26th year OF PUBLICATION

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Doyen Departs
The Legend Of Rehman Rahi

Observer News Service

The Progressive Writers Movement era wordsmith whose resilient literary campaign made him a soldier of Kashmiri language, Rehman Rahi passed away in Srinagar at the age of 98 on Monday.

Born on 6 May 1925, Rahi rose to become Kashmir's legendary poet, translator and critic and won the Sahitya Akademi Award, the Padma Shri and India's highest literary award, the Jnanpith Award for his massive literary contribution.

Rahi breathed his last in the early hours at his residence in Vitsar Nag locality of Nowshera quarter of the city.

His nimaz-e-Jinazah was held at 2:30 pm after Zuhr prayers and was laid to rest near the shrine of Khwaja Habibullah Nowshehri (RA).

Hundreds of people from different walks of life joined his funeral prayers and his death was widely mourned, especially in More on P6

RAHI REMEMBERED

The people associated with literature mourned his loss and maintained that his void will be difficult to fill. While recalling his contribution, Prof. Majrooh Rashid, Director Centre for Kashmiri Language and Literature told Kashmir Observer that the demise of Prof. Rahi is a huge loss to the Kashmiri language and literature.

"He is a Kashmir poet who will be remembered till the Kashmir language in literature survives. We haven't produced another Rehman Rahi till date," Prof. Rashid said.

He further noted that it was Prof. Rahi who made More on P6

MeT Predicts Heavy Snowfall In Upper Reaches

Press Trust Of India

Srinagar: Snowfall in the higher reaches and light drizzle in the plains extended the respite from cold wave conditions in Kashmir, even as the weather department on Monday predicted heavy snowfall in the upper reaches for two days from Thursday.

There was light to moderate snowfall in hilly areas like Gulmarg, Sonamarg-Zojila axis and Machhil in Kupwara, the officials said. They said a light drizzle took place over night in many plain areas of the valley.

The meteorological department had forecast moderate snowfall at many places in the higher reaches and light snowfall in the plains from Sunday evening.

Srinagar recorded a low of 0.9 degrees Celsius Sunday night -- up from minus 0.1 degrees the night before, they said.

Qazigund, the gateway to the Valley, registered a minimum of 0.2 degrees Celsius, while Kokernag in south Kashmir recorded a low of minus 0.5 degrees, the officials said.

The mercury in Kupwara, a frontier district, settled above the freezing point at a low of 0.7 degrees. The tourist resort town of Pahalgam in Anantnag district, which also serves as a base camp for the annual Amarnath Yatra, registered a low of minus 0.7 degrees Celsius -- up from minus 1.4 degrees.

The minimum temperature in Gulmarg, the famous ski resort town in north Kashmir's Baramulla district, was at minus 2.5 degrees Celsius, the officials said.

The day temperature, however, has fallen across the valley with Pahalgam recording a high of 3.8 degrees Celsius on Sunday while nearby Qazigund recording 7.6 degrees Celsius.

The MeT office said moderate snowfall is very likely at many places over the higher reaches. The plains in the valley are expected to receive light to moderate snow. Light snowfall, with rains in plains of Jammu, is likely at many places in J-K, it said.

While the weather More on P6

CRPF To Give Arms Training To VDG Members

Press Trust Of India

New Delhi: The Central Reserve Police Force (CRPF) will provide weapons training to village defence committee guards or VDCs in Jammu and Kashmir so that they are able to better counter a terrorist attack, officials said on Monday.

The "final contours" of the training schedule, variety of arms to be included and number of participants will be decided in due course of time, they said.

The Jammu and Kashmir administration has recently started reissuing weapons to village defence guards (VDGs), earlier known as village defence committees (VDCs), following the Dhangri incident in Rajouri district in which seven people were killed. The VDGs comprise local village volunteers.

"The CRPF will provide weapons training to the village defence guards so that they can act as a line of defence in case of a terrorist attack. The modalities of this new proposal are still being planned," a senior CRPF officer said.

Ex-Servicemen Given SLRs For Protection Of Villagers

More than a week after a major militant attack in Jammu and Kashmir's Rajouri, authorities on Monday handed over self-loading rifles (SLRs) to the ex-servicemen acting as village defence guards (VDGs) More on P6

The volunteers will also be trained in basic physical combat exercise, if required, he said.

The development comes following the twin terror attacks in Dhangri village in Rajouri district last week, in which seven people, including two children, were killed and 11 others injured.

A high-level panel of security and administration officials have also decided to deploy 18 fresh companies of the CRPF, comprising about 1,800 personnel, in Rajouri and Poonch for strengthening the More on P6

> **THE CRPF WILL PROVIDE WEAPONS** training to the village defence guards so that they can act as a line of defence in case of a terrorist attack. The modalities of this new proposal are still being planned."

VDGs Asked To Remain Alert In View Of R-Day

Village Defense Guards (VDGs), made up of local volunteers, have been asked to remain vigilant in view of the upcoming Republic Day celebrations amid fears that militants may disrupt the peaceful atmosphere in this region, officials said on Monday. VDGs have also been activated along the International More on P6

Man Opens Fire After Suspected Movement

A man fired shots from his gun after a suspected movement was detected in a village in Jammu and Kashmir's Rajouri district Monday evening, sources said. A girl came out shouting that a person entered her house in Mehta mohalla in Muradpur village, they said. A villager immediately More on P6

Era Of Discrimination Between Regions Gone: LG

- 'It Is Our Resolve To Make J&K Corruption-Free'
- Says Smart City Projects In Jammu And Srinagar Poised For A Big Leap.

Observer News Service

Jammu: Asserting that the era of discrimination between the regions has gone, the Union Territory Lieutenant Governor, Manoj Sinha said on Monday that his administration believes in equitable development and equal opportunity for all.

Sinha made these remarks while laying the foundation stone for upgradation of Transport Nagar here on Monday. The ambitious project, he said, will enable hassle-free trade movements and give a renewed boost to the economic and commercial activities in the region.

"Once completed, the upgradation project involving road, drainage network and street lighting will reinstate the glory of Transport Nagar as a business hub. It will also provide convenience to the common citizens and the businessmen coming from outside of the Union Territory," he added.

The LG reiterated his government's commitment to build Green, Resilient & Inclusive cities. He said continuous efforts are being made to transform urban areas into accelerators of economic growth, improve quality of life and overall prosperity for people.

"Centers of commercial activities are the biggest strength of our socio-economic system and their development is directly linked to prosperity of common man & efficiency of Government machinery. Our focus is on translating the sustainable city's roadmap into the roadmap for development of UT,"Sinha said.

He also highlighted the significant role of the people in realizing the vision of developing vibrant & sustainable cities.

"Citizen participation is essential in making More on P6

Bharat Jodo Yatra To Raise J&K Statehood Demand: Cong

Press Trust Of India

Jammu: The Rahul Gandhi-led Bharat Jodo Yatra will enter Jammu and Kashmir on January 20, Congress leader Vikar Rasool Wani said on Monday and added the party will raise various issues including the demand for the restoration of its statehood prior to the assembly polls.

A large number of Congress workers will walk alongside Gandhi from Lakhanpur to Srinagar, Wani, the Jammu and Kashmir Pradesh Congress Committee (JKPCC) president, said.

He also thanked Lieutenant Governor Manoj Sinha for granting permission for the yatra and issuing necessary directions to the officers concerned for its smooth conduct.

"After spending 10 days in neighbouring Punjab, the Bharat Jodo Yatra is crossing into Lakhanpur (Jammu and Kashmir) on January 20. A big event is planned by J&K Congress for the flag receiving ceremony at Lakhanpur," Wani told reporters at the party headquarters here on the sidelines of a function to welcome new entrants, mostly youth activists, into the party fold.

The Congress leader said the yatra is primarily aimed at uniting India by rejecting divisive politics and highlighting the concerns over inflation and unemployment but on reaching Jammu and Kashmir, More on P6

Govt Offices, Public Places To Be Decorated On R-Day Eve

Ensure Presence Of All Invitees And Celebrations in Each Panchayat:CS To Admin

Observer News Service

Jammu: The Union Territory Chief Secretary, Dr Arun Kumar Mehta on Monday directed Divisional and District Administrations in Jammu and Kashmir to lit up in decorative colours all the government offices and buildings on the eve of 74th Republic Day .

Mehta made these remarks while chairing a meeting to

review the Republic Day arrangements, an official spokesperson said. More on P6

> **HE MADE OUT THAT EVERY SCHOOL** of the UT should carryout its own event. He directed each HoD and District Officer to conduct events at their offices too."

LG To Take Salute At R-Day Function In Jammu

Union Territory Lieutenant Governor, Manoj Sinha will preside over and take salute on the main Republic Day function being held at the Maulana Azad Stadium in Jammu on January 26. LG's Advisor Rajeev Rai Bhatnagar will preside over the More on P6

FIRE FURY IN KASHMIR

112 Charred To Death In 4786 Incidents In Two Years

Agencies

Srinagar: The fire incidents across ten districts of Kashmir have claimed the lives of 112 persons while 35 others have received injuries in the last two years—2021 and 2022, an official data revealed.

The data said that a total of 4786 fire incidents have been reported during 2021 and 2022 including 2242 in 2021 and 2544 in 2022, which indicates the rise of 302 blaze incidents in Kashmir.

"A total of 1711 structures got damaged in 2021 while 1699 structures suffered damage in 2022," the data reveals.

In 2021, 75 persons lost their lives in which Pulwama recorded highest casualties at 24 followed by Shopian 22 and Kulgam 12. Five people were also charred to death in Srinagar. The data said that Srinagar and Kupwara have recorded 5 deaths each in the fire incidents. It said that the highest fire incidents have been reported from Srinagar where 448 fire calls have been received by Fire and Emergency Services while Baramulla has recorded 324 fire incidents in the year 2021.

In 2022, 37 people got charred to death including 9 from Kulgam, 6 from Pulwama, 5 from Srinagar, More on P6

SHORT TAKES

3.6 Magnitude Quake Hits Kishtwar

An earthquake of milder intensity hit Kishtwar region of Jammu and Kashmir during Sunday night, officials said.

The tremor with an intensity of 3.6 didn't cause any damage to life or property, they said. The National Centre for Seismology, in a tweet, said that the earth struck the region at around 11:12 pm on Sunday.

"Earthquake of Magnitude:3.6, Occurred on 08-01-2023, 23:12:30 IST, Lat: 33.54 & Long: 76.24, Depth: 10 Km ,Location: Kishtwar, Jammu and Kashmir, India," it said. More on P6

Traffic Hit After Gas Tanker Overturns

Amid a dense fog cover, a gas tanker skidded off the road on Monday and turned turtle on Jammu-Pathankot Highway in Jammu and Kashmir's Samba, leading to a suspension of traffic movement. Officials said there was a minor leakage of gas, but no one was injured. Police and fire services personnel rushed to the spot. Officials said traffic movement More on P6

Kashmir's First Kiwi Grower Dies

Bashir Ahmed War, the man who introduced Kiwi fruit cultivation in Kashmir died after a brief illness at his home in Warpura village of Sopore late Sunday evening. He was 65.

According to reports, War was suffering from pneumonia and on Sunday evening struggled with breathing and shifted to SDH Sopore and passed on the way to hospital, his family said.

War was laid to rest this morning at his ancestral graveyard at Warpura Sopora. More on P6

Driver Killed In Budgam Accident

A resident of Guzhama village of Ganderbal died in a road accident in Budgam district on Monday morning.

An official said that a vehicle skidded off the road in Baji Pathri area of Charar-i-Sharief. He said the driver identified as Khurshid Ahmad Mir (32) of Guzhama died in the accident.

The official said police have taken cognisance of this incident—(KNO)

Pak Clerics Issue Fatwa Denouncing Terrorism

Pakistan's renowned clerics on Monday issued a fatwa (religious decree) denouncing terrorism and terror activities, amid a sharp uptick in attacks by the militants across the country.

The clerics belonging to a number of seminaries, including Darul Uloom Peshawar and Jamia Darul Uloom Haqqania, in the restive Khyber Pakhtunkhwa province issued the fatwa, terming the taking up of arms against the state's police and military "haraam" (forbidden) in More on P6

3 Vehicles Involved In Illegal Mining Seized

A team of the Mining Department, under the supervision of District Mineral Officer, Sunil Manhas, with the cooperation of the Police Department on Monday seized 3 vehicles involved in illegal Mining activity in Sub-Division Gandoh.

Acting tough against illegal mining in area on the directions of the Deputy Commissioner, Vishesh Paul Mahajan, the team seized the vehicles in the Dudwar Nalla of the area.

The vehicles have been booked under the Mining Act. It was More on P6

'Diet Change Combined With Drugs May Cut Seizures By Half'

Press Trust Of India

Following a modified Atkins diet high in fat and low in carbohydrates and taking medication may reduce seizures by over half in people with tough-to-treat epilepsy, according to a study by researchers at the All India Institute of Medical Sciences.

The modified Atkins diet is a combination of the Atkins diet and a ketogenic diet that includes food items such as soy products, heavy cream, butter and oils, leafy green vegetables, and animal protein including eggs, chicken, fish, and bacon.

While the ketogenic diet has been shown to be effective in reducing seizures, its stringent requirements and restrictions can make it difficult to follow, the researchers said.

"For people with drug-resistant epilepsy, or those who have been unable to find effective treatment to reduce seizures, it's encouraging to see that there are lifestyle changes that can be combined with standard drug therapy to reduce the number of seizures," said Manjari Tripathi, from AIIMS New Delhi.

"Our study found that this combination may reduce the chance of seizures by more than half," said Tripathi, author of the study published in the journal Neurology.

The study involved 160 adults and adolescents who had epilepsy for more than 10 years on average and had at least 27 seizures per month despite trying an average of four antiseizure medications at the maximum tolerated dose.

They were randomly assigned to receive either standard drug therapy alone or drugs plus the modified Atkins diet over six months. Participants logged their seizures and meals.

They were given food lists, sample menus and recipes. Carbohydrate intake was restricted to 20 grams per day. US Federal dietary guidelines recommend between 225 and 325 grams of carbs per day.

After six months, researchers found that 26 per cent of people who had both drug therapy and followed the modified Atkins diet had more than a 50 per cent reduction in seizures compared to only three per cent of the people who had drug therapy alone.

Four people in the diet group were free of seizures by the end of the study, while no one in the medication-only group was seizure-free, the researchers found.

The study also looked at quality of life, behaviour and side effects at six months.

The group that had drug therapy and followed the modified Atkins diet showed an improvement in all areas compared to the group that had drug therapy alone, the researchers said.

They noted that 33 per cent of the participants did not complete the study due to poor tolerance of the diet, lack of benefit or the inability to follow-up in part due to COVID-19.

However, the researchers said tolerance of the modified Atkins diet was better than what is seen with the ketogenic diet.

"While the modified Atkins diet may be an effective treatment in controlling seizures, further research is needed to identify genetic biomarkers and other factors associated with the response to this diet," Tripathi added.

"This may improve patient care by encouraging targeted precision based earlier use of this diet," she added.

The researchers acknowledged a limitation in the study that seizures were self-reported or reported by caregivers, so some of them may not have been reported at all.

'Eating Almonds Daily Boosts Recovery Molecule By 69%, Helping In Recovery After Heavy Exercise'

Press Trust Of India

Eating almonds daily has been found to support metabolic recovery following strenuous exercise by increasing beneficial fat by 69 per cent, according to a new study.

The researchers concluded that daily consumption of almonds leads to a change in metabolism, downregulating inflammation and oxidative stress from exercise and enabling the body to recover faster.

"We conclude that almonds provide a unique and complex nutrient and polyphenol mixture that may support metabolic recovery from stressful levels of exercise," corresponding author Dr David C Nieman, a professor at the North Carolina Research Campus, said. The findings have been published in Frontiers in Nutrition.

"Almonds have high amounts of protein, healthy types of fats, vitamin E, minerals, and fibre. And the brown skin of almonds contains polyphenols that end up in the large intestine and help control inflammation and oxidative stress," said Nieman.

According to the study, a randomized controlled trial showed that female and male participants who ate 57g almonds daily for one month had more of the beneficial fat 12,13-DiHOME (12,13-dihydroxy-9Z-octadecenoic acid) in their blood immediately after a session of intense exercise than control participants.

This molecule, a so-called oxylipin, an oxidized fat, is synthesized from linoleic acid by brown fat tissue, and has a beneficial effect on metabolic health and energy regulation, the study said.

"Here we show that volunteers who consumed 57g of almonds daily for one month before a single 'weekend warrior' exercise bout had more beneficial 12,13-DiHOME in their blood immediately after exercising than control volunteers.

"They also reported feeling less fatigue and tension, better leg-back strength, and decreased muscle damage after exercise than control volunteers," said Nieman.

Immediately after exercise, the concentration of the beneficial 12,13-DiHOME was 69 per cent higher in blood plasma of participants in the almond group than in participants in the control group.

12,13-DiHOME is known to increase the transport of fatty acid and its uptake by skeletal muscle, with the overall effect of stimulating metabolic recovery after exercise.

The reverse pattern was found for another oxylipin, the mildly toxic 9,10-Dihydroxy-12-octadecenoic acid (9,10-diHOME), which was 40 per cent higher immediately after exercise in the blood of the control group than in the almond group.

Unlike 12,13-DiHOME, 9,10-diHOME has been shown have negative effects on overall health and the body's recovery to exercise.

According to the research, the clinical trial involved 38 men and 26 women between the ages of 30 and 65, who didn't engage in regular weight training. Approximately half were randomized to the almond diet group, and the other half to the control group, who daily ate a calorie-matched cereal bar.

The researchers took blood and urine samples before and after the four-week period of dietary supplementation. Performance measures included a 30 second Wingate anaerobic test, a 50 metre shuttle run test, and vertical jump, bench press, and leg-back strength exercises, the study said.

Additional blood and urine samples were taken immediately after this 90 minute session of "eccentric exercise" and daily for four days afterwards, the study said.

After each blood draw, the participants filled out the 'Profile of Mood States' (POMS) questionnaire to quantify their mental state, and rated their delayed onset muscle soreness - that is, pain and stiffness felt after unaccustomed or strenuous exercise - on a 10-interval scale, the study said.

What Happens To Your Body On A Long-Haul Flight

The Conversation

If crowded airports are a sign, Australians are keen to get back into the skies. And if you're flying long haul, in a few years you could have an even longer option.

Qantas has announced from late 2025, it will fly passengers on non-stop flights from Australia's east coast to London that would see you in the air for more than 19 hours in one stretch. That's compared with current flights that take the best part of 24 hours but are broken up into shorter legs.

So what will happen to your body during one of these longer flights? Is it any different to what happens when you fly long-haul now?

1. You can become dehydrated

Dehydration is common on long-haul flights. It can explain why your throat, nose and skin can feel dry on an aeroplane. The longer the flight, the greater the risk of dehydration.

That's because of low levels of humidity in the cabin compared with what you'd expect on the ground. This is mostly because a lot of the air circulating through the cabin is drawn from the outside, and there's not a lot of moisture in the air at high altitudes.

You also risk dehydration by not drinking enough water, or drinking too much alcohol (alcohol is a diuretic, resulting in an increase in fluid lost).

So drink water before you jump on the plane. During the flight, you'll also need to drink more water than you usually would.

2. The cabin can play havoc with your ears, sinuses, gut and sleep As the cabin pressure changes, the gas in our bodies reacts accordingly. It expands as the aircraft climbs and pressure decreases, and the opposite occurs as we descend. This can lead to common problems such as:

earaches when the air pressure either side of your eardrum is different, placing pressure on the eardrum

headaches can be caused by expanding air trapped in your sinuses

gut problems just accept that you're going to fart more.

You can also feel more sleepy than usual. That's due to the body not being able to absorb as much oxygen from the cabin air at altitude than it would on the ground. Slowing down is the body's way of protecting itself, and this can make you feel sleepy.

The good news is that most of these problems won't necessarily be more pronounced on longer flights. They're mainly an issue as the plane climbs and descends.

3. You could develop blood clots

Blood clots, associated with being immobile for long periods, are usually a big concern for passengers. These include clots that form in the leg (deep vein thrombosis or DVT) that can travel to the lung (where it's known as a pulmonary embolism).

If you don't move around on the plane, and the more of the following risk factors you have, the greater the chance of blood clots developing:

older age

obesity

previous history or a family history of clots

certain types of clotting disorders

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University of Kashmir, Srinagar

Notice

The candidate whose particulars are given below has reported to the University that he / she has lost his/her University Certificate/s and has applied for issuance of duplicate certificate/s:

Name: Tanveer Ahmad WanI
Parentage : Mohammad Shafi Wani
R/o Rawalpora Srinagar
Regid. no; SI551-A-2014
Certificate lost B. A 2nd Year
Roll No: 16414 Session Year 2015 (Annual

Before University will consider issuance of Duplicate Certificate/s in favour of the candidate, any person having any objection shall report to the undersigned within one week from the date of issuance of this notice. The original certificate/s issued to the candidate be treated as cancelled

No: F(Duplicate/) KU) **Assistant Controller of Examinations (PG/UG/Prof**

SAD DEMISE

We inform with profound grief the sad and sudden demise of Raja Ismail W/O Mohammad Ismail Tuman Resident of Syed Colony Habbak Srinagar . She was a noble soul. Her Fateh Khawani will be held on 11th January 2023. (Wednesday) at 11:00 AM at our ancestors graveyard Malkhah opposite ZARO GUN Factory Nowhatta Srinagar. All are requested to pray for the eternal peace of the departed soul.

Bereaved Through Mohammed Ismail Tuman , Mushtaq Ahamad Tuman , Mohammad Yousuf Tuman , Gulzar Ahmed Tuman And Khurshid Ahmad (Son In Law).

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In Six Years, SKIMS Registers 27,727 Cancer Patients

The institute records 1833 deaths due to different types of cancer

Agencies

Srinagar: In six year, Sher-I-Kashmir Institute of Medical Sciences (SKIMS) Soura have registered over 27,000 patients ailing with cancer disease.

Besides, the institute has witnessed 1833 deaths due to different types of cancer.

During this period, the institute has also issued 64,504 Out Patient Department (OPD) cards issued by the department of Nephrology.

The official figures of SKIMS accessed reveal that from October-2016 to October-2022, the institute has registered 27,727.

The Public Information Officer (PIO) SKIMS in a reply to Right to Information (RTI) said, "Total number of OPD cards issued under the Nephrology Department from October-2016 to October-2022 are 64504 and cancer patients registered are 27727."

"From October-2016 to October-2022, a total number of 17,579 deaths have been registered," PIO said.

It also said that under medical Oncology, radiotherapy, Clinical Hematology and Surgical Oncology during these six years are 1833 while under the Nephrology department at least 1145 deaths were recorded.

The PIO also said that 1745 accidental deaths were also recorded by the institute during this period.

About the total number of patients admitted and treated in State Cancer Institute since its establishment from December-05-2020 to October-2022 includes, the officer said that at least 2473 patients were admitted and treated while 659 deaths were also recorded.

On asking about the proposal submitted to the government for a separate kidney hospital, the PIO said, "Any kind of proposal for a separate kidney hospital will be dealt with by the administration." (KNO)

Commuters Decry Minimal Public Transport In City During Evening Hours

Agencies

Srinagar: Frustrated over the lack of public transport during evening hours in Srinagar, commuters in Srinagar have expressed displeasure, accusing the concerned authorities of being 'Non Serious' about making the transport facilities available for the masses.

A group of commuters from Srinagar said that they are facing transport issues during evening hours while reaching their destinations, stating that they have to wait for hours to catch the bus.

"Commuting during evening hours is not easy especially in winter as there is very less availability of public transport. Women, elderly people face huge inconvenience and by chance, if any bus comes they have to jump over to catch a space in the bus", said a group of commuters.

Notably, on any given day, many commuters can be seen waiting for passenger buses near Kashmir Hatt, LalChowk, JehangirChowk, Sanat Nagar, Rambagh, Jawahar Nagar, Abdullah Bridge, Soura, Sonwar, Batwara and Dalgate, Gogjibagh, Bemina, and its surrounding neighborhoods.

Accusing the Transport authorities of being 'non-serious' towards the minimal public transport availability during evening hours, a group of students said that on their return from tuition classes, they seek lift from private vehicles or board Sumo vehicles which charge them extra bucks. KNO

Cultural Unit DIPR Organizes Inter-School Speech Competition

Observer News Service

Srinagar: As part of Azadi Ka Amrit Mahotsav (AKAM) and in continuation to Republic Day-2023 celebrations, the Cultural Unit Kashmir of Department of Information and Public Relations (DIPR) today organised a daylong inter school speech competition at Pt. Bhajan Sopori Auditorium, DIPR Srinagar.

The competition was organised under the theme, "India of my dream: How will India become the most developed nation in the world".

Students from different government and private institutions viz. GHSS Kothibagh, Army Public School, GHSS Rajbagh, GHSS Nawakadal, RP School, Green Valley Educational Institute, Police Public School, Caset School and Crescent Public school shared their views on the theme.

Assistant Director, Beenish Wani; Cultural Officer Kashmir, Burhan Hussain and AE&CO Shakeel Shan were in the jury.

NORTHERN RAILWAY

Azadi Ka Amrit Mahotsav

E-Tender Notice

No. 770-W/169/WA/FZR/2022-23 Date : 09.01.2023

DEN/Track/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date 30.01.2023 up to 15:00 Hrs. Bidders will be able to submit their 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**
06.01.2023	16.01.2023	30.01.2023/15:00 Hrs

S.No	Tender No	Details of Tender		
1	386-2022-23-Track-DRM-FZR	Various ancillary works including repair to cess, trolley refuges, removal of obstructions, all pre and post attention works, distressing of LWR/CWR, unloading of ballast, greasing of track components, shoulder screening etc. in connection with working of BCM on various sections over Firozpur Division.		
	Advertised Value (Rs.)	**Earnest Money**	**Validity of Offer**	**Period of Completion**
	3,09,94,161.91	3,05,000/-	60 Days	14 Months
	Similar nature of work:- Similar nature of work :- CTR/TRR/TFR/TTR including raising of track, Deep screening, distressing of track, pre & post works for track maintenance machine like tamping machines/ballast screening/regulating machines/ballast screening/regulating machines & TTR by T-28.			

Note 1. Before bidding, bidders to check for any corrigendum issued against tender.

89/23

SERVING CUSTOMERS WITH A SMILE

Changing Lifestyle Putting Kangri At Backburner In Srinagar

Syed Mohammad Burhan

Srinagar: Some decades back, for most Kashmiris Kangri was the only portable way for people to warm themselves. However, with the advent in technology and change in lifestyle, some city residents say they have given up the use of 'Kangri' and they no longer use the traditional Kashmiri firepot in their households.

Badr-u-Nissa Bhat, a resident of Srinagar's old city area said that they have given up the use of Kangri many years back.

"My family gave up the use of Kangri when I was very young. They had apprehensions about my safety and the things around. I am not used to it" said Badr-u-Nissa, a Ph.D. scholar at Kashmir University.

However, she says it is impossible to stay warm without resorting to other advanced mechanisms to keep yourself warm in Kashmir.

"Two of our rooms have a Hamam facility and in other rooms we use radiators. I think these are efficient ways to heat up a room. But I am still fanaticized by Kangris." She said.

"Whenever I go to a relative's place, I don't miss a chance to get a 'Kangri Josh'."

Shadab Abbas, is another Old city resident who says they don't use the traditional firepot to warm themselves.

"Kangri comes with a lot of risk and there are better ways to warm ourselves. We use a gas heater to warm up our rooms"

Although some city residents may have given up the use of traditional firepot for warming themselves, most people say it is part of Kashmiri culture and legacy.

Aamina Zainab, a homemaker said she is physically and mentally attached to 'Kangri' and does not see it fading away.

"Without Kangri, winter is incomplete in Kashmir, no matter how times change, Kangri will be part of Kashmir for all times to come."

During winters, the sales of heating equipment increases significantly. However, those in the business say they had been registering good sales in the pre-pandemic times but the coronavirus pandemic has hit them hard.

Speaking on anonymity, a prominent stockist of gas heaters at Lal Chowk said their sales have dropped since the pandemic otherwise they had top notch business.

"Today's sales are nothing compared to what we had before the pandemic" he said.

However, not everyone is unhappy with how things are going in the market.

Mikaeel Ahmad, has been dealing with 'underfloor heating' or 'electric Hamam' since last many years.

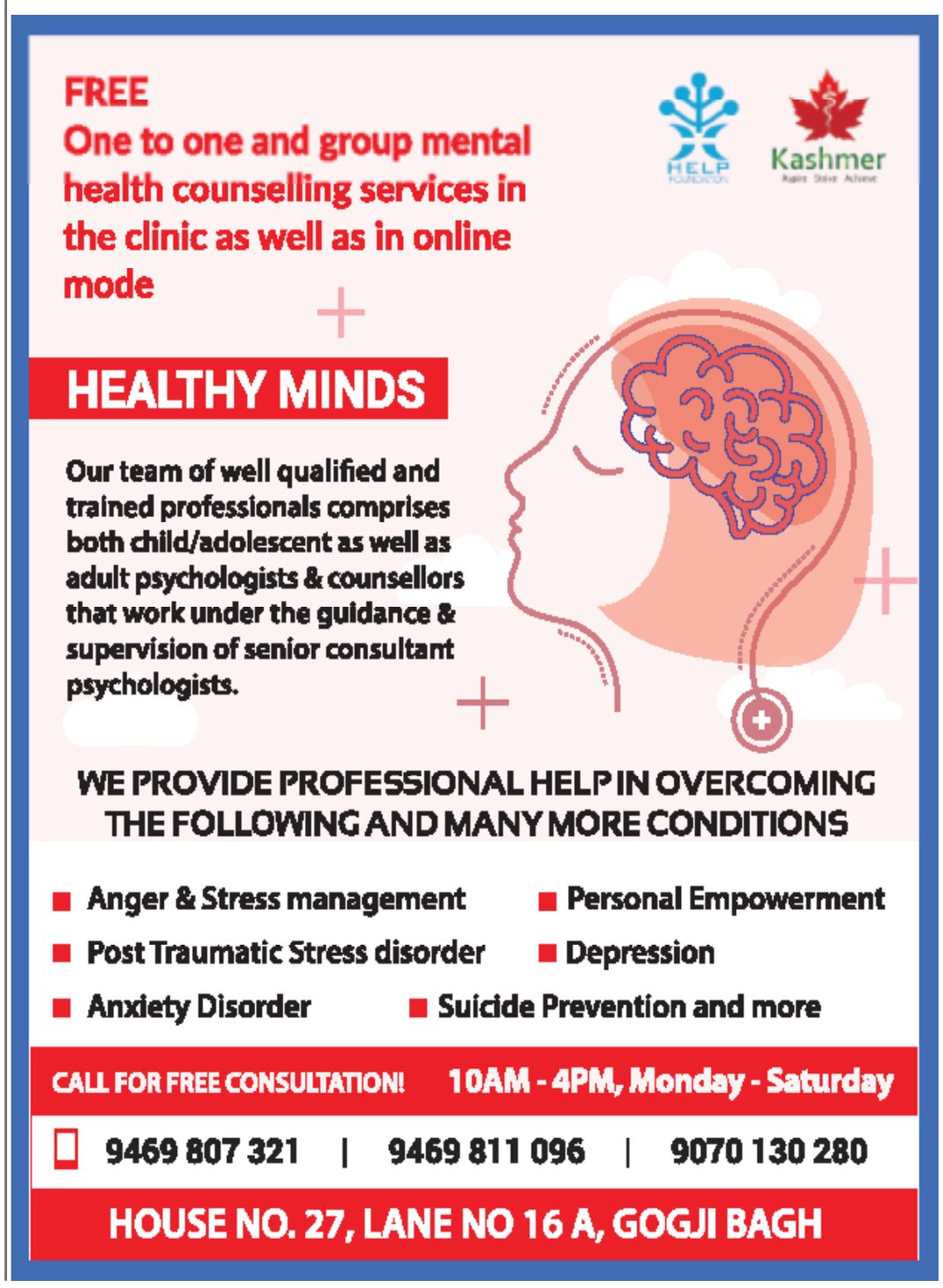
Mikaeel says at first people were reluctant and were very apprehensive about it but with time and with word of mouth their sales have increased.

"The electric Hamam runs on electricity, however, even when the electricity is switched off, it remains warm for some hours" he said.

Mikaeel says they have installed around 12,000 electric Hamam's in the last few years in the city.

"In households where electric Hamam's are installed, they no longer use a Kangri"

After installing underground electric heating systems across the length and breadth of the city, Mikaeel says "Kangri is part of our cultural heritage and it is not going to fade away anytime soon."



- 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- (Closed)

HIJRI CALENDAR

17 Jumad al-Sani
1444

PRAYERS

FAJR	6:08
ZUHR	12:37
ASR	4:01
Magrib	5:45
ISHA	7: 08

This Day In History

- 1475 - Stephen III of Moldavia defeats the Ottoman Empire at the Battle of Vaslui.
- 1514 - Complutensian New Testament in Hebrew, Aramaic, Greek & Latin finished
- 1861 - US forts & property seized by Mississippi
- 1861 - Florida secedes from the Union (US Civil War)
- 1906 - The British and French begin consultations on military and naval issues
- 1912 - World's 1st flying boat's maiden flight, (Glenn Curtiss in NY)
- 1914 - Yuan Shih-k'ai, president of the new Chinese republic, dissolves parliament and prepares a constitution of his own design: he will set himself up as dictator, preparatory to an attempt to make himself emperor
- 1916 - Russian offensive in Caucasus
- 1916 - In retaliation for President Woodrow Wilson's recognition of the Carranza government, members of Pancho Villa's revolutionary army take 17 US mining engineers from a train and shoot 16 of them in cold blood
- 1917 - The Allied Governments respond to US President Woodrow Wilson's December 1916 note, giving their terms for ending the war
- 1923 - Last US troops leave Rhineland (Germany)
- 1923 - Lithuania seizes & annexes country of Memel
- 1925 - Allies refuse to evacuate the Cologne area of Germany as agreed
- 1928 - Soviet Union orders exile of Leon Trotsky
- 1944 - British troops conquer Maungdaw, Burma
- 1946 - UN General Assembly meets for 1st time in London

From KO Archives

Nazla bar uzw-e-za'eef

Drastic 11-Hr Power Cut In Valley Ordered

Observer News Service

SRINAGAR - The power development department (PDD) today revised its curtail¬ment schedule to deliver yet another rude shock to the val¬ley consumers by reducing availability of the direly essen¬tial commodity to a little over 12 hours per twenty-four hours. Depending upon the whims and caprices of its underlings to en¬force irritating unscheduled cuts, power supply would now be something like the prover¬bial 'once in a blue moon'.

According to the revised schedule effective from today, load shedding will be enforced during mornings, evenings, day and night. During a week, there will be three evening cuts of 4.5 hours each from 5.30 to 10; four night cuts of 6.5 hours each from 11 p.m. to 5.30 a.m. and two morning cuts of two hours each from 5.30 to 7.30. A day cut of five hours will be enforced in two groups all of seven days. The total duration of the 'night¬mare' aggregates to 78 and a half hours, or 11 hours and 13 minutes a day.

Power supply to essential services like hospitals, water supply, telecommunications, besides the security force camps and VIP installations, as usual, will be unaffected. According to the chief enigneer, maintenance and rural electrification, Qazi Muhammad Syed, supply to the organised industrial units at Khonmoh, Rangreth, Zainakot, Bagh-e-Ali Mardan Khan and other places would be main¬tained.

Sources told Kashmir Ob¬server the recent northern grid failure which had plunged sev¬eral northern states into dark¬ness, disrupted essential sup¬plies and services and, on top of it all, embarrassed the centre, served as an immediate provocation for the drastic measure. The northern grid authorities attributed the fail¬ure to over-drawal of engery by all the states in the northern region. Obviously, as the Persian saying, Nazla bar uzw-e-za'eef (wrath on the weak), goes, the axe fell on Jammu and Kash¬mir On Thursday evening, the northern grid authorities di¬rected the deputy general man¬ager of the Power Grid Corporation of India based at Wagoora grid station to switch off the 220-KV Wagoora, Zainakot transmission line to stop valley's power imports to the extent of 240 megawatts. Similar steps are understood to have been taken in Jammu re¬gion.

Following the massive brakes from northern grid, sources said, the valley's im¬ports have been more than halved, from 400 mw to a mere 160 mw. With the generation of around 40 mw from local power stations - Uri, lower Jhelum, Upper Sindh, phase I and II, and Ganderbal - the total avail-ability adds up to 200 mw against the peak requirement of 700 to750 mw.

Caught in a desperate situ¬ation, the PDD authorities are going to come down heavily against defaulters. The chief engineer asked the consumers to clear their arrears to avoid disconnection. Power supply to Zainakot-based central public peptor Hindustan Machine Tools was cut off today. Supply to various flour mills and units owing more than Rs one lakh in tarriff is being snapped early. Qazi said power supply to various central and state gov¬ernment departments in the red would also be stopped im¬mediately.

(KASHMIR OBSERVER, 10 January, 2001)

KASHMIR OBSERVER
Tuesday | 10-01-2023

Waiting For Polls

With Assembly elections in Himachal Pradesh and Gujarat over, there was hope that the centre might call Assembly polls in Jammu and Kashmir. But even as we are in 2023, there is no sign that J&K is any closer to holding election. It is still not known whether polls will be held in the upcoming few months or not.

J&K has not had an elected government since June 2018 when Governor's rule was imposed after the PDP-led coalition government lost its majority following the withdrawal of support by the BJP. The last four years have witnessed a drastic political makeover of the state-turned-union territory, so much so that in many aspects, the current J&K bears little resemblance to what it was pre-August 2019.

Many observers in Kashmir are hoping that elections may be held by April-May. Things on this score, however, are likely to get clearer in the weeks to come. 2023 will be the last year when the polls could be hoped to be held in the union territory as in 2024, the country is due to hold general elections.

Meanwhile, people in Kashmir are eagerly waiting for the elections, as the exercise is expected to lead to restoration of statehood. No less than union home minister Amit Shah has made it clear that the statehood of J&K would be restored only after elections are held and a representative government is formed.

As things stand, the situation appears conducive for Assembly elections. Kashmir is calmest compared to the situation in past thirty years. Also, the BJP's landslide win in Gujarat has effectively put the saffron party on the road to a third successive triumph in 2024 parliament election. This apprently gives the party confidence that it could continue to control and direct the course of events in J&K.

So, J&K could expect the announcement of Assembly elections in the near future, now that the exercise of drawing up fresh electoral rolls has been completed. With national elections set to be held in May next year, there are sixteen months within which the exercise could be held. But with every passing month, if the polls are not called, people would start losing hope about the exercise being held during the BJP's second term as the national ruling party.

This will be especially disappointing to people considering that across the country around ten Assembly elections are scheduled to be held before the national elections. In a sense, there is still hope that the polls would be held in the near future. But for now, all we can do is keep our fingers crossed.

OTHER OPINON

Need for Aviation Industry to Sober Up

Air India's privatisation was meant to turn around the fortunes of the country's longtime national carrier. Instead, two recent instances show just how far the airline and the aviation sector more broadly need to travel to sober up to the reality that more than their finances, they need to address their attitude towards passengers, rules and basic human decency. In November, an inebriated man urinated on an elderly female co-passenger on the carrier's longhaul New York-New Delhi flight. Yet, he was allowed to leave the plane and the airport without consequence. Only after the woman escalated her concerns to the top brass of the Tata Group, which now owns Air India, did the airline take any action, and that too with only a 30-day fly ban for the man. A second case has since come to light, of another drunk male passenger urinating on a female co-passenger's blanket during a Paris-New Delhi Air India flight in December. On this occasion too, the guilty party was allowed to leave the airport after, reportedly, submitting a written apology to the lady.

India's aviation regulator has now threatened action against Air India and its staff for failing to comply with rules for unruly passengers which include a minimum three-month fly ban. But the damage has been done — to the victims, to the credibility of Indian aviation, and to the brand of Air India. The private employer of the male passenger involved in the November incident has reportedly fired him and he has been arrested. That Air India did not take similarly decisive action immediately reflects an institutional failure on the airline's part that will no doubt hurt its standing with other passengers. But the incidents also reveal a deeper Indian malaise. Far too often, when people — especially men — engage in unacceptable behaviour in public, victims are encouraged to quietly seek a 'compromise' instead of seeking justice. In a country where few trust the rule of law, victims who are weaker often feel that an apology is the best they can expect. That strengthens a culture of impunity for the powerful and wealthy who know that they can get away with almost anything. This must change. No civilised society, leave alone a proud democracy, can simply hold its nose, accept such transgressions, and move on. The odour has now reached the skies. There must be consequences.

Telegraph India

Controversial Postal Department Exams in J&K

Lok Sabha MP shoots letter to Union Communication Minister for an in depth probe

Dr Raja Muzaffar Bhat

Recently, several national and local newspapers and news websites carried a detailed report about Lok Sabha MP Mohammad Akbar Lone shooting a letter to Union Communication Minister asking him to handover the case of alleged examination malpractice in the limited departmental examination of Department of Posts to Central Bureau of Investigation (CBI).

In his letter, Union Minister Communication Ashwini Vaishnaw who also holds the portfolio of Railway Ministry Lok Sabha MP from Baramulla Mohammad Akbar Lone said that results of the Limited Departmental Examination conducted in June last year in Jammu be declared null and void as many candidates were allowed to adopt unfair means by the officials of the Postal Department J&K. The Lok Sabha MP demanded that a CBI probe be held in this matter.

Background

In May 2022, the Department of Posts which functions under the Ministry of Communication issued a notification to hold a limited departmental exam enabling Postal Assistants to be promoted as Inspector of Posts. Through an official communication issued by Director (DE) Ranjeet Kumar Sinha through Postal Directorate's letter dated 09-05-2022, nine posts for Jammu & Kashmir Postal circle were advertised along with vacancies for other postal circles of the country.

Technically, the Departmental Examination should have been conducted in Srinagar as Postal Circle headquarters is in Srinagar. The same was conducted on June 25 and 26th 2022 in Jammu. Govt Higher Secondary School Gandhinagar Jammu was chosen as the exam centre. Instead of holding the exam in a single hall the candidates (Postal Assistants) were seated in several small rooms. This was a deliberate attempt of the postal department officials to allege an aggrieved candidate Irfan Rashid Khan who has now turned into a whistle-blower. The letter from MP Mohammad Akbar Lone to the Union Minister mentions this in detail.

Pertinently, on 2nd June 2, 2022, a notification was issued by the Ministry of Communications, Department of Posts in New Delhi to video record the written examination . The notification mentioned that the videography of the exam was to be done besides installing CCTV cameras, but only CCTV cameras were installed in the class rooms of Govt Higher Secondary School.

The news reports reveal that at least ten candidates sitting in three rooms used unfair means while writing the exam. They were seen copying and talking to each other which was recorded by the CCTV camera. The invigilators were seen busy playing with mobile phones

Irfan Rashid Khan, a postal department employee who was also appearing in the examination objected when he saw his colleagues were adopting unfair means. He raised his voice and reported the matter to the invigilator, but nobody took it seriously. This author had a detailed discussion with Irfan some weeks back and I had reported this issue through my weekly Inkishaf. As the Member of Parliament has also intervened in this issue and national newspapers , news portals have reported the issue , I thought to write a piece about this issue so that the Ministry of Communication and Department of Posts would take steps to make their limited departmental examination more transparent.

In Spite the fact that Irfan wrote to Chief Post Master General and other top brass of his department , nobody bothered to act over the complaint. Irfan was thus forced to seek judicial intervention by way of filing a petition before a local court in Srinagar. The court directed the Crime Branch to investigate into the entire case last year in August.

Crime Branch's Interim reports

On August 27th 2022, the Srinagar Court directed the J&K Crime Branch to investigate the matter. The Economic Offences Wing of Crime Branch took up the investigation and came up with three interim reports. The latest report was issued on 23rd November 2022. MP Lok Sabha Mohammad Akbar Lone has mentioned about these interim reports as well. The author has also gone through these reports and the Nov 23rd 2022 report says that two candidates, namely Sandeep and Naresh, were talking to each other in the examination room, which should not have been allowed. The report also says that Anchal Singh Chamyal, Assistant Director Postal Department Jammu has been shown as an authorised person to visit the examination hall, being Assistant Director (Recruitment) J&K Postal Circle. The Crime Branch's report reads :

"This "contradicts" the earlier information provided under the Right to Information Act (RTI). The perusal of the CCTV footage has revealed that most of the candidates were gossiping with each other, including Sandeep and Naresh and the invigilators on duty in the examination rooms on June 25 and 26, 2022. The invigilators were found busy on their mobile phones, and no proper supervision was found, resulting in inside talks and gossip by the in-service candidates. There are instances where few students have been allowed to talk freely without any intervention by the invigilators. The students have been allowed to visit outside examination rooms freely. It has also been noticed that the invigilators and other examination staff are reading the question papers, which should not have been allowed. The probe is in progress and will be taken to its logical end."

Contents of the letter

Member of Parliament (Lok Sabha) Mohammad Akbar Lone in his letter to Union Minister for Communications Ashwini Vaishnav says that recently a delegation of some employees from Postal Circle J&K met him and narrated a story which is of a very serious nature. The letter reads:

"I could not have taken the matter seriously as I get to hear lots of such complaints, but when I went through the J&K Crime Branch's three interim reports, I thought I must bring the matter into your notice with a copy to the Hon'ble Prime Minister as well. The said reports are attached with this communication"

The MP, while expressing his dismay over the entire exam process in his letter, told the Union Minister that it was quite evident that the Postal Department had not at all conducted a fair investigation. The MP requested the Minister to constitute a special team to Investigate this issue afresh. The letter further reads:

"I would appreciate it if the investigation is handed over to the Central Bureau of Investigation (CBI)& the result be declared null and void and fresh exams be conducted in a time bound manner. I would suggest that Departmental Exams in the Postal Department be conducted by an independent agency in future so as to ensure more transparency & accountability"

> **It is a matter of serious concern that the** departmental exam in the Postal Department for promotion of its officials is conducted by the department itself. If these exams are conducted by independent agencies like the Public Service Commission in states and UTs , why cannot the Postal Department adopt similar procedures?

Conclusion

It is a matter of serious concern that the departmental exam in the Postal Department for promotion of its officials is conducted by the department itself. If these exams are conducted by independent agencies like the Public Service Commission in states and UTs , why cannot the Postal Department adopt similar procedures? The irony is that the officials who were involved in unfair means and indicted by J&K Crime Branch have qualified the exam and recently they were even promoted as Postal Inspectors. Whistle-blower Irfan instead of being heard was only a few days back transferred from GPO Srinagar to an unimportant destination. Now the letter from MP Mohammad Akbar Lone has given some hope to Irfan , let us see how things unfold in future days and weeks.

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

OBSERVER MAIL

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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Is Writing a Fame-Building Tool?

The past few years have witnessed a huge number of people, pouring from all directions, donning their thinking caps, and putting their thoughts to paper, seemingly trying to bring change in the society and system. It's true writing has the power to act as a catalyst for change. But, before attempting to change anything, there needs to be a lot to be changed.

Coming straight to the point, checking newsfeed on facebook a couple of days back, my eyes struck on an article that a young lad had written. It was a nice article, but the distressing part of it was the mentioning of so many things that one had a feeling of the writer praising himself beyond limits. This piece of writing was made to attract the eyes of the people, and not to change anything whatsoever.

"Here I am..." that's what was written at the top of the Facebook-post. Not only this, in the comments' section, 'thanks' 'thanks' followed by love emoticons in torrents as replies to the compliments had one bury head in shame.

There's nothing wrong with emoticons and Facebook-sharing, but when a serious issue is being shared on a social media platform, such acts reveal the other side of the story: showcasing.

Put differently, those who are worried about issues work for solving it, their minds most of the time trying to discover solutions. Writing aside, they work at grassroots, are pure by heart, mind, and actions.

It's high time that we mended ourselves. Nothing is going to change unless our words carry some holiness, unless we care less for ourselves and more for those that we often write about.

Peer Faizan Bashir

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Times When Baramulla Opened The Gates To Kashmir

Muskan Maknoo

Before opening the partition floodgates in the valley, Baramulla—as nonagenarian Aziz Mir remembers in his old town home—was a thriving town on the banks of Jhelum. As the entry point of pre-47 Kashmir, the place was dotted with inns, intrigues and inquisitiveness.

Some eight eventful decades later, the town has entered into the local lexicon as some northern town whose thoroughfare merely runs up to the line of control.

"Before the arrival of uprooted people and armed tribals, and before the son of the soil would derail the invading march, Baramulla was a cauldron of cultural exchange," says Mir, who retired as a government teacher three decades ago. "The town was second to none due to its distinction of being the gateway of Kashmir. But in that bloodcurdling fall, the status changed and it became a garrison town because of its proximity with the new frontier."

Today, as Baramulla has been lulled by the reiterations of its past glory, many term this verbal glorification a reason behind its stagnation.

"Baramulla town was the noted prime town of Jammu and Kashmir in old days," Khaliq Parvez, a celebrated chronicler and former trade leader, prudently reminisces about his hometown.

"Since Baramulla leveraged trade to far-off places like Peshawar, Punjab, Karachi, Lahore and even Central Asia, it alone was a good enough reason for many dignitaries and staunch traders to settle down here."

In his feted treatise, Jila Watan, Khaliq Parvez mentions that back in time, Baramulla has been the host for one of the biggest mushaira of South Asia solicited by veteran poets.

Behind its prominent past and popularity, many reckon, was the multicultural image of Baramulla. Knowing its viability and sustainable potential, people of all faiths populated the place. As a mini-reshver (valley of saints) in the macro-mystic abode, Baramulla has hosted people like Syed Janbaz Wali and Guru Har Gobind Singh.

TRADERS FROM IRAN, AFGHANISTAN, CHINA, RUSSIA AND SOME PARTS OF EUROPE ENHANCED THEIR TRADE TO FARTHER AREAS AFTER EXPLORING THE PLACE. The tools, pottery artefacts, schist disks, ceramics and other primitive objects discovered at archaeological sites in Baramulla closely resemble the ones found in Swat Valley - Pakistan, and regions of China and South Asia

Syed Janbaz Wali was the third Sufi saint from Iran to visit Kashmir in sequence after Shah Hamdan and is said to be the descendant of the Prophet's lineage. Franciscan missionaries of Mary are also said to have visited Baramulla—housing among other things a temple dedicated to Shiva.

Apart from showing syncretic shades, Baramulla was the first town to advance on modern lines. During Maharaja Pratap Singh's time, a hydel power plant was set up in Boniyar, Baramulla. It was the second advanced hydel power plant in South Asia.

To bring back its glory, some frail attempts were made in recent times. Muzzafar Hussain Baig, former deputy chief minister, came up with a forum like 'Greater Baramulla' to push the place on the maps of development. However, before any outcome, political changes spiralled, and Kashmir plunged into the dragged-discord. In the shade of strife, not many attempts could take off to rebrand Baramulla for its unique legacy and cultural connection.

But as long as the Jhelum valley cart route—connecting the valley with the rest of the world—was thriving, Baramulla was the stopover and assembly point for traders and travellers. The place opened the doors to the resourceful sites of Kashmir. Apart from trading, some of the footfall was also driven by its strategic importance.

In his research paper—Kashmir and Swat during Neolithic times—published by Ancient Asia journal, Mumtaz Yatoo produces substantive facts for Baramulla to be a place of strategic importance and integration and interaction.

"The geographical position of Baramulla at the crossroads of communication is important," notes Yatoo in the concluding remarks, "allowing it to act as a hub between the northern regions of Pakistan and Central Asia on the North Western side, and the rest of Kashmir on South Eastern side."

Notably, this significance stems from the history itself. As the inhabitation took off in the valley, Baramulla became its natural entry point. Raja Bhimsina (2306 B.C.) was the one to set up the township. After it was well established for living, it became a popular halt station for travellers from Central Asia, China, and some parts of Europe. While these travellers would spend some of their leisure time in town, it spurred trading along with cultural and religious exchange.

This exchange has been of such great significance that vestiges of several Buddhist monasteries have been excavated, of late. These excavations suggest that the primitive civilisations of Kashmir largely inhabited Kanispura, making Baramulla the centre of trade since those times, with Harappan society and others.

Later, Baramulla was at the crossroads of the fabled Silk Route. Traders from Iran, Afghanistan, China, Russia and some parts of Europe enhanced their trade to farther areas after exploring the place. The tools, pottery artefacts, schist disks, ceramics and other primitive objects discovered at archaeological sites in Baramulla closely resemble the ones found in Swat Valley - Pakistan, and regions of China and South Asia.

In fact, as the halt station of various Mughal rulers, Baramulla brimmed with art and culture, for all these rulers would spend their vacations with artistic indulgences.

Such revelations suggest the intensity of cultural exchange and trade propelled by Baramulla and enabled the development of other districts and subdistricts while being a conduit of connection.

But the town lost its cultural lineage and limelight in the fall of 1947. "Many fled the town to save their lives," Aziz Mir, the living witness, recalls. "After Partition, Baramulla was never the same again. The place lost its image in the strategic restructuring of the valley."

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

Unlocking CREATIVITY

Lily Zhu

Do you think that creativity is an innate gift? Think again.

Many people believe that creative thinking is difficult – that the ability to come up with ideas in novel and interesting ways graces only some talented individuals and not most others.

The media often portrays creatives as those with quirky personalities and unique talent. Researchers have also identified numerous personality traits that are associated with creativity, such as openness to new experiences, ideas and perspectives.

Together, they seem to paint a dire picture for those who consider themselves conventional thinkers, as well as those who do not work in creative occupations – including roles that are often considered traditional and noncreative, such as accountants and data analysts.

These beliefs miss a key part of how creativity actually works in your brain: Creative thinking is actually something you engage in every day, whether you realize it or not.

Moreover, creativity is a skill that can be strengthened. This matters even for people who don't consider themselves creative or who aren't in creative fields.

In research that I recently published with organization and management scholars Chris Bauman and Maia Young, we found that simply reinterpreting a frustrating situation can enhance the creativity of conventional thinkers.

USING CREATIVE THINKING TO COPE WITH EMOTIONS

Creativity is often defined as the generation of ideas or insights that are novel and useful. That is, creative thoughts are original and unexpected, but also feasible and useful.

Everyday examples of creativity are plentiful: combining leftover food to make a tasty new dish, coming up with a new way to accomplish chores, mixing old outfits to create a new look.

Another way you do this is when you practice what's called "emotional reappraisal" – viewing a situation through another lens to change your feelings. There is actually an element of creativity to this: You're breaking away from your existing perspectives and assumptions and coming up with a new way of thinking.

Say you're frustrated about a parking ticket. To alleviate the bad feelings, you can think of the fine as a learning moment.

If you're anxious about a presentation for work, you can cope with the anxiety by framing it as an opportunity to share ideas, rather than as a high-stakes performance that could result in demotion if handled poorly.

And if you're angry that someone seemed unnecessarily combative in a conversation, you might reevaluate the situation, coming to view the behavior as unintentional rather than malicious.

TRAINING YOUR CREATIVE MUSCLES

To test the link between creative thinking and emotional reappraisal, we surveyed 279 people. Those who ranked higher on creativity tended to reappraise emotional events more often in their daily life.

Inspired by the link between emotional reappraisal and creative thinking, we wanted to see whether we could use this insight to develop ways to help people be more creative. In other words, could emotional reappraisal be practiced by people in order to train their creative muscles?

We ran two experiments in which two new samples of participants – 512 in total – encountered scenarios designed to provoke an emotional response. We tasked them with using one of three approaches to manage their emotions. We told some participants to suppress their emotional response, others to think about something else to distract themselves and the last group to reappraise the situation by looking at it through a different lens. Some participants were also given no instructions on how to manage their feelings.

In a seemingly unrelated task that followed, we asked the participants to come up with creative ideas to solve a problem at work.

In the experiments, conventional thinkers who tried reappraisal came up with ideas that were more creative than other conventional thinkers who used suppression, distraction or received no instructions at all.

CULTIVATING FLEXIBLE THINKING

Negative emotions are inevitable in work and life. Yet people often hide their negative feelings from others, or use distraction to avoid thinking about their frustrations.

Our findings have implications for how managers can think about how to best leverage the skills of their workers. Managers commonly slot job candidates into creative and noncreative jobs based on cues that signal creative potential. Not only are these cues shaky predictors of performance, but this hiring practice may also limit managers' access to employees whose knowledge and experience can play major roles in generating creative outcomes.

The result is that the creative potential of a significant part of the workforce may be underutilized. Our findings suggest that supervisors can develop training and interventions to cultivate creativity in their employees – even for those who might not seem predisposed to creativity.

Our research also indicates that people can practice flexible thinking every day when they experience negative emotions. Although people may not always have control over the external circumstances, they do have the liberty to choose how to cope with emotional situations – and they can do so in ways that facilitate their productivity and well-being.

By arrangements with The Conversation

New Light And Sound Show On India's History Fusing Art And Tech To Be Inaugurated At Red Fort On Tuesday

Press Trust of India

New Delhi: A new light and sound show fusing art and cutting-edge technology that will tell the story of India through the ages will be inaugurated at the historic Red Fort on Tuesday, officials said.

Union Home Minister Amit Shah is slated to be the chief guest at the event, which will also be attended by Union Culture and Tourism Minister G Kishan Reddy, they said.

"The show will be of another class and will fuse cutting-edge technology with art and live performances giving the audience a spectacular experience. It will tell the story of India and its wealth of cultural heritage through the ages," an official source said.

The venue of the show will be a site near the 'Naubat Khana' of the 17th century monument, he said.

Red Fort, built by Emperor Shah Jahan, is a UNESCO World Heritage Site.

Dalmia Bharat Limited, a cement manufacturing company, was selected as a 'Monument Mitra' to adopt and develop tourist amenities of the Red Fort in 2018.

'Monument Mitras' (friends of heritage sites) have been appointed for heritage sites, under the central government's ambitious 'Adopt a Heritage' scheme, for preservation and maintenance of India's cultural sites.

According to an invitation shared by Dalmia Bharat Limited, the show is called 'Jai Hind', and it will be like a "time travel through the ages with an immersive experience created from a fusion of art and technology".

The Ministry of Culture, in a statement, said the show will be a "dramatic presentation of the bravery and the history of India from the 17th century to the present day".

The one-hour long show is divided into three parts that will bring to life key episodes from India's history, including the rise of the Marathas, the 1857 war of Independence, the rise of the Indian National Army and the INA trials, the fight for Independence and India's continuing progress over the past 75 years by several forms of performance art - projection mapping, live action films, light and immersive sound, actors, dancers and puppets, it said.

The show will be showcased at different monuments inside Red Fort starting with Naubat Khana, moving to Deewan-e-Aam and then to Deewan-e-Khas, it said.

AI PARIS-NEW DELHI FLIGHT INCIDENTS

DGCA Issues Show Cause Notice; Says Airline's Response 'Lackadaisical'

Press Trust of India

Mumbai: Aviation regulator DGCA has issued a show cause notice to Air India after finding the airline's response as "lackadaisical and delayed" regarding two of passenger misbehaviour incidents onboard a flight from Paris to New Delhi last month.

This is the second time in less than a week that the Directorate General of Civil Aviation (DGCA) has issued a show cause notice to the Tata group-owned Air India.

On Monday, Air India Managing Director and CEO Campbell Wilson met DGCA chief Arun Kumar, according to a source. Details about the meeting could not be immediately ascertained.

The latest show cause notice to which the airline has to respond in two weeks is in relation to two incidents onboard the Paris-New Delhi flight on December 6, 2022 that were not reported to the regulator.

In one incident, a drunk passenger was caught smoking in the lavatory and was not listening to the crew. In the second incident, another passenger allegedly relieved himself on a vacant seat and blanket of a fellow female passenger when she went to lavatory, DGCA said in a statement on Monday.

"Air India didn't report the incident until DGCA sought the incident report from them on 05.01.2023. After perusal of the reply submitted by Air India through email dated 06.01.2023, prima facie it emerges that provisions related to handling of an unruly passenger... have not been complied with. It has been noted that the response of the airline has been lackadaisical and delayed," it said.

The watchdog has issued the show cause notice to the accountable manager of Air India as to why enforcement action should not be taken against them for dereliction of their regulatory obligations.

"However, to follow the principles of natural justice, they have been given two weeks time to submit their reply to DGCA and based on that further action will be taken," the statement said.

On January 5, DGCA issued notices to the officials and crew of the New York-Delhi flight, asking why action should not be taken against them for "dereliction" of duty while handling the November 26 'urination' incident.

"The conduct of the concerned airline appears to be unprofessional and has led to a systemic failure," the regulator had said about the incident. An inebriated man allegedly urinated on his female co-passenger, a senior citizen in her seventies, in the business class of the New York-Delhi flight on November 26, 2022.

With respect to the November 26 incident, DGCA has issued show cause notices to the accountable manager of Air India, its director in-flight services, all the pilots and cabin crew members of that flight as to why enforcement action should not be taken against them for dereliction of their regulatory obligations.

CONTD. FROM **FRONT PAGE**

Doyen Departs

the literary circles.

His funeral prayers were led by Moulana Showket Hussain Keng, and was attended by a battery of literary figures.

A poet, translator and critic. Prof Rahi was awarded the Sahitya Akademi Award in 1961 for his poetry collection Nawroz-i-Saba, the Padma Shri in 2000, and India's highest literary award, the Jnanpith Award (for the year 2004) in 2007.

Prof Rahi was the first Kashmiri writer to be awarded the Jnanpith award for his poetic collection Siyah Rood Jaeren Manz (In Black Drizzle).

He was honored with Sahitya Akademi Fellowship in 2000 by Sahitya Akademi, New Delhi.

Prof Rahi began his career as a clerk in the Public Works Department of the Government for a few months in 1948 and was associated with the Progressive Writers' Association, of which he became the General Secretary.

He also edited a few issues of Kwang Posh, the literary journal of the Progressive Writers Association.

He later joined Urdu daily Khidmat as sub-editor.

Rahi did his M.A. in Persian (1952) and in English (1962) from Jammu and Kashmir University where he later taught Persian. He was on the editorial board of the Urdu daily Aajkal in Delhi from 1953 to 1955.

He was also associated with the Cultural wing of communist Party of Kashmir during his student days.

Rahi Remembered

Kashmiri language in its real essence as far as poetry is concerned.

"Prof. Rahi was the only poet who could lift the Kashmir language from the ground and took to the new heights," Prof. Rashid who was the student of Prof. Rahi.

The people from literary circles recalled that his poetry would remind them of well known and internationally acknowledged poets including Dr. Sir Muhammad Iqbal and Mirza Asadullah Khan etc.

Rahi wrote several collections of poems and translated the works of some of the celebrated poets in other languages into Kashmiri.

Prof. Nazir Azad, another poet and critic, told Kashmir Observer that Prof. Rashi would patiently hear the poetry in different Mushairas and would encourage the poets. He said he would also do criticism in a subtle way.

"Tames asse Kasher zabane henz dag, ti tem khatre oas su mehanat ti mashaqat karran (he was worried about the Kashmiri language and for it's upliftment, he would do a lot to activities)" Prof. Azad said.

Prof. Rahi was not only a great poet, recalls Prof. Mushtaq Ahmad Zargar, but also a brilliant teacher.

"His lectures in the class would be so crystal clear that his students would never forget," said Prof. Zargar who is currently in-Charge Kashmiri Section, Department of Modern Indian Languages, Aligarh Muslim University.

He said after Lal Ded, Prof. Rahi is seen as the best poet in the literary world.

"But his way of criticism was different. We will always cherish these moments," he added.

Prof. Shafi Shauq said that Prof. Rahi was the only well read Kashmiri poet who consciously tried to imbibe all those healthy features of Western literature in Kashmir and gave them local colour and hibitation.

"His major contribution to Kashmiri literature was that he reformed the department of Kashmiri at University of Kashmir and I have had the honor to work under him from the inception of the department in 1976," said Prof Shafi Shauq who retired as Head of the Department, Kashmiri department, KU in 2010.

Rahi's demise was also condoled by Lieutenant Governor Manoj Sinha, who termed his death as "end of an era".

"Deeply saddened to learn of the passing away of Jnanpith awardee Prof Rehman Rahi, one of the most influential poets in Kashmiri in recent times. His passing marks the end of an era. My sincere condolences to his family, friends and well-wishers," Sinha said in a tweet.

Former chief minister and PDP president Mehbooba Mufti also condoled Rahi's death.

"Saddened to hear about the sad demise of towering literary personality and Gyanpeeth Awardee Jinab Rehman Rahi sb. In his death, Kashmiri Literature and society has been left with a void that can never be filled. My condolences to the family," she tweeted.

"Rehman Rahi was one of the most outstanding figures in Kashmiri literature. His creative brilliance found expression in various genres of literature. His works reflect cultural and political vicissitudes of Kashmir. They'll continue to influence young bards and writers. Deep condolences," tweeted CPI(M) leader M Y Tarigami. (With PTI inputs)

MeT Predicts

will stay cloudy on Tuesday and Wednesday, widespread moderate snowfall, with rains in plains of Jammu and heavy snowfall over the higher reaches, is possible over two days after that, the MeT Office said.

Kashmir is currently under the grip of 'Chilla-i-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 'Chilla-i-Khurd' (small cold) and a 10-day-long 'Chilla-i-Bachha' (baby cold) following it.

Era Of Discrimination

cities more attractive, promoting investment, mitigating the effects of climate change and generating revenue for local services," the LG said.

"Cities are not just geographical spaces but also centers of economic activities and cultural prosperity. The city provides opportunities to the citizens and fulfills the aspirations of its residents," he added.

The LG further said that smart city projects in Jammu and Srinagar are poised for a big leap.

"Effective planning, efficient management of resources, fine balance between heritage, ecology and pace of development and public participation will lead towards equitable and sustainable development", he said.

He also hailed the guidance of Prime Minister Narendra Modi and said that the cleanliness drive has become a people's movement & its socio-cultural impact on the ground is heartening.

The LG appealed to the people of J&K to join the efforts to beautify their cities and also take advantage of facilities extended by the Municipal Corporations.

"We all must put united and collective efforts to make Jammu a truly smart City and also transform Jammu into the cleanest city," he added.

The LG also highlighted the reforms introduced for the holistic development of J&K and the revolutionary steps taken to transform the Agriculture sector and business activities.

'The era of discrimination between the regions has gone. We believe in equitable development and equal opportunity for all,"Sinha said, adding "It is our resolve to make J&K corruption-free. The Public Services Guarantee Act will be implemented in letter and spirit for ensuring public services to citizens,"

Chief Secretary Dr Arun Kumar Mehta, Principal Secretary to the Government, Housing & Urban Development Department Dheeraj Gupta, and Mayor, JMC Rajinder Sharma also spoke on this occassion.

CRPF To Give

security grid following this attack.

The force, as per the officer, may also be asked to render a variety of internal security duties in the Jammu region keeping in mind the emerging terror challenges and the much-anticipated elections in Jammu and Kashmir, which was bifurcated into Union territories following the abrogation of Article 370 in August 2019.

VDGs Asked

Border (IB) in Jammu, Samba and Kathua districts, they said.

The development comes following the twin militant attacks in Dhangri village in Rajouri district in which seven people, including two children, were killed and 11 others injured last week.

The VDGs were directed to remain on high alert in view of the forthcoming Republic Day as there are apprehensions of vitiation of the peaceful atmosphere by anti-national elements, the officials said.

They said the VDGs have been activated in many areas of the Jammu region and fresh weapons and ammunition have been provided to them.

In a briefing session in Kishtwar district, VDGs were directed to ensure surveillance and domination in their respective areas by way of patrolling in consultation and coordination with special police pickets, the officials said.

They were asked to ensure that the areas remain peaceful and effectively thwart the evil designs of anti-social and anti-national elements, the officials added.

The Jammu and Kashmir administration has started reissuing weapons to the VDGs, earlier known as Village Defence Committees (VDCs), following the Dhangri incident.

Over 2,000 CRPF personnel have been deployed for security of minority places in twin border districts of Rajouri and Poonch, the officials said.

Meanwhile, security forces continued their search operations in Kishtwar, Doda and Ramban districts for a second consecutive day on Monday to clear the region of overground workers (OGWs) and militants, officials said.

In several areas in Kishtwar and Doda, house-to-house searches were conducted, they said.

A search operation in Rajouri district has been going on for the past seven days to trace the militants involved in the Dhangri attack, the officials said.

Man Opens

fired shots in the air from his country-made gun, the sources said.

Following the incident, CRPF personnel rushed to the village and conducted a search in and around the house but found nothing, they said.

A villager, Ranjeet Tara, said the girl was preparing food and she came out saying that someone entered her house.

One villager Koushal fired in the air and the intruder fled, he said, adding that it appeared that the suspect escaped from the back side of the house.

Security has been beefed up in the area, the sources said.

Last week, terrorists had targeted Dhangri village in Rajouri killing seven people and injuring many others.

Bharat Jodo Yatra

one more demand will be added which is restoration of its statehood prior to the assembly elections.

"We appeal to all sections of society, social organisations, NGOs and all secular political parties sans those who are directly or indirectly linked to BJP to come forward and join the yara," he said.

He said more than 90 organisations have expressed their desire to be part of the yatra.

Replying to a question on the likely impact of the yatra on the party's prospects in the upcoming elections, he said given the response of the people, no one can keep the Congress away from forming the government at the Centre in 2024 and in Jammu and Kashmir whenever the elections are held.

"What the BJP has done over the past nine years of its rule both at Centre and in J&K is before everyone to see. Its report card shows a big zero," he said when asked about BJP leaders' claim of forming the next government in J&K on its own strength.

The 3500-kilometre Bharat Jodo Yatra, which started from Kanyakumari in Tamil Nadu on September 7, will end after reaching Srinagar by January 30 with Gandhi hoisting the national flag there.

The march has so far covered Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Telangana, Maharashtra, Madhya Pradesh, Rajasthan, Delhi and Uttar Pradesh. It is currently in Haryana.

Later in Srinagar, JKPCC president Wani said the yatra will conclude with a national event in Srinagar.

He said they have invited top party leaders including Sonia Gandhi, Priyanka Gandhi Vadra, chief ministers of Congress-ruled states and members of Parliament to attend the event.

Earlier, several block development council members, sarpanches and panches joined the party at the PCC head office in Srinagar. Rasool welcomed the new entrants into the party fold.

Govt Offices

The CS, he said, urged the Police and Civil administration to make proper arrangements for the festive celebration of the 74th Republic in Jammu and Kashmir.

"The Chief Secretary impressed upon the Divisional and District Administration to lit up in decorative colours all the government offices and buildings on the eve. He enjoined upon them to facilitate participation of public in the celebrations at each place. He also told them to hold cultural events at Block and Panchayat level for the recreation of people there," the spokesperson said.

The CS, he said, directed for making special efforts to make each village and town clean for the national day and asked them to ensure smooth electric and water supply on the occasion.

"He made out that every school of the UT should carryout its own event. He directed each HoD and District Officer to conduct events at their offices too," he added.

Mehta, the spokesperson said, further maintained that the awards conferred on such national days should be exclusively made on evaluating the performance of the individual. The CS, he said, asked for felicitation of all the public or social figures that have made remarkable contributions for making the lives of people better.

"He stated that the themes like Amrit Kaal, Viksit J&K, Nasha Mukt Bharat, Bhay Mukt, Bhrashtachar Mukt Bharat, Swachh Bharat, Digital J&K, Women Empowerment, SHGs are few of the themes that may be highlighted during the celebrations. He told them to conjure similar other themes where J&K has made an outstanding contribution," he added.

The spokesperson said that the CS noted that J&K has made preeminent contributions in provisioning different public services like Land Passbooks, Amrit Sarovars, digitisation of services, e-office, Azadi ka Amrit Mahotsav, PMEGP, DGGI, Departmental Deliverables, Aspirational Panchayats, Sports etc. Mehta, he said, declared that these should be publicized for the awareness of masses.

"During the meeting the Chief Secretary also took stock of the readiness of all the concerned regarding the holding of this national day with fervour and enthusiasm. He asked all to prepare well in advance for the celebrations and wished them all best for the successful culmination of 74th National Republic Day," the spokesperson added.

LG To Take

function and take salute at the main function at Srinagar, reads an order issued by the General Administration Department (GAD) on Monday.

The order issued by Malik Suhail, Deputy Secretary to the government further says that DDC, Chairperson shall preside over the functions at respective district headquarters and take salute on the Republic Day.

It further says that BDC, chairperson/president Municipal Council/Committees shall take salute respective Block Headquarters and Municipal Block at Respective Headquarters.

"In case block headquarters and municipal headquarters are the same, two separate functions shall be organised," reads the order, adding, "SDM/Tehsildar/Senior Most Civil officers (shall take salute) at respective Sub Divisional/ Tehsil Headquarters, in case BDC Chairperson/ President Council / Committee is not available."

112 Charred

4 each from Baramulla, Shopian & Kupwara, 3 from Anantnag and one each from Ganderbal and Bandipora. "Of total 2544 incidents, Srinagar has recorded the highest at 547 followed by 402 in Baramulla, 323 in Kupwara and 270 in Anantnag," the data said.

It added that a total of 57 and 55 vehicles have been damaged in the fire incidents in 2021 and 2022 respectively.

The data, compiled by Joint Director, Fire & Emergency Services, Kashmir Range, further reads that the property worth Rs 7061.60 lakhs and Rs 8523.07 lakhs has got damaged in the year 2021 and 2022 respectively while the property worth Rs 105679.50 lakhs and Rs 85065.53 lakhs were saved in 2021 and 2022 respectively—(KNO)

3.6 Magnitude

On Thursday, tremors were felt in J&K after an earthquake of magnitude 5.9 hit Afghanistan region.

Traffic Hit After

on one way has been suspended.

Kashmir's First

Known for his jovial nature, he did LLB from Aligarh Muslim University. He was a member of Kashmir's horticulture board and would travel to different countries.

Several social-political organisations including Fruit growers and dealers association, Traders Federation Sopore, former legislator Abdul Rashid Dar and others expressed grief over the demise of War.

He was known as 'Kiwi man' after he introduced the fruit by setting up his own kiwi orchard in Sopore known as apple town—(KNO)

Pak Clerics

the Sharia (Islamic law), Geo TV reported.

The fatwa issued by the clerics from the militancy-hit province declares that only the head of the Islamic state has the prerogative to declare "jihad" (holy war).

"Not everyone has the right to declare jihad," the fatwa said.

It further said that taking up arms against the police and military personnel is against both the Sharia and the state, and anyone who rebels against the constitution and laws of Pakistan will be punishable by law.

The 14-page fatwa has been signed by religious scholars from difference schools of thought, including Maulana Qari Ehsanul Haq, Mufti Subhanallah Jan, Dr Maulana Attaur Rehman, Maulana Hussain Ahmed, Mufti Mukhtarullah Haqqani, Allama Abid Hussain Shakri and Maulana Abdul Kareem, Dawn reported.

The development comes as the banned Tehreek-e-Taliban Pakistan (TTP) intensified its attacks on security forces, especially in Khyber Pakhtunkhwa and Balochistan provinces.

The fatwa came two days after the TTP chief Mufti Noor Wali Mehsud said in a video message that his group is "open to guidance" from Pakistan's religious scholars if they believe "the direction of our jihad" is wrong.

The TTP, which has ideological linkages with the Afghan Taliban, executed around more than 100 attacks last year, most of which happened after August when the group's peace talks with the Pakistan government began to falter.

In November last year, the TTP called off an indefinite ceasefire agreed with the government in June 2022 and ordered its militants to carry out attacks on the security forces.

The TTP, also known as the Pakistan Taliban, was set up as an umbrella group of several militant outfits in 2007. Its main aim is to impose its strict brand of Islam across Pakistan.

The TTP, which is believed to have close links to al-Qaeda, last week threatened to target top leaders of Prime Minister Shehbaz Sharif's PML-N and Foreign Minister Bilawal Bhutto-Zardari's PPP if the ruling coalition continued to implement strict measures against the militants.

3 Vehicles Involved

given out that the department shall intensify its checking and anybody found involved in illegal mining activities shall be dealt with as per the Law.

Ex-Servicemen Given

in Dhangri village, officials said. This is for the first time that the VDGs, who were earlier known as Village Defence Committee (VDC) members, were given sophisticated rifles anywhere in the Jammu region, where they play a pivotal role in rooting out militancy by standing shoulder-to-shoulder with police and other security agencies.

Earlier, the VDCs were only equipped with .303 rifles. There were demands for replacing the outdated rifles with sophisticated weapons to tackle the threat of terrorism more effectively.

Seven people, including two children, were killed and 14 injured when the militants attacked the village earlier this month.

The Jammu and Kashmir Police held a special camp in Dhangri on Monday. It was attended by Rajouri Deputy Commissioner Vikas Kundal and Senior Superintendent of Police Mohammad Aslam, among others.

Around 40 ex-servicemen living in the area and identified by a panchayat-level committee were given SLRs along with 100 bullets each at the camp, the officials said, adding that most of these ex-servicemen had served in the Army and volunteered themselves to act as VDGs.

"We are thankful to the district administration for giving us the SLRs, which have a better firing range, and giving us an opportunity to serve as VDGs," ex-serviceman Roshan Lal said.

He said all the VDGs, especially the ex-servicemen, are ready to work in coordination with the security forces to counter terrorists.

Sarpanch of Dhangri Dheeraj Sharma thanked Lieutenant Governor Manoj Sinha's administration for fulfilling their demand.

He said during his visit to the village after the terror attack, Sinha had promised to provide new weapons.

"Our demand is fulfilled.... Although the number of weapons is less than what was projected, we are still thankful. We expect that more weapons will be provided in the coming times," Sharma said. (PTI)

'My World Has Ended': Mother Who Lost Both Sons In Rajouri Attack

Press Trust Of India

JAMMU: Four years after she lost her husband to illness came a blow so devastating she might never recover. Saroj Bala's two sons were among the seven people killed when militants struck their village in Jammu and Kashmir's Rajouri district, shattering every dream, smashing all hope.

On Sunday, her 21-year-old son Prince Sharma lost his battle for life and died at Jammu's Government Medical College hospital where he had been admitted with bullet injuries after the January 1 attack in Dhangri village. New Year's Day was also when his brother, 27-year-old Deepak, was killed when militants opened fire at their home.

The grief of losing her second son even as she was mourning the first has left her heartbroken.

"I have been left alone. Who will talk to me now? My world has ended. I have lost everything in life," the inconsolable Bala said as the mortal remains of her younger son were consigned to flames at the Dhangri cremation ground on Sunday.

Thousands of people joined her in mourning the death of the young man.

Militants had struck Dhangri late in the evening on January 1, targeting three homes before fleeing the scene. They left behind an improvised explosive device (IED) that went off the next morning outside the Sharma house.

While Deepak and three others died the first day, two children, Vihaan Kumar Sharma (four) and Samiksha Sharma (16), from the same family were killed in the IED explosion on day two. Fifteen people were injured, including Prince.

Bala, who was just coming to terms with the death of her husband, said there is nothing to look forward too. Her dreams of seeing her sons getting married and settling down in their jobs have crashed.

In a cruel twist of fate, Deepak, who had been selected for a job in the Indian Army's ordnance department, was created last week Tuesday, the very day he was set to join his work in Leh.

Prince was serving in the Jal Shakti department, a job he landed following the death of his father Rajinder Kumar Sharma, an employee of the department who died four years ago.

"Both my sons would sit with me every day. We would have long discussions on family issues. My life has no value now. Everything has gone with the death of my children," the despairing mother said.

Battling the grief of losing both her sons, the 58-year-old recalled the hardships faced by the family, especially during the treatment of her husband. His disease had put a lot of pressure on her sons who made every effort to save him, she said.

"We were expecting good days ahead but the terrorists snatched all our happiness." The grieving woman remembered how she cooked for her sons, how she made their beds and the many hours they spent planning a better future for the family.

Sushil Kumar, her nephew, said the extended family kept the news of Prince's death from her as long as they could. She had been waiting for Deepak's ashes to take them to Haridwar and came to know that Prince had died too only when his body reached the village Sunday afternoon.

"Even we cannot share her pain… the terrorists did not think once before targeting innocent civilians and devastating many families," Kumar said.

Dheeraj Sharma, sarpanch of the village, said that there can be no bigger tragedy for any family.

"This entire family is devastated now. Only the mother is left and she has lost both her unmarried young sons in the attack. She is all alone now," he said.

The family will now immerse the ashes of both brothers next week.

1685 Drug Peddlers Arrested, 1021 NDPS Cases Registered Last Year: Police

Observer News Service

SRINAGAR: Police on Monday said 1021 NDPS cases were registered, 1685 drug peddlers including 138 of them notorious were arrested last year. Besides, huge quantity of different types of contraband and psychotropic substances were recovered, police said in a statement.

Furthermore, it said, many narco-militant modules were busted and 35 accused persons were arrested during 21-22. "Apart from this, huge contraband banned substances, cash, arms & ammunition and other incriminating materials were recovered."

Giving break up, the police said while 1685 persons were arrested in 1021 NDPS related cases and out of them, 138 notorious drug peddlers were booked under PIT NDPS Act.

"Pertinently, while giving top priority to the investigation of NDPS cases, out of 1021 registered cases, 917 cases were speedily challaned before different courts of law against the involved accused during the previous year."

Last year, police said, contraband and psychotropic substances seized include about 212 Kgs Charas, 56 Kgs Heroine, 13 Kgs Brown Sugar, 1127 Kgs Bhang, 4355 Kgs Poppy Straw, 1567 Kgs Fukki, 3 Kgs Ganja, 10979 Intoxin Syrup and 135052 capsules or tablets in 1021 NDPS cases.

"Worth to mention here that contraband/psychotropic substances seized in 167 cases stands destroyed after fulfilling the due process of law," it said, adding, "The destroyed substances include 219 Kgs Poppy Straw, 97 Kgs Charas/charas powder, 4508 syrup bottles, 194 Kgs Bhung, 461 Kgs Fukki etc."

Moreover, during different drives against drug menace, illegally cultivated poppy or bhung spread on about 1020 Kanals of land was also destroyed by police across the Valley.

"Besides, during the previous year, mass campaigns including 1098 'Thana Divas' meetings, 1206 Police Community Partnership Group meetings, Police Public Meetings, Counselling at Drug De-addiction Centers, engagement of youth in sports activities through Civic Action Programmes (CAP) were held by police across the districts of Kashmir valley to eradicate the drug menace and to create awareness among the general public and to seek their cooperation," it said.

ADGP Kashmir Vijay Kumar (IPS) has assured that in the current year the 'war against drug menace' shall continue with more vigour and strict action against the persons involved in drug menace shall be taken on all fronts by police, the statement said. "He however requested the community members to be part of the campaign by coming forward with any information regarding drug peddling in their neighbourhood," police said, adding, "Our consistent actions against drug peddlers should reassure the community members that we are making efforts to keep our society free from the scourge of drug menace & to secure the future of our youth."

Winter Vacations In Jammu Schools Extended Till Jan-15

Observer News Service

SRINAGAR: The School Education Department on Monday extended winter vacations for summer zones of Jammu division till January-15 in view of prevailing inclement weather conditions.

"In supersession to order No. 719 DSEJ of 2023 dated: 09-01-2023, the winter vacations of Government/Private recognized schools functioning in Summer Zones of Jammu Division are further extended till 15-01-2023 due to prevailing inclement weather conditions," reads a circular issued by Dr Ravi Shankar Sharma, Director School Education, Jammu.

"However, staff and students involved in preparation for Republic day celebrations shall continue the rehearsal as scheduled," it reads.

DSEJ also said that any laxity in this regard from any government or private School shall be viewed seriously and dealt under rules.

Village In Anantnag Gets Electricity For The First Time

Agencies

ANANTNAG: A remote village Tethan in Anantnag's Dooru received electricity for the first time.

The forested area with about 200-250 units has got electricity under the Centrally sponsored PM development Package Scheme, an official said.

Locals said that they would light candles and other traditional lighting systems.

Aslam Khan, a local, said that with electricity, their children would be able to study till late evening.

"Now we will be able to charge our phones and talk to out relatives, friends etc," said another local Mohammad Jabbar.

He said that they would go to Dooru which is very far from the area with no road connectivity to charge their phones.

Locals thanked the administration for the move with the residents happy. Now, they

They requested the administration to look into other issues including road connectivity and water supply as well.

An official of the department said that it was very difficult to take a transformer, poles and other things as the area has no road connectivity.

He said that work on the project started last year and was completed this year.

A 63 KVA transformer, 38 High Tension and 57 LT poles have been installed in the area so as to provide electricity to around 50 households, he said—(KNO)

Alok Kumar Inaugurates 1st National Conclave On NEP At Jammu

Observer News Service

JAMMU: Principal Secretary, Education, Alok Kumar Monday inaugurated the first National Conclave on National Education Policy (NEP) at Convention center here.

The two day event is being organized by Department of School Education in collaboration with Agro Industries Vikas Chamber.

Addressing the inaugural session of the conclave, Alok Kumar highlighted about the broad contours of the NEP and spoke in length about the implementation, impact and aims of the policy. He added that NEP aims to increase the focus on strengthening teacher training, reforming the existing exam system, early childhood care and restructuring the regulatory framework of education.

The Principal Secretary underlined that NEP-2020 is focusing mainly on skill-based courses and the present administration has initiated several reforms to start skill based education courses from high school level. He called upon

the management of colleges and higher education institutions to hold regular interactions with the students for feedback on quality of education provided to them.

Prof. Rejesh of MIT, USA, in his address said that Entrepreneurship has to become the 'core of education. He also shared his experiences of working in Education sector covering multiple countries' to understand process of making students entrepreneurs. He added that NEP has opened a sky for innovation and creativity for every Educationists and its time to explore the opportunity to its fullest.

Retired DGP and founder of super 30, Abhyanand , while speaking on the occasion, shared his valuable experiences in exploring the new meanings of education. He said that NEP will help teachers and educationists to discover and invent new methodologies and pedagogies for the benefit of students.

Pertinently, the event is the first of the series of conclaves to be organised in the UT of J&K wherein all aspects of NEP will be discussed and deliberated to aware teachers about the operational aspects of NEP.

Among others, Director School Education, Jammu , Special Secretary, School Education Department, Director Samagra Shiksha, Director Finance, Joint Directors SCERT, large number of scholars, professors, students and other dignitaries were also present on the occasion.

DC Kupwara Reviews Power Scenario

Directs To Ensure Uninterrupted Power Supply As Per Curtailment Schedule

Observer News Service

KUPWARA: The District Development Commissioner (DDC) Kupwara, Dr. Doifode Sagar Dattatray on Monday convened a meeting of all concerned officers to review the power scenario of the district.

On the occasion, the DDC stressed upon the officers to ensure close coordination among themselves for better results on ground.

He directed them to ensure uninterrupted power supply to the consumers as per the curtailment schedule so that the people do not face any inconvenience. He also directed them to ensure completion of all ongoing augmentation works within the stipulated time frame so that more improvement is seen on the ground.

Meanwhile, it was informed in the meeting that the district has a total of 87800 registered consumers with 90.15 MW load and the current available power supply in the district is 120 MW. Besides, it was informed that the peak requirement in the district goes beyond the available power supply which is being followed by a curtailment schedule. Accordingly, 16 hour power supply is being given to the consumers in metered areas and 12 hour supply is provided to non-metered areas of the district.

Reviewing various developments in the power sector during the current financial year, the DDC was informed that the Arampora Grid Station was augmented from 90 MVA to 120 MVA in October 2022. Besides, Augmentation of Grid Station Vilgam from 50 MVA to 100 MVA shall be completed by next month.

He was also informed that the metering of households is in progress in the areas where meters are not installed and the task is being carried out in a phased manner.

Regarding power theft, the DDC was informed that inspection teams are continuously working to curb the power theft in Divisions and Sub divisions.

SE KPDCL Kupwara, Mumtaz Ahmad; Executive Engineers of KPDCL Kupwara/Handwara, XEN Projects Wing Kupwara, XEN STD Sopore, XEN Grid Station Kupwara, AEEs of sub divisions and other concerned attended the meeting.

Dulloo Assesses Availability Of Petroleum Derived Spray Oils In J&K

Observer News Service

JAMMU: Additional Chief Secretary (ACS) Agriculture Production Department (APD), Atal Dulloo on Monday chaired a meeting to discuss the permission and availability of petroleum derived spray oils in the Union Territory of Jammu and Kashmir.

Secretary in APD, Director Agriculture Jammu/Kashmir, Director Horticulture Jammu/Kashmir, Director Research Sher-e-Kashmir University of Agricultural Sciences and Technology-Kashmir(SKUAST-K), Managing Director JKHPMC, Director Law Enforcement, representatives of concerned oil companies, and other concerned attended the meeting in person and through virtual mode.

While reviewing supply and availability of pesticides and insecticides for the upcoming Horticulture and Agriculture season in the UT, the ACS asked all the stakeholders to follow all the prescribed guidelines of Central Insecticide Act.

Reviewing registration of tree spray oil/ horticulture mineral oil or TSO/HMO companies with Central Insecticide Board (CIB), Dulloo said that all the suppliers, registered with the Board, have to comply with all quality parameters before supplying the pesticide or insecticide to J&K.

He also instructed the Director Research SKUAST-Kashmir to issue notification with regard to the utility of TSO/HMO while taking up random sampling of supplied insecticides and pesticides from the market to check their quality.

He also asked the concerned to finalize the rate structure of CIB approved products with neighbouring States of India so that farmers of the UT are not overcharged while buying these petroleum derived spray oils.

The ACS also asked the representatives of various companies to register themselves with the CIB for the supply of their product in J&K and also directed the Director Law Enforcement for ensuring supply of only standard insecticides and pesticides in J&K.

Progressing JK-Dekhoapnadesh

TTVP To Be Game Changer For Rural Economy: Govt

Programme To Transform 75 Villages Known For Historical, Picturesque Beauty, Cultural Significance

Observer News Service

SRINAGAR: The Tourist Tribal village programme (TTVP) initiated by the Government of Jammu and Kashmir is turning out to be the Game changer for the rural as well as tribal areas both economically as well as socially.

J&K Tourist Village Network under Mission Youth initiative is aimed at transforming 75 villages of the UT known for historical, picturesque beauty and cultural significance into tourist villages. The youth-led sustainable tourism initiative will strengthen rural economy and community entrepreneurship, empowering youth and women by providing direct and indirect employment.

Jammu and Kashmir Government is adopting best practices recognizing the uniqueness of each village and showcasing the landscapes, indigenous knowledge systems, cultural diversity and heritage, local values and traditions, besides encouraging film shooting and offering financial incentives as well as ensuring a digital platform to all these villages under Tribal Tourism initiative.

A sleepy Sangerwani village in Pulwama presented a festive look as first batch of tourists arrived in the village to witness the beauty of countryside which was recently declared as Tourist Tribal Village by J&K Government. The most enthusiastic on the occasion were the youth who say that it will uplift them socially and economically.

Emphasizing on harnessing the potential of the younger population and making them self-reliant, government is committed to provide maximum and equal opportunities to youth from different backgrounds and enabling their involvement in policies that affect them.

This scheme can simultaneously address the challenge of global warming and unemployment besides Youth can be brand ambassador for green tourism making the development more sustainable while bringing prosperity to the community.

Administration is working tirelessly for the holistic development of tribal communities, promoting entrepreneurship amongst tribal youth and women, transforming tribal schools, village development, tourism and implementing Van Dhan for their empowerment.

Secretary JKAACL Mourns Demise Of Prof. Rehman Rahi

Press Trust Of India

JAMMU: Secretary, Jammu and Kashmir Academy of Art, Culture and Languages, Bharat Singh Manhas, has condoled the demise of Jnanpith awardee Kashmiri poet and academic, Prof. Rehman Rahi who passed away on Monday after brief illness.

To mourn his demise a condolence meeting was also held at Srinagar based office of the J&K Academy of Art, Culture and Languages, which was presided over by Academy's Officer I/c, Kashmir Division.

Expressing deep sorrow over the demise of Prof. Rehman Rahi, the Secretary JKAACL conveyed his heartfelt sympathies and condolences to the members of the bereaved family and prayed for eternal peace to the departed soul.

Kashmiri Goalie Awarded ONGC Scholarship

Observer News Service

SRINAGAR: Srinagar-born goalkeeper Furqan Ahmad Dar has been awarded a sports scholarship worth INR 75,000 by Oil and Natural Gas Corporation Limited (ONGC).

The corporation, which has its own football team named ONGC FC, selected the 23-year-old goalie for the award to aid his footballing development in the coming months.

"We are pleased to inform you that Oil and Natural Gas Corporation Limited (ONGC) has decided to grant you a sports scholarship in support of your pursuance of a career in the game of football," ONGC's Manager (OL), Jagdeep Singh, wrote in his letter to Furqan.

The scholarship is valid from January 1 to March 31 and will provide Furqaan with a monthly sum of INR 25,000 for three months. ONGC will also have a "Game Coordinator" in place to check on Furqan's performances and training levels.

Furqan has played for a number of top clubs in J&K, including LoneStar Kashmir FC, Real Kashmir FC and Downtown Heroes FC. He started his youth career with J&K Bank's Under-18 team.

Furqan's most impressive feat came in December 2021, when he signed for I-League club Sudeva Delhi FC. He was recently seen playing with up and coming football club of the Valley, FC 1. His fine performances for the team caught the eye of the JKFA selectors, who picked Furqan to represent J&K at the ongoing 73rd Santosh Trophy in Kerala. J&K was knocked out of the competition in the group stages after winning 2, losing 2 and drawing 1. Furqan played in four of them.

'Not Given Up On T20': Rohit Ahead Of SL ODIs

Press Trust of India

GUWAHATI: India's Test and ODI captain Rohit Sharma on Monday said he has no plans to "give up on T20 Internationals" amid strong indications that the transition has already started under Hardik Pandya.

According to sources, the BCCI wants a young team to be built under Hardik's leadership for the T20 World Cup in the West Indies and USA in 2024.

Rohit, along with another former skipper Virat Kohli and recently sacked vice-captain KL Rahul, are currently not a part of the shortest format.

"Firstly, it is not possible to play back-to-back matches. You need to give them (all format players) enough break. I definitely fall in that as well. We have three T20Is against New Zealand. We will see what happens after IPL. I have not decided to give up the format," Rohit told media persons on the eve of first ODI against Sri Lanka.

Real Kashmir Draw 0-0 With Aizawl In I-League

Press Trust of India

AIZAWL: Aizawl FC and Real Kashmir's defenders proved too strong and forwards too rusty as their I-League clash at Rajiv Gandhi Stadium here on Monday ended in a goalless draw.

Subhasish Roy Chowdhury and Lalmuansanga, the two goalkeepers, stood tall in a match characterised by missed opportunities. The ball did find the net twice though, once for each side, but from offside positions.

One point from this match did not help either team but neither Aizawl coach Caetano Pinho, nor Real Kashmir coach Mehrajuddin Wadoo sounded too disappointed after the match. "The players gave everything they had. We were unlucky not to grab full points from this match," said Mehraj. Pinho, on the other hand, remarked, "Football is a game of mistakes."

This result keeps Real Kashmir in the fourth spot with 17 points in 10 matches, while Aizawl are seventh with 13 points from the same number of games.

Bumrah Ruled Out After Failing To Recover From Back Injury

Press Trust of India

GUWAHATI: Jasprit Bumrah's return to action has been delayed further as he has failed to recover fully from his lower back stress fracture, ruling out the senior India pacer from the ODI series against Sri Lanka.

Bumrah was named in the squad for the three-match series against Sri Lanka, starting Tuesday, but the BCCI's support staff and medical team have collectively decided that his "return to play" should be pushed back, keeping the all-important Border Gavaskar Trophy in mind.

"Team India pacer Jasprit Bumrah has been ruled out of the upcoming 3-match ODI series against Sri Lanka. Bumrah, who was set to join the team in Guwahati ahead of the ODI series, will need some more time to build bowling resilience. This decision has been taken as a precautionary measure," the BCCI said in a statement.

"The All-India Senior Selection Committee has not named any replacement for Jasprit Bumrah," added the BCCI.

It will be interesting to see if Bumrah recovers to compete against New Zealand for the ODI series, starting January 18 and is fielded without playing even one domestic game.

Ronaldo To Face PSG, Messi In First Game In Saudi

Press Trust of India

PARIS: Cristiano Ronaldo's first game in Saudi Arabia is set to be against Paris Saint-Germain and a possible reunion with his career-long rival Lionel Messi.

PSG said Monday it will play a Jan. 19 friendly in Riyadh against a composite team of players from Ronaldo's new club Al Nassr and Al Hilal, the current Asian Champions League title holder.

Ronaldo should have to wait until Jan. 22 to make his formal debut for Al-Nassr in a league game against Al Ettifaq.

World soccer rules require the 37-year-old star to finish serving a two-match suspension imposed by the English Football Association in November ahead of the World Cup. Ronaldo slapped a mobile phone out of a fan's hand following a game against Everton last April.

Qatar-owned PSG is visiting Saudi Arabia during a two-day break in the region, including a visit to Doha for promotional work with the club's portfolio of Qatari sponsors.

Religare Supported National Curling Championship Concludes

J&K wins Gold in Junior and Sub-Junior categories

Observer News Service

GULMARG: The 2nd National Curling Championship 2022-23, supported by Religare Enterprises Ltd, successfully concluded on Sunday at Gulmarg.

The championship witnessed keen contests between 300 players across 15 states in various disciplines under the sub junior, junior and senior categories. Uttrakhand won the gold medal at the National Championship in the senior category, followed by Jammu & Kashmir, who won silver, while the Bronze medal went to Andhra Pradesh.

Jammu & Kashmir won gold in the Junior and Sub-Junior categories, while Haryana and Andra Pradesh won Silver and Bronze.

The Jammu & Kashmir Curling Association, which organised the tournament under the aegis of the Curling Federation of India (CFI) with support from the Jammu & Kashmir Sports Council, put together a magnificent spectacle.

Dr Rashmi Saluja, Executive Chairperson, Religare Enterprises Ltd. and also the President, CFI, while announcing the closing of the games, said, "The second National Curling Championship has been a magnificent exhibition of India's talent in Curling. I'm sure that in the coming days, we will see the sport of Curling becoming more popular in India. Religare will continue to promote and patronise Curling. as we believe that India has the potential to scale great heights in sports. We acknowledge the support of the Indian Olympic Association in organising the splendid event."

Ganderbal Athletes Shine In National Sqay Championship

Urge government for better infrastructure in district

Agencies

GANDERBAL: Thirteen players from Central Kashmir's Ganderbal district have brought laurels to Kashmir Valley after winning Gold, Silver and Bronze medals in the National Sqay Martial Arts Championship in Jammu.

The contingent from Ganderbal comprising thirteen players bagged 7 Gold, 4 Silver and 2 Bronze medals. J&K topped the overall championship.

The 23rd National Sqay Martial Arts Championship was held in Jammu and witnessed the participation of 1,250 athletes from 22 states and 108 players.

The participants from Ganderbal expressed gratitude to the government for providing them with a platform to demonstrate their abilities. They, however, urged for better infrastructure such as indoor sports stadiums to be constructed in the district.

Nazia Khan, a Sqay competitor, said that she was very much thankful to her family, friends, and Deputy Commissioner Ganderbal Shyambir for their "unflinching" support.

Nazia, however, pointed out a dearth of proper facilities and equipment that the athletes in the district face. "Ganderbal has young and gifted athletes but we lack suitable training kits or a place to practice. Our trainers are operating with limited resources," she said.

The athlete has urged the UT administration to keep supporting the exceptionally talented young sportspersons in the district by providing them with more "advantageous stages and openings". "Our trainers are devoted and accomplished, and with the applicable assets, we could accomplish far superior results," she said.

Sqay coach Saleem Pathan said it was a matter of pride for him that all the contestants from the Ganderbal district who participated in this tournament won medals. (KNO)