Students Under Scanner

AMU Withdraws Profiling Circular After Massive Outrage

Auqib Javeed

Srinagar: The administration of the prestigious Aligarh Muslim University (AMU) on Wednesday withdrew a circular seeking details of thousands of students from Jammu and Kashmir for profiling by the Uttar Pradesh police, fol-

lowing massive outrage.

The move had invited sharp criticism from the students and came just a week after a Kashmiri student was allegedly assaulted by fellow students over an objection of playing badminton in the

dead of the night.

"..I am directed to inform you that the above



mentioned letter stands WITHDRAWN and, therefore, it is requested not to send the information in question. Inconvenience, if any, is regretted," reads the fresh order shared by J&K Students Association.

The order has been signed by Assistant More on P6

Rahul To Conclude Yatra In Srinagar On Jan 30

Press Trust Of India

Jammu: Congress leader Rahul Gandhi-led Bharat Jodo Yatra will arrive in Kathua district on January 20 and will conclude in Srinagar on January 30, a senior party leader said on Tuesday.

Rajya Sabha MP and party in-charge J&K Rajni Patil said the Congress is focused on making the Yatra successful because it is the largest mass mobilisation programme being undertaken in independent India.

The Congress has put its heart, mind and soul in it, she added.

Patil, accompanied by J&K Congress president Vikar Rasool Wani, AICC joint secretary Manoj Yadav, coordinator of Bharat Jodo Yatra in J&K G A Mir and party More on P6

Sonia Gandhi Admitted To Hospital

ormer Congress president
Sonia Gandhi was admitted to
Ganga Ram Hospital here on
Wednesday for routine check-up,
sources said.

Her daughter Priyanka Gandhi Vadra accompanied her to the hospital, they said. According to them, Sonia Gandhi has been suffering from a respiratory infection.

Sources added that Sonia Gandhi has been unwell since Tuesday which is why Rahul Gandhi and Priyanka Gandhi Vadra had returned to Delhi after walking seven kilometres in the Bharat Jodo Yatra that entered Uttar Pradesh on Tuesday evening. The Congress' Bharat Jodo Yatra resumed its journey at 6 am on More on P6

Fire Across LoC Spreads To Poonch



fire broke out in Chakan Da Bagh sector of Poonch in Jammu and Kashmir after landmines exploded across the Line of Control (LoC) Wednesday evening, officials said. The fire erupted from the Pakistani side and spread close to an area near Chakan Da Bagh sector, they said. The flames were extinguished, the

officials added.

Former MP, Ex-MLA Call On LG

ormer Member of Parliament,
Nazir Ahmad Laway and exlegislator Surinder Choudhary
on Wednesday called on Lieutenant
Governor, Manoj Sinha at the Raj
Bhavan here.

The former MP discussed with the LG various issues of public importance including establishment of Women's Degree College at Kulgam, Degree College at Yaripora and construction of Brazloo Bridge, among other issues of public importance, an official spokesperson said.

Former legislator, Choudhary, he said, also called on the LG and projected issues pertaining to speedy execution and proper widening of More on P6

Arms, Ammunition

Recovered In Kupwara

he government forces on Wednesday recovered arms and ammunition during a cordon and search operation (CASO) in Karnah area of North Kashmir's Kupwara district. Acting on specific information, Police alongwith Army's 3/08GR launched a joint cordon & search operation in village Sadhpora Taad area of Karnah, Kupwara, a police spokesperson said Wednesday. During the search operation, he said, the joint team recovered arms & ammunition including 3 Pistols, 3 Pistol Magazines, 22 Pistol rounds and 3 Chinese Grenades from a house belonging to Shameem Ahmad Shiekh. "Accordingly, a case More on P6

Trooper Kills Self At Old Airport

defence security corps personnel allegedly committed suicide at the old air field in Central Kashmir's Budgam district, reports said Wednesday.

52-year-old Head constable Malkit Singh allegedly committed suicide by shooting himself dead using his service rifle at his unit 615 DSC platoon first wing Air force, a local news agency KDC reported. The deceased security man hailed from District Kapurthala in Punjab. A police officer confirmed the incident and said the body was taken to district hospital Budgam for medico legal formalities where the body was shifted to GMC Srinagar along with a More on P6

Old Shell Defused In Anantnag



n old shell was recovered and defused in Jammu and Kashmir's Anantnag district, officials said on Wednesday. The rusted old shell was recovered late on Tuesday at Sunglan in the Chittergul area of Shangus in the south Kashmir district, they said. A Bomb Disposal Squad reached the spot early on Wednesday and defused the shell.

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

KASHMIR OBSERVER (19) Srinagar | Thursday | 05-01-2023

Good Hydration Key To Living Longer, **Healthier Life: Study**

Press Trust Of India

cientists have found good levels of hydration may be key to living a longer and healthier life.

According to the National Institutes of Health (NIH) study, adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids.

Using health data gathered from 11,255 adults over a 30-year period, researchers analyzed links between serum sodium levels - which go up when fluid intake goes down and various indicators of health.

The researchers found that adults with serum sodium levels at the higher end of a normal range were more likely to develop chronic conditions and show signs of advanced biological aging than those with serum sodium levels in the medium ranges. Adults with higher levels were also more likely to die at a younger age.

The findings are published in the journal eBioMedicine.

"The results suggest that proper hydration may slow down aging and prolong a disease-free life," said Natalia Dmitrieva, a study author and researcher in the Laboratory of Cardiovascular Regenerative Medicine at the National Heart, Lung, and Blood Institute (NHLBI), part of NIH.

For the analysis, researchers assessed information study participants shared during five medical visits the first two when they were in their 50s, and the last when they were between ages 70-90, the study said.

To allow for a fair comparison between how hydration correlated with health outcomes, researchers excluded adults who had high levels of serum sodium at baseline check-ins or with underlying conditions, like obesity, that could affect serum sodium levels, the study said.

The scientists then evaluated how serum sodium levels correlated with biological aging, which was assessed through 15 health markers. This included factors, such as systolic blood pressure, cholesterol, and blood sugar, which provided insight about how well each person's cardiovascular, respiratory, metabolic, renal, and immune system was functioning. They also adjusted for factors, like age, race, biological sex, smoking status, and hypertension, the study said.

They found that adults with higher levels of normal serum sodium - with normal ranges falling between 135-146 milliequivalents per liter (mEq/L) - were more likely to show signs of faster biological aging. This was based on indictors like metabolic and cardiovascular health, lung function, and inflammation.

For example, adults with serum sodium levels above 142 mEq/L had a 10-15 per cent associated increased odds of being biologically older than their chronological age compared to ranges between 137-142 mEq/L, while levels above 144 mEq/L correlated with a 50 per cent increase. Likewise, levels of 144.5-146 mEq/L were associated with a 21 per cent increased risk of premature death compared to ranges between 137-142 mEq/L, the study said.

Similarly, adults with serum sodium levels above 142 mEq/L had up to a 64 per cent increased associated risk for developing chronic diseases like heart failure, stroke, atrial fibrillation and peripheral artery disease, as well as chronic lung disease, diabetes, and dementia. Conversely, adults with serum sodium levels between 138-140 mEq/L had the lowest risk of developing chronic disease, the study said.

The findings do not prove a causal effect, the researchers noted. Randomized, controlled trials are necessary to determine if optimal hydration can promote healthy aging, prevent disease, and lead to a longer life. However, the associations can still inform clinical practice and guide personal health behaviour.

"The goal of providing medical guidance is to ensure patients are taking in enough fluids, while assessing factors, like medications, that may lead to fluid loss," said Manfred Boehm, a study author and director of the Laboratory of Cardiovascular Regenerative Medicine.

"Doctors may also need to defer to a patient's current treatment plan, such as limiting fluid intake for heart fail-



Physical Activity Linked With Reduced Depressive Symptoms In Children, Adolescents

cientists have found that physical activity interventions were associated with significant reductions in depressive symptoms in children and adolescents

The available evidence sup-ported physical activity interventions as an alternative or adjunctive approach to alleviate depressive symptoms in children and adolescents, substantiating the beneficial influence of physical activity on the mental health of pediatric populations. This systematic review and meta-analysis included 21 studies involving 2441 participants.

Depression is the second most prevalent mental disorder among children and adolescents, with an estimated prevalence rate of 6.2 per cent globally, yet only a small proportion seek or receive disor-

der-specific treatment. Early childhood depression is associated with severe adverse outcomes, including difficulties with social functioning, poor mental and physical health, and suicide.

The incidence of depressive symptoms at a young age is a strong predictor of future mental disorders, as it has been shown that up to 67 per cent of youth with depressive symptoms are at risk of developing full-syndrome depressive or anxiety disorders in adulthood.

The available clinical practice guidelines suggest the use of psyapy to alleviate depressive symptoms in children and adolescents. However, both approaches have limitations that can reduce treatment adherence, the study said.

Lack of time, fear of stigmatization, parental mistrust of the therapist, and no perceived need for treatment can be strong barriers to childhood psychotherapy, whereas adverse effects, including sleep disturbances, gastrointestinal distress, and even suicide, have been associated with antidepressant use in pediatric patients, the study said.

According to the study, physical activity interventions held promise as an alternative or adjunctive approach to clinical treatment for depression, as they have been shown to alleviate depressive symptoms in adults and have been endorsed by international guidelines such as European Psychological Association, the UK National Institute of Health and Care Excellence and the Canadian Network for Mood and Anxiety Treatments as an official treatment for adult depression.

Physical activity was also safer and more accessible than other clinical depression treatments, the study said

The objective of the study was to determine the association of physical activity interventions with depressive symptoms in children and adolescents. Two independent researchers

selected studies that assessed the effects of physical activity interventions on depressive symptoms in children and adolescents compared with a control condition. PubMed, CINAHL, PsycINFO,

EMBASE, and SPORTDiscus were ary 2022 for relevant studies written in English, Chinese, or Italian, the study said.

A random-effects meta-analysis using Hedges g was performed. Hedges g measures how much the experimental group differs from

NORTHERN RAILWAY

E-Tender Notice

the control group.

Heterogeneity, risk of bias, and publication bias were assessed independently by multiple reviewers. Meta-regressions and sensitivity analyses were conducted to substantiate the overall results. The study followed the PRISMA reporting guideline.

The main outcome was depressive symptoms as measured by validated depression scales at post-intervention and follow-up.

Twenty-one studies involving 2441 participants, 1148 (47 per cent) boys and 1293 (53 per cent) girls were included. The mean age was 14 years.

Meta-analysis of the post-in-tervention differences revealed that physical activity interventions were associated with a reduction in depressive symptoms compared with the control condition with a Hedges g value of -0.29, the study said.

Secondary analyses demonstrated that intervention i.e., less than 12 weeks in duration, 3 times per week, unsupervised and participant characteristics i.e., aged more than 13 years, with a mental illness and/or depression diagnosis may influence the overall treatment effect

Physical activity interventions may be used to reduce depressive symptoms in children and adolescents. Greater reductions in depressive symptoms were de-13 years and with a mental illness and/or depression diagnosis.

The association with physical activity parameters such as frequency, duration, and supervision of the sessions remained unclear and needed further investigation.

G2

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Wagar Younis Mohd Ashraf Chat Chatapora, Pulwama

aqko

Sr. DEN-HQ/FZR acting for and on behalf of The President of India invites open nders (E-Tenders) against below titled tenders and available on www.ireps.gov.ir with closing date 23.01.2023 up to 15:00 Hrs. Bidders will be able to submit thei original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shall be ignored

Contractors are allowed to make payments against this tender towards tender

document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not						
allowed. For more information logon to www.ireps.gov.in						
Tender Type		Tendering Section			Bidding System	
Open		Works		Single Bid System		
Date of Uploading Tenders		Bid Starting Date		Bid Closing Date/Time		
30.12.2022		09.01.2023 23.			.01.2023/15:00 Hrs	
S.No	Tender No		Details of			
1	362-2022-23-ADEN- 2-PTK	Various track works in c/with EI work at VKA, KNG, JNT, BAT & CHN stations in the section of ADEN-II/PTK & ADEN/ASR				
	Advertised Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion	
	2,05,54,868.93/-	2,52,800/-	60 Days		12 Months	
	Similar nature of work:- "CTR/TRR/TFR/TTR including raising of Track, screening, distressing of track, pre& post work for track maintenance machine like Tamping Machines/Ballast Screening/Regulating Machines and TTR by T-28".					
2	363-2022-23-ADEN-1- FZR	ings at GJUT, GHA & sidings at GNA & DEN-I/FZR.				
	Advertised Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion	
	1,88,22,363.38/-	2,44,100/-	60 Day	/S	12 Months	
	Similar nature of work:- "CTR/TRR/TFR/TTR including raising of Tr distressing of track, pre& post work for track maintenance machin Machines/Ballast Screening/Regulating Machines and TTR by T-28					
3	372-2022-23-ADEN-2- PTK C-50 & C-62 on ASR-PTK section in jurist ADEN-2/PTK.I.C.W manning of 62 nos. Ut Level Crossings against 80 Nos L-Xings over Division.					
	Advertised Value (Rs.)				Period of Completion	
	1,62,63,203.05/-	2,31,300/-	60 Days		12 Months	
	Similar nature of work:- "Any civil Engineering work other than track works".					
4	373-2022-23-ADEN-1- FZR	Manning of 05 Nos Level Crossings C-47, C-48, C-49, C-50 & C-62 on KKP-FKA section in jurisdiction of ADEN-1/FZR.i.c.w manning of 62 nos. Unmanned Level Crossings against 80 Nos L-Xings over Firozpur Division.				
	Advertised Value (Rs.)	Earnest Money	Validity Offer		Period of Completion	
	1,62,63,203.05/-	2,31,300/-	60 Day		12 Months	
	Similar nature of work:-	, , ,				
5	374-2022-23-ADEN- 1-FZR	Provision of basic amenities like Toilets, Benches, Sheds etc. for merchant and other miscellaneous improvement works at Baddowal, Muktsar, Kotkapura and Faridkot in the jurisdiction of Sr.DEN-HQ/FZR.				
	Advertised Value (Rs.)	Earnest Money	Validity Offer		Period of Completion	
	1,88,36,815.13/-	2,44,200/-	60 Day	'S	12 Months	
	Similar nature of work:- "Any civil work other than track work".					
6	375-2022-23-ADEN- 1-FZR	e-II quarters against t no. 4&6 on KKP-FKA				
	Advertised Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion	
	1,91,88,677.91/-	2,46,000/-	60 Day	/S	12 Months	
	Similar nature of work:-	- "Construction of building/quarters".				
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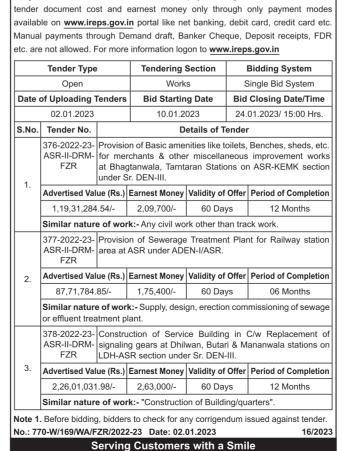
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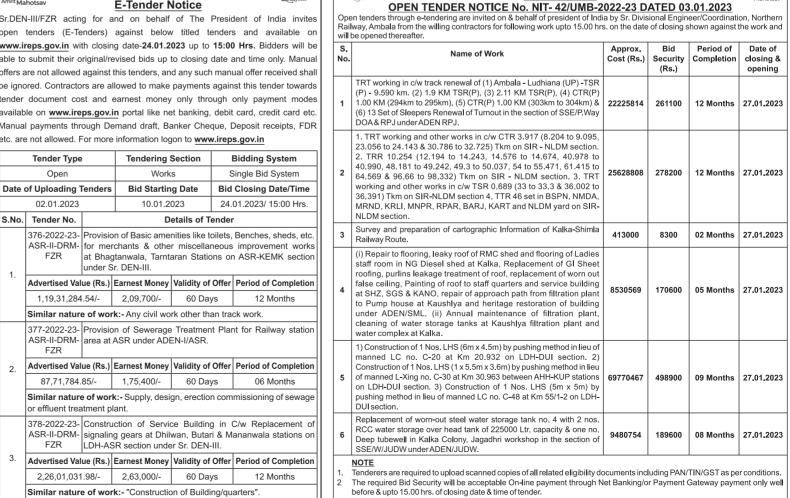
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Police Registers FIR After 'Forged Papers' Of Land Produced Before Court

Agencies

Srinagar: Srinagar police have registered an FIR after some men allegedly produced forged documents of 39.10 kanals of land to get status quo and enforcement of NRI property.

Reports said that on the directions of Chief Judicial Magistrate Srinagar, an FIR number 01 of 2023 under section 447. 427, 428 and 420 was registered at police station Ahmednagar against five persons identified as Manzoor Ahmad Dar son of Ghulam Ahmad Dar, Ghulam Ahmad Dar son of late Ghulam Mohamma Dar, Abdul Rashid Dar, Abdul Aziz Dar and Bashir Ahmad Dar all sons of Sanullah Dar, all residents of Devipora Elahie-Bagh, Srinagar.

The court in an order said "As far as the police report is concerned, it clearly reflects there are certain incriminating materials with regard to the property however no action seems to have been taken in that direction. Therefore, the concerned police station is expected to investigate the matter thoroughly and shall go ahead with the proceedings strictly in terms of a status report filed by them and register an FIR against non-applicants and therefore shall submit a detailed report before this court on the next date of hearing".

The case was filed through Advocate Ahra Syed on behalf Irfan Ahmad Baba son of Bashir Ahmad Baba, a resident of Humhama Budgam who is the caretaker of this land, situated at Devipora Elahie-Bagh in Tehsil Eidgah.

A police officer said that an FIR was registered on court directions and arrests in this regard are expectedly, investigation of this case is going on in full swing. (KDC)

Chemists Running Shops Outside JVC Hospital Stage Protest

Agencies

Srinagar: Chemists running their shops outside JVC Hospital Bemina Wednesday staged a protest urging authorities to either close the medical shop inside the hospital or shift them inside the hospital

They said that their business has been hit as patients and attendants are unable to venture out from the hospital. "It is a highway and attendants, instead of buying medicine from outside the hospital, prefer to purchase it from inside the hospital. We had repeatedly appealed to authorities to create a sub-way or shift the shops located outside the hospital to the interiors of the hospital," he said

Meanwhile, BJP said that a deputation of chemists running their shops outside JVC Hospital met senior BJP leader Ashok Bhat, District President Srinagar at BJP office in Jawahar Nagar.

BJP spokesperson, Asif Khan said that the demands of shopkeepers were keenly listened to by Ashok Bhat who even talked to the officials from Drug Control and Director Health and assured them that he will do everything possible to mitigate the suffering of chemists running their shops outside JVC Hospital Bemina "Needless to mention that these shopkeepers have been facing various problems for many decades. The shopkeepers highlighted all their problems while BJP district president for Srinagar assured them their problems will be resolved without any delay." [KNT]

Startup Sensitization Program In Medicinal Sector Begins At SKUAST

Srinagar: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir Wednesday kick-started a fiveday sensitisation programme for exploring startup opportunities in the Medicinal & Aromatic Plant Sector.

The online programme, 'Converting ideas into Enlightening Agribusiness' is organised by Regional cum Facilitation Centre NR-II, NMPB, Ministry of Ayush in collaboration with the Directorate of Medicinal and Aromatic Plant Research, Gujarat, with the objective to sensitise the young budding minds towards the startup opportunities in Medicinal & Aromatic Plant Sector and creation of a platform for strengthening value chain and value addition in Medicinal & Aromatic Plants.

Regional Director RCFC

NR-II Prof Sheikh Bilal, in the inaugural session, briefed dicinal & Aromatic Plants and its potential areas for Startups and what SKUAST -Kashmir is doing to boost the morale of young budding entrepreneurs in the sector.

OSD to Vice Chancellor, Prof Azmat Alam Khan, stated the need for such programmes in the present era and the need to sensitise the young minds in the Medicinal Plant Sector to inculcate the culture of Medistartups in J&K.

While praising SKUAST-K for its work in the startup arena, Prof Satyanshu Kumar, Director ICAR-Directorate of Medicinal and Aromatic Plant Research, briefed the audience about the strengths & market for medi-startups in India and assured full collaboration with SKUAST-K for infusing startup culture in J&K.

Public Grievance Redressal Camp Held At Astanmarg

Observer News Service

Srinagar: Continuing the efforts of District Administration to reach out to the common masses living in remote and far-flung areas of the district to address their grievances, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad on Wednesday undertook an extensive tour of Astanmarg in Harwan Block of Srinagar to assess the developmental requirements and address issues of public at their doorsteps.

The Grievance Redressal Camp was attended by a large gathering of locals, besides representatives of Panchayat Raj Institutions viz. DDC and BDC member, Sarpanches and Panches of the area who projected their grievances and issues before the DC which in-

clude augmentation of water supply, development of Syedpora-Fakir Gujri road via Astanmarg, holding special camps for issuing disability Certificates, saturation under PMAY-G, providing Banking and ATM facilities and other issues.

After giving patient hearing to the grievances and demands of the PRI members and other individuals, the DC sought on the spot response from the concerned District Officers present during the Grievance Redressal Camp. He assured the people of Astanmarg and other areas of Harwan Block that all genuine demands and issues projected by them will be looked into on priority.

The DC also gave on the spot directions to the concerned Officers for time bound redressal of the public issues.



"Sterilization Only Permitted Way **To Get Rid Of Stray Dog Menace"**

Syed Mohammad Burhan

Srinagar: At a time when the stray dog menace is taking a heavy toll on the city residents, the Commissioner Srinagar Municipal Corporation (SMC) Athar Amir said the only permitted way to get rid of the stray dog menace is the implementation of the dog sterilization programme.

He made these comments while talking to a local media outlet on Wednesday.

While referring to the stray dog menace, he said, the only permitted way to get rid of the stray animal menace is the implementation of the sterilization programme.

"In order to get rid of the menace, we need to follow the an-

imal birth control rules" he said. "We have developed a facility at Shuhama, wherein the sterilization of dogs is being regularly done. In order to enhance the sterilization capacity, we are starting the facility at two more places."

"Sterilization facility at Tengpora is almost 80 percent complete.

He further said that another facility is being developed at Chattarhama and steps are being taken to enhance the dog sterilization capacity.

Athar said that the Srinagar Municipal Corporation (SMC) has hired NGOs which are registered with the Animal Welfare Board so that birth control measures are implemented in letter in spirit.

While the dog steriliza-

tion programme is going on, the SMC has also chalked out a different strategy wherein the corporation is trying to do away with the dumping of garbage on the roadsides.

Experts say, the accumulated garbage on the roadsides acts as breeding ground for the stray dogs and puts the lives of commuters at risk.

Athar said that the SMC is trying to do away with what he called "the dumpster system."

"We are trying to go for door to door waste collection and we have procured more vehicles so that we don't need dumpsters anymore." He said.

"We are installing underground bins as well so that it is impossible for stray dogs to get access to the garbage. Athar added.

Govt Accords Sanction For Advance Funds To Procure 500 MA X-Ray Machine

Srinagar: Jammu and Kashmir Government on Wednesday accorded a sanction for advance drawl of funds in favor of Principal GMC Srinagar to procure 500 MA X-Ray machine through JKMSCL.

"Sanction is hereby accorded to the advance drawl of funds amounting to 10.25 lakhs (Rupees ten lakhs twenty five thousand) only in favor of Principal Government Medical College Srinagar, out of the available

funds under classification 5475-00-800-0011-0557-Planning Machinery, Detailed Head 115-Works released by District Development Commissioner Srinagar under Aspirational Block Development Programme (ABDP) during the financial year 2022-23 and its further placement at the disposal of MD, JK Medical Supplies Corporation Ltd., for procurement of 500 MA X-Ray machine for PHC Harwan Medical Block Hazratbal, Srinagar," reads an order, issued by Secretary Health and Medical Education.

The advance drawl as per order shall be subject conditions that the concerned DDO shall vouchsafe the availability of funds, All the codal formalities as per GFR 2017 shall be followed while incurring expenditure out of the funds already authorized, the funds shall be utilized for the specific purpose only without any deviation and the UC/ Red Account of the advance shall be submitted to Accountant General by or before 31.03.2023—(KNO)





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

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

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243



BARAMULLA: 0194-102029 BIJBHERA: 01932-228243 PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153

HIGHWAY STATUS



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



PRAYERS FAJR 6:08 **ZUHR** 12:35 **ASR** 3:57 Magrib 5:39

7:04

This Day In History

1477 - Battle of Nancy, Burgundy vs Switzerland, 7,000 + killed including their leader Charles Duke of

ISHA

- 1809 Treaty of Dardanelles concluded between Britain & France1892 1st successful auroral photograph made
- 1861 Alabama troops seize Forts Morgan & Gaines at Mobile Bay1909 - Colombia recognizes Panama's independence
- 1941 British Australian troops conquer Bardia, Libya 1943 - Teams agrees to start season later due to WW
- 1944 The Daily Mail becomes the first transoceanic newspaper.
- 1949 General Spoor orders cease-fire on Sumatra. 1952 - British Prime Minister Winston Churchill makes
- an official visit to the US. 1957 - US President Eisenhower asks Congress to send
- troops to the Mid East. 1964 - Pope Paul VI visits Jordan & Israel.
- 1969 USSR Venera 5 launched for 1st successful planet landing (Venus).
- 1971 1st one-day international, Australia v England at the MCG.
- 1972 President of Bangladesh Sheikh Mujibur Rahman freed by the newly elected President of Pakistan Zulfikar Ali Bhutto Sheikh Mujibur Rahman.
- 1973 Mali & Niger break diplomatic relations with Israel
- 1975 Salyut 4 with crew of 2 is launched for 30 days.
- 1976 In retaliation for the Reavey and O'Dowd

From KO Archives

NC Activist, 2 Ikhwanis Among 7 Killed

Observer News Service

RINAGAR- A block president of the ruling National Conference, a village head and two counter-insurgents were among seven people killed while four others were injured in the Kashmir valley since yesterday. An Awami. League leader also escaped a bid on his life.

Unidentified gunmen shot dead a block president of ruling National Conference, Muhammad Ayub Dar s/o Abdul Ghani r/o Panjar, from point blank range while he was waiting at a bus stop in Shopian town, 52 kilometres from here in Pulwama district, reports said. Dar, who was a contractor, died on the spot.

According to an ONS report from Sopore, unidentified gunmen kidnapped the numberdar of nearby Patukhah village, identified as Abdul Rahim Wani (50) s/o Khazir Muhammad Wani around 10 pm yesterday. His cousin,

Muhammad Ramzan, also insisted on accompanying Wani. They were taken to a nearby orchard, barely 30 metres away. where the gunmen shot dead the numberdar and set free his cousin. The gunmen managed their escape

Hizbul Mujahideen militants shot dead an Ikhwani, Hamza Wani, son-in-law of Nabir Dar r/o Baniyari. (Hajin) in Sumbal bazaar when he was reportedly talking to a burqa-clad woman, the report from Sopore said. The woman, identified as Raja w/o Mushtaq Ahmad Guroo of Athkhuroo (Ganderbal) was also killed while a shopkeeper, Nazir Ahmad Gujri, sustained injuries in the incident. The militants managed their escape. Unidentified gunmen shot dead another Ikhwan activist, Ghulam Qadir Bhat s/o Ghulam Mohi-ud-din r/o Suzeth (Lawaypora) near Narbal in his house in the city outskirts here this afternoon. A labourer, Merajeud-din of Bagh-e-Islam, Sopore, working in the house, was injured in the incident.

Nemat-ullah Awan (50) s/o Habibullah r/o Jabri village near the botder town of Uri was killed while another civilian, identified as Muhammad Shaft slo Muhammad Abdullah of Dagi, Uri, was injured seriously in a landmine blast at Dulanja near the Line of Control (LoC) in Baramulla sector last night.

An IED explosion took place at Nathipora near Wadoora (Sopore) this morning minutes before a vehicle of the BSF 84 battalion passed by the place. No one was injured in the blast, reports from Sopore said. One BSF jawan from 54 battalion, identified as Umash Singh (belt No 89132593) was injured in a grenade attack on a passing security forces vehicle at Chankhan this afternoon, the report said

(Kashmir Observer, 05 January, 2001)

KASHMIR OBSERVER

Thursday | 05-01-2023

Spike In Violence

he killings of six civilians at Dangri village stunned everyone in India. More so, when it was followed by an IED at one of the victims' houses which claimed the life of a child. The attack happened in an area that is not known for militancy. In Jammu division as a whole, the militancy has been absent over the last two decades, except, of course, the occasional attacks carried out by the militants from across the border. The attack has also highlighted the fragility of J&K's peace. The situation can take a turn for the worse in a matter of a day.

The security forces have launched a manhunt to track down the perpetrators. Lieutenant Governor Manoj Sinha has also assured the victims that those involved in the gruesome killings of civilians would be brought to justice soon. The government, he said, will strengthen Village Defence Committees in the area.

Attacks like these have followed targeted killings of policemen and migrant labourers. This has only further increased the security responsibilities of the UT government, which has already been fighting the militancy. The surge in violence has come despite the fact that the number of militants has dwindled to well under 200 over the last year, the first time this has happened since 2015 when the Burhan Wani reinvigorated the then flagging militancy.

Ever since the withdrawal of J&K autonomy in August 2019, around 500 militants have been killed in the UT, most of them local youth. Though this has reduced the number of militants, the violence has lingered. And over the last year, the militants have chosen to attack soft targets - civilians, panchayat workers, J&K police personnel visiting home, outsiders and minorities - instead of engaging security personnel. Security forces, as a result, now not only have to combat militancy but also protect a large section of population including many from among their own ranks.

The resurgence in violence hasn't, however, dented the larger drift of normalcy in the Vaunion territory yet. While the violence has become more conspicuous in recent months, it is still on the margins in so far as its impact on daily life. Tourism is at an all time high after many years. Last year, over one crore people visited J&K. Most hotels, according to UT's tourism department, are booked through the sumwintermer. And as things stand, tourism will continue.

But, at the same time, it is important that law and order doesn't deteriorate further. The coming weeks and months will be crucial in terms of the evolving security situation in the Valley. Winter usually doesn't see much spike in violence. Summer is usually the time when the infiltration takes place and a little more escalation in the influx of the fully equipped militants could change the ground situation in Kashmir for the worse. But on a positive note, the overall situation has by and large stayed stable over the last three years. Here's hoping it stays that way and things improve further from hereon.

OTHER OPINON

Beyond Votes

he right to vote lies at the heart of democracy. It is an inalienable constitutional right of every adult citizen. Therefore, the principle guiding the Election Commission's pilot project on remote voting for domestic migrants through newly-devised voting machines is a sound one. There is an additional imperative. According to EC data, 30 crore people have not cast their votes in 2019; 85% among them are unable to do so because they have migrated away from their constituency for work, education and so on. This has resulted in significant disenfranchisement of migrants, especially Dalits, adivasis and extremely backward castes who form the bulk of India's migrant labour. But hurdles remain. The EC has admitted that it does not have the latest figures on the number of internal migrants in the country or where they are situated — the last available data are from the now outdated 2011 census. Without a reliable database, there may be conflicting assessments of bona fide migrant identities. The EC must also look into the concerns raised by Opposition parties that chiefly centre around logistical challenges as well as past allegations of tampering of the EVMs. A project of such mammoth scale and importance must proceed on the basis of political

consensus, which is sadly lacking at the moment. In fact, the pilot project provides an opportunity for policy to reflect on issues beyond the political rights of this beleaguered constituency. The right to live a life of dignity is as fundamental as the right to vote. Yet, migrants occupy the margins of the political and the public conscience. This leads to policy inertia that has numerous manifestations. The Centre, for instance, remains lackadaisical in its preparation of a national database for unorganised workers and migrant labourers in spite of several prods from the Supreme Court. The apathy towards India's informal economy, which bore the brunt of the pandemic and demonetisation before that, is well-documented. To make matters worse, states such as Uttar Pradesh and Madhya Pradesh have diluted existing labour laws on minimum wages, bonus, contract labour and so on. The provision of facilities to vote remotely for a vulnerable constituency is not enough. Affirmative action must be implemented to treat migrants as equal citizens with secure access to basic entitlements such as food, education, healthcare and labour rights.

Telegraph India

Elon Musk, The Social Media Autocrat

In Embracing Dictatorial Tactics, Musk Is Making The Same Mistakes Many Tyrants Made Before Him

Khalid Albaih

ike millions of people around the world, I have been closely following the debacle at Twitter since Elon Musk took the company over. Not only do I fear the loss of a space for free debate and access to information - especially valuable for those of us from not-sofree places. But as a political cartoonist, I am also afraid of losing the platform where I and many of my peers started our activism during the Arab Spring, which made Twitter what it is today.

Perhaps this turn of events was inevitable. For a while now, the tech industry has been cultivating personality cults. It started with Steve Jobs and his carefully constructed image of an open, curious innovator who in reality presided over "one of the tightest-controlled corporations" in the world. While Jobs stayed away from politics, the tech bros that have come after him, pursuing iconic status, have not.

Their fervent quests to grow their fortunes and their egos have pushed them onto the political scene and exposed their self-serving agendas. Musk made his political intentions for the Twitter takeover quite apparent, tweeting in May while the deal was still not concluded - a painting of Louis XIV, the "Sun King". A self-declared "free-speech absolutist", he crowned himself the new "enlightened" king of social media and declared that he will set Twitter "free"

But watching him act and react over the past two months, I see him much less as a "Sun King reigning over a flourishing kingdom, and much more as a little modern-day dictator presiding over a crumbling regime.

Just like an ambitious power usurper, he started his takeover of Twitter by talking about "democracy" and the "will of the people", but made a mockery out of them. He quickly transformed what he himself called "the digital town square" into his own private back yard, where he rules supreme.

Just like a classic dictator, Musk has also shown no tolerance for dissent and criticism. He has reportedly fired employees for daring to speak up against his decisions within the company or on social media.

Just like a standard authoritarian, he hates the press and does not hesitate to censor it (albeit presenting himself as a freedom of speech advocate). In mid-December, he suspended the accounts of several journalists who had been critical of him.

Just like a wannabe autocrat, Musk is seeking to extract as much wealth as possible by merciless exploitation. He has cancelled benefits, forced employees into endless working days and even installed beds in the Twitter headquarters to squeeze any living energy out of them for the benefit of his company.

And like a good tyrant, he has overseen an exodus of people from his domain, some leaving voluntarily, others being forced into "exile"

Indeed, I feel for the former Twitter employees. I also know too well what it feels like to have to leave the place you love because of a dictator's whim. The man responsible for my and my family's exile is Omar al-Bashir, who came to power in Sudan in 1989. He had no tolerance for dissent - or talent for that matter - and pushed out anyone who was not a hardline loyalist, causing a massive brain drain out of the country.

In the three decades he ruled, he oversaw a bloody civil war, multiple ethnic conflicts, a genocide, a deadly famine and an economic collapse. He brought the country to its knees and deservedly won the hatred of the majority of the Sudanese population.

He pushed the people to their limit and was eventually toppled by a peaceful popular revolu-

Musk makes me think of al-Bashir. What the tech tycoon seems to have in common with the

Sudanese dictator is that just like him, he is holding on to power even in the face of growing popular anger and protest.

Musk's decisions since he came to power have been extremely unpopular. He has faced criticism not only from users, IT experts and business commentators, but has also received warnings from government officials, including Thierry Breton, the EU's digital chief.

He appears to be widely disliked off Twitter as well. In December, he made an appearance at Dave Chappelle's stand-up comedy show in San Francisco only to be booed into silence. As videos of his unfortunate encounter with reality made it online, Musk still claimed, "it was 90% cheers & 10% boos" in a tweet which he later deleted.

Musk appears to be so in denial about his unpopularity that he promised to resign as Twitter

that is dependent on market forces he cannot fully control. Big investors who have enabled his various tech adventures are much fickler than regime loyalists. They would jump ship at the slightest sign of distress which could cause them monetary losses

That has already been happening with Twitter: many big brands put on hold advertising on the platform, causing a major slump in advertising revenue. It could also happen with electric car company Tesla, Musk's other large business venture, whose shares have gone down almost 40 percent since the end of October, causing large investors to openly criticise the CEO.

Musk seems to be making the same mistake as al-Bashir and other fallen dictators. He seems to be underestimating people's power.

Twitter, like other social media networks, is



Just like a wannabe autocrat, Musk is seeking to extract as much wealth as possible by merciless exploitation. He has cancelled benefits, forced employees into endless working days and even installed beds in the Twitter headquarters to squeeze any living energy out of them for the benefit of his company

CEO if people voted for it in a Twitter poll. And they did. Some 57.5 percent said "yes" to him stepping down. But he did not.

It took him more than 40 hours to acknowledge the result and when he did, he said he would resign only when he finds someone else to take the job. This is such an old dictator's trick - pretending like there is no one better for the job to stay in power indefinitely.

But what Musk does not have in common with al-Bashir is regime loyalists – people willing to prop him up even when the ship is sinking.

Musk derives his power from his wealth, but

nothing without us, its users. In fact, it was the Arab Spring's people-led uprisings that made the then-mundane microblogging site into the global platform it is today.

And just like in the Arab Spring - when people rose against incompetent autocracy - popular resistance is emerging against Musk's dictatorial vagaries. Former employees have filed multiple court cases against the company, and have already scored an early victory. Users have also risen up. Some are arguing that the best way to resist Musk's policies is from within the platform; others are leaving and encouraging others to move to competitor apps.

Musk tried to thwart the latter by imposing strict new rules on promoting or referring to other social media platforms. That quickly created a backlash and the change in policy had to

The end of Musk's digital autocracy will come - sooner or later. But his troubled rule should stand as a warning to other tech bros who aspire to be tech dictators. The internet – and by extension, social media – is a space built upon people's natural affinity for freedom. Any attempt to usurp and control it is doomed to fail.

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 Romanian-born Sudanese political cartoonist and cultural producer currently living in Denmark

> The article was originally published by Al Jazeera



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

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Rahul Gandhi's Hundred Days Yatra

his is with reference to the article, "Hundred Days of Yatra" in Kashmir Observer (Dec. 29). Rahul Gandhi and rest of the yatris having marched across India over the past 100 days in the momentum-ascending Bharat Jodo Yatra bears testimony to their physical endurance and the nationwide support the Congress party has gained over the last 3 months now. The completion of a hundred days of the yatra in itself is a success, and a good moment to reflect what it has achieved politically. Perhaps, a significant gain for the party from the yatra is that party cadres, who were despondent and downcast with the party leadership, have started believing in it again strongly. This is no mean achievement. In fact, when the yatra was completed in the southern States, C-Voter conducted a survey which showed that Rahul Gandhi's approval ratings had considerably improved in all the States where the yatra had passed through.

Another crucial gainsaying factor of the yatra is that beyond Congress's supporters, celebrities from different walks of life and the public at large have joined the tramp. From across the many places of the yatra, issues ranging from farmers' plight, women security, unemployment and rising prices have all been brought to light. These problems gained prominence and became especially meaningful given the lack of reportage of the yatra in main-

The BJY has given the Congress the much-needed oxygen to resurrect itself from a series of electoral debacles. It remains to be seen to what extent Rahul Gandhi's image has been revived, and how far the yatra will help the Congress in its preparations for the LS 2024 polls. Nevertheless, the Bharat Jodo Yatra has already become a revolutionary moment in national politics.

Finally, I take this opportunity to wish Kashmir Observer and its readers a very bright, prosperous and happy new year!

Ranganathan Sivakumar

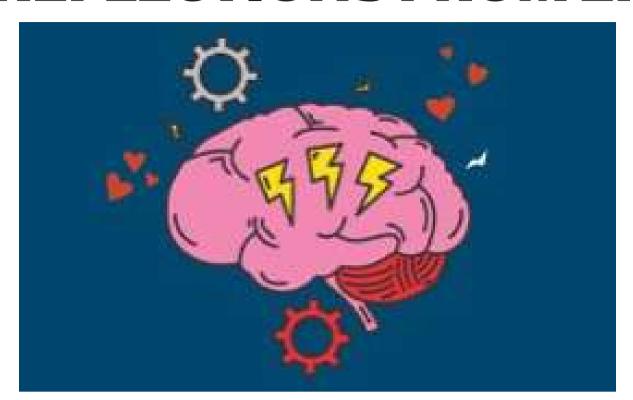
Flawed Conception of Love Relationships: FEW REFLECTIONS FROM ERICH FROMM

MUGEES UL KAISAR

ne may start with the pointed observation that Erich Fromm makes in his illuminating book The Art of Loving that despite so much attention that the matter of "love" receives, the question is, why does it fail so frequently in our world? Why do most so-called love relations spin off into bitter hatreds? Fromm notes that its genesis is the mistaken assumption that love comes easily without any ethical prerequisites. Probably one of the most brilliant insights that Fromm comes up with is the fact that a good, loving, humble & compassionate relationship naturally demands the point that the individual human beings tied up in that relationship are themselves loving, humble, unselfish and compassionate. A good, healthy, loving human relationship is only enabled by inner goodness of the people that compose that relationship. Therefore, to formulate a successful human relation, ethical disciplining of one's own self is a prerequisite. For example, as long as one is egotistical and self-centered, one cannot properly contribute in a loving, giving, sacrificing relation.

This is taken for granted that one's own character, one's own individual being, one's own ethic, goodness, humility, arrogance, selfishness, and other personal traits will not have their ripple effects on the relationships that the individual is going to enter into. Love is given such a naively neutral station as if it isn't part of who we are. Falling in love does not necessarily mean that one has been purified of all psychological pathologies. Falling in love may give "all is good" kind of feeling but soon ego pathology surfaces up in these relationships, thus making the inevitable point of the unavoidable prerequisite of individual soul making as a preliminary necessity.

The problem with prevalent dominant conception of love relations is the fact that the "I" is at the centre.



4

MARKETING ONESELF AS A PRODUCT WITH CERTAIN SET OF HIGH VALUE FUNCTIONALITIES STEMS FROM DEEP ROOTED EGO-CENTEDEDNESS which is caught up in an eternal thirst of

EGO-CENTEREDNESS which is caught up in an eternal thirst of validation and love from others; such a person simply wishes to be "loved" as we have mentioned above, rather than actually truly loving humanity out of mutual sympathy and thus such an ego cannot properly function in a two way relation with other humans

One is not "loving" but in fact is in love with the feeling of being loved. All the so-called sad poetry that saturates social media is all about so and so left "me", why don't they love "me", etc. This psychology has to do with unconscious infantile mode of relationship (of childhood) where one was at the centre of maternal love. First of all one has to realize that the "world" is not the "mother".

One has to come out of this infantile mode of being where one expects people or world to function & behave like one's own "mother" whose love expectedly is perfect, unidirectional, total, predictable and without malice. Once one comes out of this "mother complex" (which unconsciously drags people down emotional tortures soon after "world"/some human forsakes them), one

is instantly treated. Following this, one has to next realize that love in its essence means expansion of being. Ego cocoon, when broken free, gives rise to love. A human being who is "loving", sees every other human being as a part of his own self/being. "Wish for the other what you wish for yourself" is the ultimate Prophetic definition of a mature "loving" human being. This flower-

ing out of the horizon of being/self is love. This expansion of being that doesn't let one see others as separate from one's own being is fundamentally the gift of love to whomsoever it dawns upon. This expansion of self naturally renders all selfishness irrelevant.

Love is "giving" in its very nature rather than expecting that one should be put at some high pedestal, by others, like an infant. Again, Fromm highlights the importance of self-work for formulating healthy mature human relations and that is by "sacrificial love" he doesn't mean "giving up" things in the sense of a buying-selling dynamic but rather it is the overflowing of one's own bliss that is shared with the other. It is one's own inner stability and strength that makes one "loving" rather than arrogantly and narcissistically expecting others to love him.

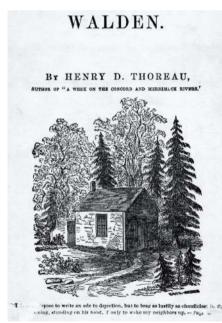
It is for these reasons that Fromm considers love as an "art" (or a mode of being) that needs sincere effort rather than a reductive pleasant sensation that one "falls" into. A loving human relation has ethical prerequisites and needs self work. For Fromm, people confuse initial "falling in love" sensation with the permanent state of "being in love" which demands permanent character traits - requiring prior self work. Here Fromm makes another brilliant point that needs our attention; he says that the initial intense feeling of falling in love is in fact an indication of one's own previous loneliness. The intensity of "falling in love" gradually starts to fade out once the participants in the relation get more and more acquainted with each other; disappointments begin to surface up because the original inherent loneliness sticks its head out again. One recalls here Jung's and Campbell's point that most infatuations are projections of one's own inherent ideal images which begin to shatter as the real person emerges from beneath the projected image, leading to creation of multiple fault lines. When one

is selfish and lonely (owing to persistent ego-centeredness which fails to participate with the collective where ego has to recede), the initial intensity of so called love relation followed by its failure essentially points to deeper individual problem of the person.

Fromm traces the repercussions of mistaking love as "being loved" rather than "being loving" to a problematic vantage point of being concerned as to how to be more "lov-able" as an "object" and thus one starts with the trajectory of self objectification. It is not surprising, says Fromm, that people today market themselves out there as products. One invests in (say, for example) gym, guitar skills, etc to increase one's "market value" in the capitalistic transaction (ironically) called as "love". Young boys and girls, as one observes the social media space, seem to forcefully put themselves out there as "objects" with certain "skills" (like functionalities of a chid toy bought from a toy store) in order to be loved by the "other".

An irritation of seeking attention from others all the time inherently points to one's own deep loneliness that actually calls for serious self work to amend the problem. Marketing oneself as a product with certain set of high value functionalities stems from deep rooted ego-centeredness which is caught up in an eternal thirst of validation and love from others; such a person simply wishes to be "loved" as we have mentioned above, rather than actually truly loving humanity out of mutual sympathy and thus such an ego cannot properly function in a two way relation with other humans. Most relations in today's world come crashing down simply because the foundation work is very poor. Physical abuse, mental abuse, and all kinds of problems are testament to the fact that we assume mere falling in love guarantees individual human goodness when in fact that needs prior individual self work.

5 Wintry Books To Read During Long Nights



Liz Rosenberg

inter solstice brings the shortest day and longest night of the year in the Northern Hemisphere. It's a great night to spend reading.

I've taught English and creative writing in snowy Binghamton, New York, for more than 40 years – reading, writing, reviewing and judging books all the while – so it's never hard for me to find something to read. Only to choose.

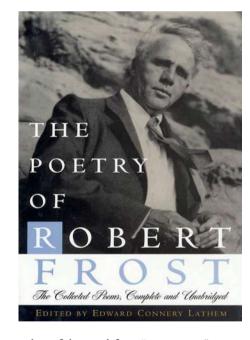
To save you the same indecision, I've picked five books for the darkest time of the year.

1. Henry David Thoreau, "Walden Pond" (1854)

Thoreau's "Walden Pond" is America's most celebrated nature book, filled with the author's observations of the woods near Walden Pond in Concord, Massachusetts. "Walden" begins in July, but Thoreau welcomes winter in some of the book's most beautiful passages.

"The north wind had already begun to cool the pond," Thoreau writes, when he "went into winter quarters." Not that he stayed indoors much.

Most of us won't stretch out face down "on ice only an inch thick," as Thoreau reports doing, but we can read about him doing it while staying warm. Thoreau noticed frozen bubbles, stacked "like a string of beads" or "silvery coins poured from a bag." He catalogs – how he loves cataloging! – the



colors of the pond, from "transparent" to dark green to "opaque and whitish or gray." In winter he burned pine, decaying stumps, hickory, dry leaves and logs he'd dragged home while skating across the pond. Fuel provided him warmth, cooked food and company. "You can always see a face in the fire," Thoreau wrote.

In winter he welcomed rare humans, such as fellow writer Louisa May Alcott's father, Bronson. But mostly he encountered foxes, squirrels, chickadees, jays and a barred owl that he described as the "winged brother of the cat." Thoreau delights in the sound of the ice booming in a thaw and describes moonlit rescues of hikers he escorted back to the edge of civilization.

The five chilly chapters of "Walden" comprise a winter sampler for those who haven't read this mighty book — and for those returning to it.

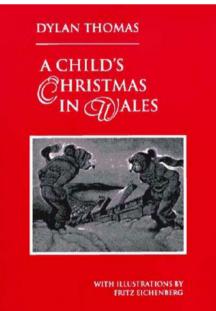
2. Robert Frost, "The Poetry of Robert Frost"

No poet sang of winter like poet laureate and New Englander Robert Frost. In his great "Stopping by Woods on a Snowy Evening" he pays homage to winter's solitude:

"Between the woods and frozen lake/ The darkest evening of the year."

"The Poetry of Robert Frost" weighs in at more than 600 pages. "You Come Too," a beautifully curated edition of poems for the young, is less than 100.

Both books contain popular midwinter favorites. Even their titles suggest the





poet's strong connection to winter: "Looking for a Sunset Bird in Winter"; "A Hillside Thaw" ("Ten million silver lizards out of

In "Birches," Frost writes of branches that turn raindrops into ice crystals melted by

snow!"); "Good-by and Keep Cold"; "A

Shattering and avalanching on the snow-crust –

Such heaps of broken glass to sweep away You'd think the inner dome of heaven has fallen.

Frost's poems are easily memorized and lovely to read aloud over any blustering gales.

3. Dylan Thomas, "A Child's Christmas in Wales" (1952)

As Frost wrote for all ages, so did Dylan Thomas in "A Child's Christmas in Wales" – available in its original Tiffany blue New Directions paperback edition, decorated exquisitely with illustrations by Ellen Raskin – a winter's poem made to be sung. We can even hear the poet chanting it aloud on his 1952 recording.

Italo Calvino

If on a winter's night a traveller

One need not be Welsh to love Thomas' seaside childhood. One need not even celebrate Christmas.

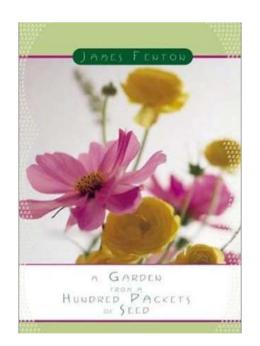
"One Christmas was so much like an-

other," the poem opens, "that I can never remember whether it snowed/for six days and six nights when I was 12/or whether it snowed for 12 days and/12 nights when I was six."

4. Italo Calvino, "If on a Winter's Night a Traveler" (1979)

Italo Calvino bundles magic, metafiction, philosophy, danger and love into "If on a Winter's Night a Traveler." It's Calvino's most mystifying work, challenging readers' assumptions about reading and storytelling.

Not exactly a novel, it comprises the first



chapter of 10 invented novels by 10 imaginary authors. Is it still winter? a reader may wonder. Was it ever winter?

As Calvino admits, "The only truth I can write is that of the instant I am living."

5. James Fenton, "A Garden from a Hundred Packets of Seeds" (2002)

Some gardeners spend all winter dreaming. Others spend it busily planning.

"A Garden from a Hundred Packets of Seeds" proposes a radically old-fashioned approach – to grow a garden simply sprung from seed. Author James Fenton explains, "[S]imple-mindedness was a part of what I was after: buy a packet of nasturtium seeds and plant them, grow some very tall sunflowers – this is what gardening should be all about."

A garden doesn't need expensive starter plants or even a plan. The great question in life, as well as with gardens, is: What do I want to grow?

Winter unearths simplicity – the stark black-and-white vista it presents, the bareboned landscape. It encourages readers to follow suit by ridding themselves of the extraneous and making room for life. As the celebrated saying goes, "If you choose not to find joy in the snow, you will have less joy in your life but the same amount of snow."

Besides, as December ends, we turn the corner toward light.

By arrangements with The Conversation

Drunk Man 'Urinates' On Woman In Air India Flight

New Delhi: Air India on Wednesday said it has imposed a 30-day travel ban on a man who allegedly urinated on his female co-passenger in a drunken state onboard a flight from New York to Delhi on November 26 and instituted an internal probe to find if there were lapses in handling the situation by the crew.

Meanwhile, Delhi Police said it has registered an FIR, based on the complaint by the victim to Air India, and formed several teams to nab the accused.

While the identity of the accused has not been disclosed by either the airline or the police, sources said he is in his 50s and a resident of Mumbai.

A senior Directorate General of Civil Aviation (DGCA) official said the regulator is "seeking a report from the airline and shall take action against those found negligent" in handling the incident.

In a shocking incident, an inebriated man allegedly urinated on his female co-passenger, a senior citizen in her seventies. in the business class of an Air India New York-Delhi flight on November 26 last year.

An Air India spokesperson said the airline has taken a "very serious view of the incident, where a passenger behaved in an unacceptable and undignified manner on the New York-Delhi flight that caused extreme distress to a fellow passenger.

A police complaint has already been lodged and Air India is committed to assisting the law enforcement agencies as well as regulatory authorities, the spokesperson said in a statement.

"As a first step, Air India has banned the passenger for 30 days, the maximum it is permitted to unilaterally do so, and reported the matter to the DGCA for further action," it added.

However, Air India declined to provide details about when the flying ban was imposed.

Requirements (CAR) issued by DGCA in 2017, regarding the handling of unruly passengers, an airline has the power to ban an individual from flying for a

The airline said, "we have also constituted an internal committee to probe lapses on part of Air India's crew and address the deficiencies that delayed quick redressal of the situation.

As per DGCA sources, an airline is bound to report any incident to the aviation regulator immediately but the same was not apparently followed with respect to the November 26 incident.

According to reports, the complainant had also written to Air India group chairman N Chandrasekaran stating that the drunk co-passenger had urinated on her and exposed himself.

Based on the complaint given by the victim to Air India, Delhi Police has registered a case under sections 294 (obscene act in any public place), 354 (assault or criminal force to woman with intent to outrage her modesty), 509 (word, gesture or act intended to insult the modesty of a woman) and 510 (misconduct in public by a drunken person) of the Indian Penal Code and other relevant section of Aircraft rule, a senior police officer said.

"We have formed multiple teams to keep a track of the accused passenger and he will be arrested soon," he said.

Meanwhile, the National Commission for Women has written to the Air India Limited chairman to intervene in the matter. It said the action violated the woman's right to live a life of dignity and safety.

The airline also said it is in regular contact with the aggrieved passenger and her family during the investigation and reporting process.

If one airline places a person on the no-fly list, then other airlines have the option of whether to impose a similar ban on the individual

Bharat Jodo Yatra Resumes Journey On Second Day Of Uttar Pradesh Leg

Baghpat (UP):The Congress' Bharat Jodo Yatra resumed its journey at 6 am on Wednesday after halting for the night at Mavikalan.

Anshu Awasthi, spokesperson for the party's Uttar Pradesh unit, said Congress leader Rahul Gandhi and General Secretary Priyanka Gandhi Vadra reached Mavikalan from Delhi prior to the yatra's resumption. Priyanka Gandhi did not, however, join Rahul Gandhi at the yatra's resumption. She is likely to join after noon, party sources said.

Rahul Gandhi was again seen wearing the white T-shirt that he has sported for much of the vatra. Senior Congress leaders, including former Union minister Jairam Ramesh and the party's Uttar Pradesh unit chief Brijlal Khabri, were also present.

Scores of people carrying the tricolor joined the yatra as it made its way through.

Local leaders and activists, including district unit chief Rampal Dhama, of the Rashtriya Lok Dal (RLD) -- the Samajwadi Party (SP) alliance partner in Uttar Pradesh, joined the yatra.

The Congress had earlier claimed that RLD chief Jayant Chaudhary would also take part in the yatra. However, RLD National Secretary Anil Dubey had said it was unlikely as Chaudhary was currently abroad.

The yatra entered Uttar Pradesh on Tuesday via Ghaziabad's Loni border after a nine-day break. It will travel though Uttar Pradesh for two days and will enter Haryana's Panipat by Thursday evening via Baghpat and Shamli. The march left from Delhi's Kashmiri Gate on Tuesday morning. Rahul Gandhi and his sister Priyanka Gandhi Vadra had returned to Delhi after walking seven kilometers on entering Uttar Pradesh.

Congress' Uttar Pradesh unit chief Naseemuddin Siddiqui had told PTI that continuing the yatra from the Loni border, Rahul Gandhi and Priyanka Gandhi



took a seven-kilometre walk before returning to Delhi.

While he did not give a clear answer about the reason behind their sudden withdrawal, Siddiqui had said that the siblings would resume the yatra from Baghpat according to schedule on Wednesday morning.

Baghpat Congress' district unit chief Yunus Chowdhary said the yatra started from Mavikalan village and would reach the Gufa temple, where it will take a brief halt, in the afternoon. The yatra will then enter Baraut town via Sarurpurkalan village.

Rahul Gandhi will address the Nukkad Sabha at Chhaprauli Chungi in Baraut before the yatra leaves for Shamli district, Chaudhary said.

The Congress has not held much political sway in Baghpat and Shamli districts, known as 'Jatland', for a long time. Baghpat last elected a Congress member to the Lok Sabha in 1996 when Chaudhary Ajit Singh won on the party's symbol. The Kairana Lok Sabha seat in Shamli last elected a Congress leader --Akhtar Hasan -- in 1984.

The yatra has so far received positive response in the state. While SP chief Akhilesh Yadav, Bahujan Samaj Party supremo Mayawati and the RLD's Chaudhary have maintained distance, they have congratulated

the Congress for the yatra. Acharya

Satyendra Das, chief priest of the Ram Janmabhoomi Temple and Champat Rai, secretary of the Shri Ram Janmabhoomi Teerth Kshetra Trust, have also appreciated the yatra.

Speaking to journalists on the Bharat Jodo Yatra after a meeting of the Trust at Faizabad Circuit House late on Tuesday, Rai said, "I express my gratitude to a young man (Rahul Gandhi) who is walking in the country. I appreciate this step.

He added that "there is nothing wrong in this, I am a worker of the RSS (Rashtriya Swayamsevak Sangh) and the RSS never condemns Bharat Jodo Yatra".

"He (Rahul Gandhi) is walking in this bad weather, it should be appreciated. I must say that everyone should travel the country.'

The Bharat Jodo Yatra, which started from Kanyakumari on September 7, will end with the hoisting of the national flag by Rahul Gandhi in Srinagar on January 30.

The yatra has so far covered 3,122 km from Gandhi Mandapam in Kanyakumari to the Red Fort in Delhi. Over the 108 days, the Yatra

has covered 49 districts in nine states and one Union Territory --Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Telangana, Maharashtra, Madhya Pradesh, Rajasthan, Haryana, and Delhi.

NIFT Sgr kick-starts monthlong training programme on Design Development, upskilling of boutique workers

Srinagar: National of Institute Fashion (NIFT) Technology Wednesday kick-started its month-long training programme on design development and up-skilling of boutique workers.

The inaugural ceremony of the programme was held at the main campus of NIFT at Ompora Budgam.

The training programme is being conducted for the trainees belonging to backward areas of the Pakharpora and Sursyar areas of Budgam. The training programme is being undertaken by the NIFT faculty and is sponsored by the district administration Budgam under the Aspirational Block Development scheme.

The NIFT has selected 25 participants from each block who will be provided onemonth training for the upliftment of their skills.

In his address at the inaugural session, Director NIFT Srinagar Dr Javid Ahmad Wani said that NIFT shall make available all resources for upskilling of trainees.

"This training programme will help these trainees in up killing their talent and which will ultimately help in diversification of the products," he said. He said participants would

be trained to design the products as per the market demand which will make their livelihood better," he said. Director Handicrafts and

Handloom (H&H) Kashmir Mehmood Ahmad Shah in his address termed the initiative as a welcome step for upskilling of the workers. He advised the participants

to improve their skills and asked them to take benefits of different e-commerce platforms for marketing of their products. "There are various e-commerce platforms where you

can register yourself and ex-

pand your market. For this

you need to improve your

skills which can be done

cise," she added.

through this training programme," he said. He also informed that the H&H department is taking

various initiatives to promote and develop local crafts.

"This includes Registration, designing of packaging, exposure to ecommerce platforms and market linkages," he said. During the proceedings

of the function, the training coordinator Nousheen Qazi briefed the participants of both blocks about the module of a month-long training programme. She also spoke about

the modus operandi of the month-long training programme and the initiatives to be taken for upskilling of the trainees.

"We will assess your skills and will start upgrading your talent according to the market demand so that you will make your products as per the market needs," she said.

Meanwhile, the trainees were provided with training kits during the inaugural session of the training programme. Sub Divisional Magistrate (SDM) Chadoora Budgam Prince Noorul Hamid while speaking at the occasion hailed the NIFT for taking up this month-long training programme.

He also encouraged the participants noting that their talent was second to none and urged them to take full advantage of the month-long training programme to improve their skills at a national-level institute.

Assistant Director H&H department Muhammad Abbas, who was also present at the occasion, said the department will provide full support to the participants attending the training programme.

"Besides cutting and tailoring we also provide training under the Karkhandar scheme to uplift the participants' skills," he said.

CONTD. FROM **FRONT PAGE**

GOC, DGP

in Jammu, particularly in the border districts. "The officers discussed the modus operandi of terrorists. They also discussed counter neasures including those for foiling attempts of dropping arms, ammunition and drugs by Pakistan through drones," the spokesperson

The DGP, he said, appreciated the synergy between the Army, Police and CAPFs that has helped in breaking the back of terrorism in J&K.

Shutdown, Protests

Security was beefed up in the border districts of Poonch and Rajouri in view of the bandh, officials said. Shops and business establishments remained closed in the district as hundreds of people, braving cold weather, came out to hold protests.

Raising anti-Pakistan slogans, the protestors burnt tyres and demanded enhancement of security in and around minority places in districts of the Jammu region.

In Kathua, protestors assembled on the highway at Kalibari and blocked it, thereby disrupting the movement of the traffic for an hour.

Led by local BJP leaders, the protestors demanded action against Pakistan for fomenting trouble in Jammu and Kashmir and burnt an effigy of the neighbouring nation.

"We held protests against the killing of the minority community by Pakistan-sponsored terrorists and called for a surgical strike against the country to dismantle terror infrastructure there," a BIP leader said. Kashmiri Pandit employees who have been

demanding relocation away from the Valley following the selective killings, took out a candle march in Jammu to protest against the twin attacks in Rajouri.

"We took out a candle march to protest against the killings. Hindus are not safe in J-K. Government should ensure the safety of the people," a protestor said.

Yuva Rajput Sabha held a candle march here to express heartfelt sympathies to the families whose kin were killed in the Rajouri terror attacks. Hitting out at the BJP, a leader of the Sabha

said that they were always out to call for a Jammu bandh during every killing in the past but today they are silent. "It has exposed the LG administration's

claim of stamping out terrorism in J&K and but the situation is akin to 1990 when Kashmiri Pandits were forced out of the valley due to killings", he said.

Democratic Azad party, Jammu university students, Trikutanagar Business association, VHP and Bajrang Dal also held protests in

Protests were also held in several places in Udhampur, Akhnoor, Katra, Reasi, Samba, Kishtwar and Doda districts.

Lawyers in Jammu and Rajouri also observed a shutdown to protest against the killings.

GI Could Be A

Kashmir's Saffron, hand knotted carpets, papier mache and several other products resulted in huge success for local producers. GI Tagging of several other products are in the pipeline which will bring socio-economic prosperity in respective areas," he said.

"Since GIs denote the origin and the quality of products, our aim is to establish local brands in the global market through effective brand & marketing strategy. Other mechanisms are also being evolved to address the challenges faced by producers," he added.

Terming 'People First' as the UT government's mantra to speed up the pace of sustainable development, the LG said that special impetus is being given to create physical, economic & knowledge connectivity to reduce Rural-Urban gap, improving rural economy, and protecting the interest of small & marginal farmers.

"In the last two years, unprecedented work has been done to strengthen physical, knowledge and economic connectivity. Several initiatives have been taken to bring socio-economic prosperity in the lives of farmers, producers and all associated stakeholders," he said.

"I&K administration is making concerted efforts to increase productivity through infusion of traditional knowledge, modern science and technology. Promotion of Agro-processing industries, creation of better market-linkages, contribution of cooperative societies, universities & experts, strong system of e-governance, e-delivery mechanism, has eliminated the bottlenecks and providing new impetus for the development," he added.

The LG stressed the need to document the impact of GIs on promoting the products. He further reiterated the government's commitment to implement the Policy on holistic development of Agriculture & allied sector in letter and spirit.

Atal Dulloo, Additional Chief Secretary Agriculture Production Department said that the two-day workshop provides an opportunity to discuss, promote and capitalise the unique niche products of North-Western Himalayas.

The workshop aims to sensitise all stakeholders on GIs, the oldest category of trademarks, identify potential products & formulate future strategy to empower rural communities, an official spokesperson said.

The LG, he said, also inaugurated an exhibition on potential indigenous products which can be registered for GIs and inspected stalls displaying around 40 unique and niche products of Jammu Kashmir installed by the entrepreneurs and the government departments.

Padma Shri, Dr. Rajani Kant, Padma Shri Dr VP Singh, Prof J P Sharma, VC SKUAST Jammu and Prof Nazir Ganai, VC SKUAST Kashmir also spoke on the occasion.

AMU Withdraws

Controller, Admissions Faisal Waris. Nasir Khuehami, J&K Students Association National Spokesperson, confirmed to Kashmir Observer that the order stands withdrawn and the students are at ease now.

The Students Association earlier wrote to Home Minister Amit Shah to stop harassment of Kashmiri students in Aligarh Muslim University and urged him to replace the AMU Proctor.

In the last circular, the Assistant Controller Examination of AMU had sought details of the students from J&K on the directions of Superintendent of Police, Aligarh.

The Assistant Controller Examination had asked its deans of the faculties, Dean Student Welfare (DSW), Chairmen of the all Department of Studies in faculties to submit the details of Kashmiri students.

Besides, the details were also sought from the principal of colleges, polytechnic, S.H. Senior Secondary School boys and girls, STS School, AMU Girls School, RMPS AMU City School, AMU ABK School of boys and girls coordinator, AMU Centre Nodal Office, Centre of Professional Courses, Disability Unit, B.E. (Evening) Course, Interdicts, Biotech Unit, Interdisciplinary Centre for Artificial Intelligence, interdis centre for green and renewable energy

The details which were sought included the name of the student, father's name, current address, permanent address, mobile number, along with details of courses and department.

Kashmiri Photojournalist

passed on Monday.

Dar was in jail since October 22, 2021. The NIA had alleged Dar was conspiring, both "physically and in cyberspace", for undertaking violent terrorist acts in Kashmir and across major cities in India.

The judge said even if it is accepted that the investigation revealed a new form of 'hybrid cadre' of terrorist or undercover cadre/terrorists doing terrorist activity, assisting proscribed terrorist organization discreetly whereas ostensibly carrying on legitimate activities like advocate, journalist etc., "however one must note that such allegation must be supported by direct evidence of any such activities".

"Mere assumptions or incomplete evidence to establish such facts may not be sufficient Therefore taking into account all these evidence on face of it, it would be enough to observe for the purpose of bail application that such evidence do not connect or are not sufficient to indicate accused being part of conspiracy or other charges," the judge said.

On the allegation that Dar shared images of security forces and their deployment under the cover of being a photojournalist, the court held that a perusal of extracted data of his mobile phone would show that while there are Telegram messages and images, they do not indicate the same were sent by him.

"No doubt there is indirect reference showing share of links of other smaller, private messaging applications like Tam Tam, Nand messenger etc. to avoid detection of the messages. Similarly, there is also WhatsApp chat retrieved in which there is one message enquiring as to whether there is Hanan or Manan.

"However such messages, chat etc. may not be sufficient at least, at this stage, to show that accused sent message or was part of chat," the court said.

It also observed there is no evidence to show that Dar shared any photograph or image of security forces or about their deployment with any individual or organisation at any point of

The NIA had alleged that Dar was working as an over ground worker of Lashkar-e-Toiba (LeT) and its off-shoot 'The Resistance Front', and "knowingly entered into a conspiracy with terrorist commanders based across the border as well as active terrorists in the valley" to "assist unrest"

Dar had claimed he was a freelance photojournalist who has covered news and conflict in Kashmir and contributed to agencies like Getty Images. The NIA had alleged Dar and other accused

were associated with online groups and were acting as "hybrid cadres" on behalf of the proscribed terrorist organisations. The anti-terror probe agency said the matter

has national ramifications as it posed a direct threat to the security of the country. There is a danger that Dar may abscond

across the border and influence witnesses, if released, the agency told the court while opposing his bail plea.

Rahul to Conclude

senior leader Tariq Hamid Karra, visited Lakhanpur to review the measures being undertaken for the Yatra.

"Rahul ji will arrive here on January 20 and will conclude his journey on January 30, "Patil told reporters in Kathua. She said the team had come to finalise the

venue and review arrangements for the Yatra. On terror attacks in Rajouri, she said the government has totally failed on the security front. Patil said that Bharat Jodo Yatra was initiated by the Congress to bring together the entire nation and to strengthen it.

The yatra stands as a turning point in the history of India and is the biggest mass conduct programme after independence. Evervone is excited and spirited to be a part of it," she said.

She said the Yatra is aimed to bring the people on the ground to raise their voices against issues that cause division in the country.

Patil said the BJP targeting the Bharat Jodo Yatra is a clear indication that it is a big success and troubling the saffron party very much. "Why should we be worried, let them criti-

Kashmir To famous ski resort town in north Kashmir's Baramulla district, recorded a temperature of minus 8.4 degrees Celsius, the officials said.

The Met office has forecast dry weather for the region, leading to colder nights and slightly warmer daytime temperatures, over the next few days.

Qazigund, the gateway town to the Valley, also witnessed a slight rise in the minimum temperature on Tuesday night, registering a low of minus 5.2 degrees Celsius. In Kupwara, a frontier district, the mini-

mum temperature settled at minus 6.0 degrees Celsius, while Kokernag in south Kashmir recorded a low of minus 3.8 degrees, the officials The less-than-normal precipitation this winter has resulted in increased respiratory prob-

The sub-zero temperatures have resulted in several water bodies in the Valley freezing.

lems for residents, particularly the children

and the elderly, doctors said.

Kashmir is currently under the grip of Chillai-Kalan, the 40-day harshest weather period when the chances of snowfall are maximum and most frequent.

'Chilla-i-Kalan' begins on December 21 and

ends on January 30. The cold wave continues even after that with a 20-day-long 'Chillai-Khurd' (small cold) and a 10-day-long 'Chillai-Bachha' (baby cold) following it.

Most areas of the Valley received snowfall on Thursday. (With agency inputs)

Sonia Gandhi

Wednesday after halting for the night at Mavikalan in Uttar Pradesh's Baghpat.

Priyanka Gandhi did not, however, join Rahul Gandhi at the yatra's resumption. She is likely to join after noon, party sources said.

Former MP,

Akhnoor-Poonch Highway and concerning issues of Anganwadi workers and daily wagers. 'The Lt Governor assured the visiting deputations that all the genuine issues highlighted by them would be addressed appropriately on merit," the spokesperson added.

Arms, Ammunition

vide FIR No. 02/2023 under relevant sections of law has been registered and further investigation is in progress," the spokesperson added.

Trooper Kills

police party for further formalities.

The cognizance of this incident has been taken and further investigation has been set into motion, he added.

RAJOURI KILLINGS

DAP Holds Candlelight Protest At Jammu Press Club



Observer News Service

JAMMU: Democratic Azad Party organized a candle light protest at Jammu press club against the innocent killings at Dangri village in Rajouri on

The party leaders along with their dozens of workers while holding the candles in their hands to express solidarity with the victim families shouted slogans against the terrorists responsible for the killing of six civilians including two children in Dangri village.

On the occasion, the General Secretary R.S.Chib said that they are denouncing the cowardly act of terrorists and demand stern action against them. "This was a barbaric and relief without any delay.

and cowardly act by terrorists to kill innocent civilians. We demand stern action against them," he said.

Party Chief Spokesperson Salman Nizami said that the people of Rajouri have themselves given a clear message to these terrorists while standing united and defeating their attempts of striking communal discord. "People of Rajouri stood united and sent a clear message to the perpetrators of this crime that no one can cause any disharmony among them. It was a clear defeat to terrorism," he added and urged the local administration to ensure all injured are provided proper medical relief and the next of kins are provided jobs

RTI Movement, BWT **Commemorate Braille Day**

Observer News Service

SRINAGAR: Jammu & Kashmir RTI Movement in association with Blind Welfare Trust (BWT) on Wednesday commemorated World Braille Day which is celebrated across the world on Wednesday.

Chairman RTI Movement Dr Raja Muzaffar Bhat during a function held in Srinagar said that the purpose of the day is to raise awareness of the braille language, which attempts to bridge the gap among normal and differentlyabled individuals. He appreciated the work done by Louis Braille, a French blind man who invented reading and writing techniques for blind persons.

Chairman Blind Welfare Trust Showkat Ahmad Lone said that

blind people don't need sympathy from people but they need support for better education and skills. He urged the Govt to set up special schools for blinds in J&K. Shafat Sofi a blind activist from Srinagar, also urged the Govt to create facilities for blind students so that they can shape their future in a better way. Blind activists from Budgam, Shopian and Anantnag also participated in the event.

Public Interest lawyer Badrul Dujja who has filed several public interest litigations on persons with disabilities also stressed on better educational facilities for visually impaired students. Noted social activists and social media influencers like Dr Mushtaq Khan, Muneer Dar, Adv Ashraf Wani, Rayees Wathori, Raashed Ashraf also partici-

Youth Allegedly Hangs Self To Death

Agencies

mitted suicide by hanging himself to death in Hib Dangerpora area of Sopore in north Kashmir's Baramulla district on Wednesday.

Officials said that a 27-yearold youth (name withheld) has hanged himself to death at his residence in Hib Dangerpora vil-

lage of Sopore. They said that he was rushed to SDH Sopore where doctors declared him dead on arrival.

cident, a police official told a local news agency KNO that they have taken the cognizance of the incident and started further investigations. Pertinently, this is the second alleged suicide case reported from the district within a period of five days. Earlier, five days ago a girl ended her life by jumping into river Jhelum in Baramulla.

Prez Dedicates Transmission System Built By POWERGRID In Rajasthan



Observer News Service

GURUGRAM: The President of India, Droupadi Murmu virtually dedicated transmission system built for evacuation of 8.9 GW of solar power in Bhadla, Fatehgarh and Bikaner regions of Rajasthan at a function held at Raj Bhavan in Jaipur on Tuesday.

The transmission system has been built by Power Grid Corporation of India Limited (POWERGRID), a Maharatna company of Ministry of Power, Government of India. Governor of Rajasthan, Kalraj Mishra, Chief Minister of Rajasthan, Ashok Gehlot, senior officials of Government of Rajasthan, Central Government and POW-ERGRID were also present during the occasion.

Energy transition in the country is happening at an accelerated pace through large scale grid integration of Renewable Energy. By the year 2030, more than 500 GW of non-fossil fuel-based generation capacity is envisaged. Government of India has planned various inter-state transmission scheme for renewable energy integration.

Under Phase-I, 8.9 GW of solar power was envisaged from Rajasthan and POWERGRID has developed inter-state transmission system for evacuation of power from various complexes such as Bhadla- 3.55 GW, Fatehgarh- 3.5 GW and Bikaner-1.85 GW. 3 sub-stations at Fatehgarh, Bhadla & Khetri, 1872 circuit kms of EHV transmission lines and 12,500 MVA transformation capacity have been added to the Inter State Transmission System. The solar complexes in the region have now been connected to the National Grid. The total cost of the project is Rs. 4,928 Crore. After completion of the project, renewable energy from solar complexes of Rajasthan is easily accessible to millions of

consumers across the country.

Govt Unveils Key Initiatives For Development Of Towns

Performance Of Municipalities To Be Assessed; Best Performing ULBs To Be Incentivized

Agencies

SRINAGAR: In a significant move, the Jammu & Kashmir Government has rolled out key initiatives for development of towns in the Union Territory.

According to an order, the Housing & Urban Development Department has approved the roll-out of "aspirational towns development programme", adoption of assessment framework for municipalities and unveiling of urban reform incentive fund.

As per the order, the "aspirational towns development programme" will be rolledout across all municipalities of Jammu and Kashmir.

The adoption of an assessment framework- The Jammu & Kashmir Municipal Development Index-2022- will help in rating, assessing and analyzing the performance and level of development of various municipalities/ towns of the UT. The urban reform incentive

fund is meant for providing reform linked assistance to the ULBs of the UT based on the performance as per the benchmarks prescribed under The Jammu and Kashmir Municipal Development Index-2022. To roll-out the "aspira-

towns development programme", the Planning Development and Monitoring Department will set-up/ engage



a project monitoring unit (PMU) and the Information Technology Department will create a dashboard for monitoring the progress of aspirational towns as per "The Jammu & Kashmir Municipal Development Index-2022."

As per guidelines governing the schemes, the district development commissioners. in coordination with the concerned head of departments (HODs) shall prepare aspirational towns development plans in convergence with other schemes for the speedy development of the aspirational towns. "The resources shall be clearly delineated across various sectors of development at the district level for funding of aspirational development town plan," reads the order.

The DCs have also been directed to appoint a nodal officer for implementation of the programme.

As per the guidelines, the Prabhari for each town shall be mentor of that town and shall be the supervisory officer for the success of the initiative in that town.

According to the order, the best performing municipalities will be encouraged and incentivized through additional grant-in-aid in the form of an urban reform incentive fund(URIF) based on their performance as per the benchmarks prescribed under the JKMDI-2022.

Besides this, special funds will also be provided for building capacities and covering gaps in these municipalities.

According to the order, additional financial assistance of Rs 200 crore shall be made available through Housing & Urban Development Department for the urban reform incentive fund (URIF) initiative—(KNO)

WINTER WOES

DAK Urges People To Take Precautions To Reduce Risk Of High BP

Observer News Service

SRINAGAR: With the continuous dip in temperatures to sub-freezing levels in Kashmir valley, Doctors Association Kashmir (DAK) on Wednesday said chilly weather of winter puts people at greater risk of high blood pressure.

"Falling temperatures in winter cause hike in blood pressure which increases the risk of heart attacks and strokes, the two leading causes of death and disability in the valley," said DAK President Dr

Dr Hassan said high blood through narrowed vessels. pressure: also called hypertension is harder to control in winter. Even healthy people aren't off the hook. They tend to have high blood pressure in

"When winter arrives and temperatures drop, there is



one place where the mercury rises, that is in the blood pressure gauges," he said.

The DAK President said frigid temperatures constrict blood vessels which increase blood pressure because more pressure is needed to force blood

"Hormones like adrenaling and nor-adrenaline increase in response to cold and they cause spike in blood pressure," he said adding "lack of sunlight during winter reduces vitamin D levels which increases blood pressure.

He said people are sedentary in winter, staying inside and eating more that causes weight gain which contributes to hypertension.

"While we can't change the

weather simple precautions can help reduce the risk of high blood pressure in winter. Keep yourself warm to prevent from cold temperature. If you move out, dress in layers, wear a hat, gloves and scarf. Avoid going in chill for walk and move your workout inside. Reduce salt intake and take diet rich in vegetables and fruits. And, don't forget to take your vitamin D," advised Dr Nisar

"People who are on to ment for high blood pressure need to monitor their blood pressure more frequently during winter as they may need increase in doses or addition of drugs to keep their blood pressure under control." he said.

BJP's 'Politics Of Deceit' Has Even Dragged Down Home Ministry: Mehbooba

Press Trust Of India

SRINAGAR: PDP president Mehbooba Mufti on Wednesday hit out at the BJP saying its "politics of deceit" has dragged down even the home ministry. She was reacting to a ministry report on Jammu and Kashmir.

'Shocked that BJPs politics of deceit has dragged down even the Home Ministry. Not only does this report reek of lies but it also discredits a crucial portfolio once headed by Sardar Vallabhai Patel," Mehbooba said in a series of tweets.

Reacting to the part of the report where it said democracy in Jammu and Kashmir earlier meant only 'three families', the former ally of the BJP also made an oblique reference to BCCI secretary Jay Shah, who is son of Union Home Minister Amit Shah.

"At least we the so called 'dynasts' worked diligently hard to stand where we are today. None of us have been airdropped into heading BCCI," she said.

Mehbooba also hit out at the media saying, "All of GOIs brazen lies are passed off as the truth since a pliable media assists them in carrying these lies to the masses. Instead of seeking accountability from the government, they have put the public on a slow drip of hatred against minorities.'

Talking to reporters after a party meeting, she said it was sad that the home ministry was taking things in Jammu and Kashmir so lightly.



"What can one say about the MHA report! It is sad that they are taking things so lightly. They are behaving as if panchayat elections have been held in Jammu and Kashmir for the first time. Panchayat elections in Jammu and Kashmir were first held at the time of Sheikh Mohammad Abdullah. After that, in Faroog Sahib's time.

"They are telling lie after lie. The government gave figures of investment in the Parliament. What are those figures and what are the figures given in the MHA report? How much can they lie?" she asked.

Mehbooba said the BIP was misusing religion for political gains and it will have bad consequences.

"They don't have jobs to give to the people, so they have to demolish homes in Haldwani. Whenever religion is misused for political gains, the consequences have been disastrous. You can see what happened in a neighbouring country or in Syria where Islam was presented in the wrong way. Similarly BJP is using another religion in a wrong way," she said. Asked about possibility of

Ladakh getting land rights' protection, she said it will be a good thing.

"Ladakh is also our part. if they get any relief, it is a good thing. However, the point is that they did not form any committee when they had to repeal 370 and 35A. They dont form any committees when they pass new laws to snatch our land and jobs. Why are they doing this drama of committee? If they want to protect the identity and land of Lada-kh, just do it," Mehbooba said. She said Kashmiris, Dogras

and Ladakhis lost their identity when article 370 was repealed. "The worst affected are the

Dogras who voted for BJP ... we saw the Rajouri incident, we have seen the loss of business in Jammu, the contracts of mining and major construction projects likes AIIMS are given to outsiders.

"Even liquor contracts are given to people from outside Jammu and Kashmir. They want people of Jammu to consume alcohol but to earn money, they have people from elsewhere," she added.

On the eviction drive launched by the government in Jammu and Kashmir, Mehbooba alleged that the BJP was pursuing the Israeli settlers' policy.

"They are removing people from state land where they have been living for centuries. This is part of their plan. Same as happening in Uttarakhand," she said.

Probe Nails Teacher After Serving Edu Dept For 13 Yrs

Agencies

SRINAGAR: The probe, ordered into the appointment of a teacher, has found that the teacher in question has managed his entry in the department after producing a fake appointment order.

An official said that the probe has revealed that the teacher has managed entry in the education department through fake appointment

On December 6, last year it was reported that Directorate of School Education Kashmir (DSEK) has ordered an inquiry to probe the appointment of a teacher posted in Boys High School Barthana, Srinagar.

The probe was ordered after Chief Education Officer (CEO) Srinagar reported that the teacher in question was shown appointed as teacher vide DSEK Order No. 491 DSEK of 2009 dated June 12 of 2009.

It was reported that on verification of the list it was found that neither his name exists in the selection list nor in the appointment order issued on June 12 of 2009.

Following this, an inquiry was ordered into the matter and Joint Director (Central) School Education Kashmir Mohammad Rouf Rehman was appointed as enquiry officer to conduct a "full dress enquiry in the matter.'

The probe was initiated to ascertain the authenticity of the appointment after the passage of 13 years.

After completion of the probe, it has been revealed that the teacher in question managed his entry in the depart- cords," it reads—(KNO)

ment after producing fake and forged appointment order.

As per the communication addressed to the teacher in question, the DSEK has stated that he managed his entry in the department on basis of a fake and forged appointment order.

The matter was got enquired into by Joint Director (Central) who has conducted an indepth enquiry and repotted vide No. DSEK/ID/C/95 dated 20/12/2022 that the appointment order showing to have been issued in your favour is fake/forged," the communication reads.

"You have managed your entry in the department by producing fake appointment order, and deceived the authorities, besides drawn illegal wages from Government exchequer," it reads.

The teacher has been however given opportunity to be heard in the directorate alongwith statement of facts and supporting documents within seven days.

"Action as warranted under law, will be initiated in the matter, without any further notice if you fail to produce the statement of facts," it reads

The communication further reads that the original appointment order issued by the Directorate and selection list issued by the J&K Service Selection Board have been verified.

"It has been found that the name does not exist anywhere neither in the appointment order nor in the selection list and the dispatch mentioned in your posting order has not any relevance with the original re-

CS Reviews Implementation Of Deliverables By SWD

Observer News Service

JAMMU: Chief Secretary, Dr Arun Kumar Mehta held a meeting with the Commissioner Secretary, Social Welfare Department (SWD), Sheetal Nanda to review the progress in implementation of deliverables set for the Department.

On the occasion the Chief Secretary urged the Department to reach out to all the specially-abled persons and provide them assistance due to them. He observed that this section of population is inseparable part of our society and deserves all sort of facilitation from each of us.

the need of continuing their efforts regarding drug deaddiction and asked them to hold events related to 'Nasha Mukht Abhiyan' especially in schools and colleges. He maintained that the addicts need our sympathy and handholding to bring them back into the mainstream of the society to enable them to live their lives in a dignified manner.

He also enquired about the establishment of Old Age Home, One Stop Centres and Narineketans in the districts of UT. He made out that these Old Age Homes should be centres for recreation and socialization besides a point contact for any kind of aid under a single roof.

He also stressed on bringing every woman in distress to these facilities meant for them. He advised them to provide them legal and other aid there besides giving them the necessary protection. The Chief Secretary told the Commissioner Secretary to give all their helpline numbers widest possible publicity and host these even on the e-UNNAT



and other websites.

The Commissioner Secretary informed the CS that the department has made each of its service online for the ease of public. It was further given out that there is a Drug de-addiction center, Narineketan and One Stop Centres in each district and four Model Narineketans in each division

She also revealed that the department is shortly going to provide 700 more tricycles to the needy and saturate the scheme for them. Moreover the department has saturated all its pension schemes whether provided to old age persons, widows, transgenders or specially abled persons, the meeting was informed.

Pertinent to mention here that the decision to assign deliverables to all departments is a first-of-its-kind and innovative initiative of the government aimed at propelling growth and development in the Union Territory by prioritizing transformative action in

These deliverables broadly define the priority areas towards ensuring greater efficiency in the overall governance of Jammu and Kashmir, and lay down monthly, quarterly, half-yearly and yearly targets for all departments. The list of deliverables broadly includes approximately 1250 tangible targets relevant for improving the public service.

DC Pulwama Urges People To Keep Their Aadhaar Updated

Observer News Service

PULWAMA: The Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary Wednesday appealed to all the residents to keep their Aadhaar updated.

He urged Aadhaar holders, who have not updated their Aadhaar in the last over 8 years to update Aadhaar with valid supporting documents of proof of identity and proof of address either online through myAadhaar portal or m.adhaar app or offline by visiting the nearest

Aadhaar centre. Keeping the documents up-

dated in Aadhaar helps in ease of living, better service delivery and enables accurate authentication.

Choudhary said that in the past decade, the unique 12-digit identification number has emerged as a universally accepted proof of identity of residents in India.

It is in the interest of the residents to keep their Aadhaars updated with current proof of identity and proof of address. A large number of Central and State Government Schemes and Financial Institutions like Banks and NBFCs use Aadhaar to authenticate and onboard customers seamlessly.

J&K Take On Kerala In **Santosh Trophy Today**



SRINAGAR: J&K senior men's football team is all set to take on hosts Kerala in the 76th Santosh Trophy today, Thursday, January 5.

The match will be played at EMS Corporation Stadium in Kozhikode, with kick off slated for 3:30 PM.

J&K's Santosh Trophy campaign started with an impressive 2-0 win against Bihar. However, the mo- the next round of the 2022-23 mentum from that victory fizzled Santosh Trophy season.

Mizoram and then drew 0-0 with Rajasthan. The team is in dire need of all 3 points against Kerala, which have won 3 out of their 3 matches.

J&K's final match of the tournament will be on January 7 against Andhra Pradesh. With Mizoram and Kerala leading the Group II table with 9 points after 3 matches, J&K (on 4 points) face an uphill struggle to qualify for

J&K Ranji Team All Out For 161 Against Railways



Observer News Service

SRINAGAR: The Jammu & Kashmir batters again put up a meek show in the ongoing Ranji Trophy as Railways enforced a follow on after bowling out J&K for a paltry 161 on Day 2 of the fourday test. At stumps, the J&K side was on 5/0.

and unbeaten double century any meaningful runs. Railways' by left-handed batter Moham- left arm spinner Akash Pandey mad Saif 233* (293), Railways managed to amass a total of 427 runs. Railways were 274/8 at one stage, but I&K failed to take cut Railways' 261 lead on Day 3 the last two wickets and gave at Lalbhai Contractor Stadium in away 174 runs to tailenders. Surat, Gujarat.

Railways ended Day 1 at 322/8, and managed to add 105 runs before being bowled out. Abid Mushtaq was the pick of J&K bowlers as he took 4 wickets in the first innings.

J&K batters fell like a deck of cards in their first innings as only opening batter Suryansh Singh 48 (89) and no. 4 batter Musaif Earlier, riding on a brilliant Ajaz 39 (91) managed to score ripped through J&K batters, taking 6 wickets in the process.

J&K batters will now hope to

J&K Police Memorial Final Set For January 6



Observer News Service

SRINAGAR: The Jammu & Kashmir Football Association on the final match of 18th J&K Police Martyr's Memorial Football Tournament will be played on said in a statement. Friday, January 6, 2023, at Synthetic Turf TRC.

PM, and will be played between a tie breaker.

AG's Office XI and FC One Football Club.

"The presentation ceremony will be held after few days. The Wednesday announced that concerned Teams are requested to be present on time at the venue mentioned above." the FA

In the semifinals, AG's Office defeated IFC Kashmir 7-0 and FC The match will kick off at 2:00 One defeated J&K Police team in

UT Level 9th Tennikoit Tourney Begins In Jammu



Observer News Service

JAMMU: Secretary Sports Council, Nuzhat Gull on Wednesday inaugurated the 9th UT level J&K Inter-District Level competitions of Tennikoit for the senior age group in here in Greenfield, Gandhinagar.

ganised by the J&K Tennikoit As- the Association has successfully sociation under the aegis of the organized UT-level inter-district J&K Sports Council. More than championships prior to this event 200 players from 15 districts and extended its reach to the reof J&K are participating in the motest areas of the UT. sports event.

presided over the inaugural func- in presence of members of the tion as the Chief Guest, while Dr. J&K Tennikoit Association, officers

Zaffar Iqbal, Chief Accounts Officer, Sports Council was the guest of honour on the occasion.

The Chief Guest appreciated the efforts of the J&K Tennikoit Association and its President Rajeev Sharma for taking a keen both male and female categories, interest in bringing the talent to the fore by adopting various play-The tournament is being or- er-friendly measures. Pertinently,

The Secretary Sports Council The Secretary Sports Council also declared the tournament open

IND vs SL 2nd T201: India **Aim To Clinch Series**

Press Trust of India

PUNE: Shubman Gill will be aiming to up the ante in the Powerplay overs to keep his nearest competitor Ruturaj Gaikwad at bay as a buoyant India team aims to come all guns blazing against Sri Lanka in its bid to clinch the series in the second T20I in Pune on Thursday.

India won a last-ball thriller by two runs in the opener at Wankhede while defending a below-par score and skipper Hardik Pandya spoke about the benefits of overcoming difficult situations as the team moves forward.

is certainly a big relief for skipper Pandya, who could be lauded for taking the new ball and bowling an incisive first spell alongside the newcomer.

Mavi (4/22), with his abil- leg-spinner Yuzvendra Chahal,



Shivam Mavi's dream debut ran Malik's (2/27) raw pace is welcome addition to this T20 playing XI and seem to be longterm investments going into

the 2024 T20 World Cup. However the worry will be his spell.

ity to swing the ball, and Um- who must have lost a bit of confidence after being ignored during the T20 World Cup.

In fact, Chahal went for 26 in his first two overs and the skipper couldn't let him complete

Cristiano Ronaldo Arrives In Saudi, Says He's Come To South Africa

Agencies

RIYADH: Cristiano Ronaldo has just completed a move to Saudi Arabian club Al Nassr, but made a slip up during his official presentation in Riyadh on Tuesday when mistakenly saying he had 'come to South Africa.'

Perhaps the Portugal great was disorientated by the whirlwind nature of his arrival at his new club, which saw him fly out to Saudi on Monday night, before undergoing a medical the next morning and then being greeted by thousands of cheering fans at Al Nassr's Mrsool Park stadium.

"For me it is not the end of my career to come to South Africa," Ronaldo said at a news



on the field at the 25,000 capacity stadium. "I really don't Ronaldo worry about what people say. I conference before stepping out for me I'm really, really happy lion a year. (AP)

Ronaldo has signed a twoand-a-half-year contract to play took my decision and I have re- in the Saudi Pro League and will sponsibility to change that, but reportedly earn up to \$200 mil-



Shakeel, Sarfaraz Shepherd Pakistan To 337-5 In 2nd Test

Press Trust of India

KARACHI: Saud Shakeel hit a sedate first test hundred and Sar- mined 150-run stand in three hours faraz Ahmed made an aggressive third consecutive half century to lift Pakistan to 337-5 on the third day of the second test against New Zealand on Wednesday.

Shakeel was unbeaten on 101 and Sarfaraz, who hit half centuries in his first test match in almost four years last week, fell to a contentious stumping just before tea for 78.

Pakistan now trails by 112 runs after New Zealand's last449 with a century stand.

Shakeel and Sarfaraz kept New Zealand at bay with their deteras Pakistan lost the sole wicket of Imam-ul-Haq in a quiet first session after resuming on 154-3.

Shakeel, who spent almost an hour before scoring his first run off his 42nd ball on Day 2, showed plenty of patience before accelerating to complete his half century off 173 balls.

He reached 99 with a swept boundary against offspinner Michael Bracewell and then ran a quick single to mid-off to raise wicket pair of Matt Henry and his memorable maiden hundred Ajaz Patel had lifted the total to off 240 balls with 14 boundaries.

Arsenal Could Reach 100 Points, Says Guardiola

Reuters

LONDON: Manchester City manager Pep Guardiola has warned that Arsenal will be tough to catch in the Premier League title race and that 100 points could be required to retain their crown. Arsenal, managed by Guardiola's former assistant Mikel Arteta, could have moved 10 points clear of the champions on Tuesday but drew 0-0 at home to Newcastle United.

City, who were held by Everthe gap to five if they win at Chelsea on Thursday and Guardiola says his side can ill-afford many more slip-ups if they are to claim a fifth title in six years.

"The way you have to reduce and see what happens."

the gap is play good and win games," Guardiola told a news conference on Wednesday.

"It's not for the fact. (Arsenal) have an average that they will do more than 100 points the way they have done so far. "If ton on New Year's Eve, can close they continue in that way, we will not catch them. We have to be almost perfect from here and hope they drop their performance -- yesterday they were excellent against Newcastle --

