

Situation Along China Border 'Unpredictable': Army Chief

'Slight Increase In Number Of Chinese Troops In Their Areas Across The Eastern Sector

Says Ceasefire Along LoC In J&K Holding Well

Press Trust Of India

New Delhi: The situation along the frontier with China is "stable" but "unpredictable" and Indian troops are adequately deployed to deal with any contingency even as there was a slight increase in the number of Chinese troops in their areas across the eastern sector, Army Chief Gen Manoj Pande said on Thursday.

At a press conference ahead of Army Day, Gen Pande also said the Indian troops deployed along the Line of Actual Control (LAC) have been able to maintain a robust posture to defeat any evil design of the adversary with a "firm and resolute" manner.

The Chief of Army Staff asserted that the preparedness level of the Indian Army remained "very high" along the LAC and it has adequate forces and reserves in each of



the sectors to effectively deal with any situation.

"The situation is stable and under control, yet unpredictable. You are aware of the ongoing talks where we have been able to resolve five out of seven issues that were on the table and we are continuing to talk both at the diplomatic as well as the military level," he said.

"In terms of our preparedness level, they remain of a very high standard. We have adequate forces, we have adequate reserves in each of our sectors to be able to effectively deal with any situation

or contingency," he added.

The Army Chief said the "strategic rebalancing" of the troops that was undertaken sometime ago has been completed.

"We have been able to maintain a very robust defensive posture and prevent any attempts from our adversary to unilaterally change the status quo in a firm and resolute manner," Gen Pande said.

His comments came amid the 32-month military standoff between Indian and Chinese militaries in eastern Ladakh.

There has been a fresh spike in tensions between

“THE SITUATION IS STABLE AND UNDER CONTROL, yet unpredictable. You are aware of the ongoing talks where we have been able to resolve five out of seven issues that were on the table and we are continuing to talk both at the diplomatic as well as the military level.”

India and China after troops from the two sides were engaged in a clash along the LAC at Yangtse in the Tawang sector of Arunachal Pradesh on December 9.

Gen Pande said the deployment of troops by the Chinese side along the northern border continues in the same manner and that the number of Indian soldiers in the region is on par in the region.

"There is a slight increase in the number of (Chinese) troops opposite our eastern command. We are keeping a close watch," he said.

The Army's Kolkata-headquartered Eastern Command takes care of security in areas along the LAC in Arunachal Pradesh and Sikkim.

Asked about the situation in Doklam, Gen Pande said all activities in the region are being monitored closely.

Referring to the situation in Jammu and Kashmir, he said the ceasefire understanding that was agreed to in February 2021 is holding well.

At the same time Gen Pande said cross-border support to terrorism and terror infrastructure remained.

"As far as the situation in Jammu and Kashmir is concerned, the ceasefire understanding that came into effect in February 2021 is holding well. The cross border support to terrorism and terrorist infrastructure, however, remains," he said.

"What is **More on P6**

Govt Sets Deadline For Retrieving All State Lands

Div Coms, DCs Ordered To Remove 100% Encroachments From State Land By Jan 31



Observer News Service

Jammu: In a move that will have far reaching consequences, the Jammu and Kashmir administration has ordered all the Deputy Commissioners to ensure 100% removal of encroachments from state land, including Roshni and Kahcharai by the end of this month.

"The department has issued instructions from time to time and, further, in pursuance to the meeting held on 15.12.2022 through virtual mode under the chairmanship of the Commissioner/Secretary to the Government, Revenue Department, it has been directed that the all Deputy Commissioners shall ensure that all encroachments on State land including Roshni and

Kahcharai land are removed to the extent of 100% by January 31, 2023," reads an order issued by Vijay Kumar Bidhuri, Commissioner Secretary to the Government.

Bidhuri has also listed a set of instructions for effective monitoring of the anti-encroachment drive.

According to the order, Deputy Commissioners have been directed to draw up a daily anti-encroachment drive plan and also nominate Additional Deputy Commissioners as District Nodal Officers for co-ordination and effective implementation of the drive.

"Deputy Commissioners should constitute teams of Revenue officers for removal of the encroachments and personally monitor **More on P6**

Amit Shah To Visit Rajouri Today

To Meet Families Of slain Civilians, Chair Meeting Of Top Security Brass

Observer News Service

Srinagar: Union Home Minister Amit Shah will visit Rajouri district of Jammu and Kashmir on Friday to review the ground situation in view of the killing of six civilians, including two children in twin militant attacks setting off massive protests, reports said Thursday.

New agency ANI quoted sources as saying that Shah will visit Rajouri's Upper Dhangri village and meet the family members of the civilians killed in twin attacks.

The Home Minister, the report said, will also chair a high-level meeting of the officials of the Jammu and Kashmir administration and security forces. Besides reviewing the overall security situation, Shah is also likely to announce extra security measures, including further strengthening of Village Defence Committees (VDCs).

Pertinently, four people were killed when terrorists opened fire on three houses in Dangri village on the evening of January 1. Fourteen hours later, an improvised explosive device (IED) went off in the village, killing two minor cousins Samiksha and Vihan.

Sources told ANI that the Home Minister will reach Jammu at 11:15 am and will leave for Rajouri by helicopter at 11:30 am.

He will arrive at Rajouri at 12 noon and then go to Dhangri to inspect the site



A girl reads a book while passing through a wooden bridge with her brother in the interiors of Dal Lake on Thursday. KO Photo, Abid Bhat

Avalanche Hits Sonmarg, Two Labourers Dead

Observer News Service

Srinagar: Two labourers were killed after an avalanche hit Sonamarg in Ganderbal district on Thursday, officials said.

The avalanche hit the Sarbal area close to Nilgrath where Hyderabad-based Megha Engineering and Infrastructure Limited (MEIL) is executing work on the Zojila Tunnel.

Two dead bodies, identified as those of Sandeep Singh



and Bal Krishna -- both residents of Kishtwar -- have been retrieved so far, officials said. The bodies **More on P6**

Higher Reaches Receive More Snow

The higher reaches of Kashmir received snowfall for the second consecutive day as the night temperature dropped below freezing point across the Valley, officials said on Thursday. Snowfall continued in Sonamarg, Gulmarg, Pahalgam and other higher reaches of Kashmir **More on P6**

LG Assures Safe Environment For Minority Employees

Observer News Service

Jammu: The Union Territory Lieutenant Governor, Manoj Sinha on Thursday reiterated his government's commitment towards ensuring a safe and secure environment for the minority employees posted in Kashmir Valley.

"We are sensitive to the issues of employees of minority communities and committed to resolve their grievances on priority," the LG said.

Sinha made these remarks in a meeting with a delegation of All Minority Employees Association, Kashmir at Raj Bhawan here on Thursday, an official



spokesperson said. The delegation, he said, apprised the Lt Governor about various issues concerning employees of minority community under PMDP and other employment schemes, who are working in Kashmir division. He said that the members **More on P6**

J&K Bank Cuts Commitment Charges From July 2021-Mar 2024

Agencies

Srinagar: Jammu & Kashmir Bank has decided to reduce the commitment charges substantially after the frequent appeals by the traders and hoteliers.

A top official in J&K Bank said that the commitment charges have been substantially reduced for the period of nearly four years from 01 July, 2021-31 March, 2024.

Earlier, the traders had appealed to the concerned authorities to take some favourable steps with regard to the commitment charges on unutilized

loan amount of the borrowers.

As per a document, the commitment charges have now been reduced and the borrowers having a limit of upto Rs 10 lakh will not be charged anything while the borrowers having a limit of above Rs 10 lakh and having average utilization less than 50% will be charged 0.25 % (per annum) of the average unutilized limit plus applicable GST, with quarterly application.

The document further revealed that the borrowers having an average utilization of 50% to 70%, will **More on P6**

S H O R T T A K E S

Minor Injured In Accidental Fire

A 9-year old child was injured in an accidental fire from a rifle of a hunter in Jammu and Kashmir's Poonch district on Thursday evening, official sources said. There was an accidental fire from the rifle of a hunter Mohammad Sharief resulting in injuries to a child Afran Ahmed, who was playing near forest area of Sangla in Surankot tehsil, they said. Police reached the area and shifted the injured child to sub district hospital in Surankote, they said. An FIR has been lodged, they said.

LG Greetings On Lohri, Makar Sankranti

Lieutenant Governor Manoj Sinha has extended his greetings to the people on the occasion of Lohri and Makar Sankranti. In a message, the Lt Governor said: "On the auspicious occasion of Lohri and Makar Sankranti, I extend my warm greetings and good wishes to the people and wish them every happiness and prosperity". These festivals are a symbol of our shared ethos, culture and mark the beginning of an auspicious period of the year. The joyous occasion also provides us an **More on P6**

Youth Held In Threatening Poster Case

A person was arrested in Baramulla district of Jammu and Kashmir for pasting posters threatening outsiders, police said on Thursday. On December 22 last year, Police Post Palhallan learnt through reliable source that threat has been issued to outsiders and condemning Government's decision of opening wine shop in Pahalgam by a so-called terror group 'Lone Wolf Warrior' at Tantraypora Palhallan, in the north Kashmir district, a police spokesman said. Accordingly, a case under relevant sections **More on P6**

Rusted Grenade Destroyed In Poonch

A tragedy was averted by police by recovering a rusted grenade and later defusing it in Jammu and Kashmir's Poonch district on Thursday, sources said. The grenade was recovered in a ground near district police lines (DPL) in the town, they said. Later it was destroyed safely, they said. A case has been registered and investigations taken up.

Black Bear Caught In Anantnag

The officials of the Wildlife Department on Thursday captured a black bear in South Kashmir's Anantnag district. According to reports, the locals of Lukbawan Larkipora informed the wildlife department on Thursday afternoon about the presence of a black bear in the village. Instantly, a team of wildlife officials rushed to the spot and captured the beast. The black bear, reports said, was later shifted to Daksum Wildlife Sanctuary.

6 Injured As Vehicle Falls Into Gorge

At least six passengers were injured after a vehicle rolled down into a gorge in Srigufwara area of Bijbehara in South Kashmir's Anantnag district on Thursday afternoon. News agency GNS reported that a Tata-407 bearing number JK03A-4763 driven by one Majid Manzoor, skidded off the road near Khushroikalan Srigufwara in Bijbehara, resulting in injuries to six passengers. Four among the injured passengers have been identified as, Fareeda Begum wife of Farooq Ahmad Dar, of Satkipora Bijbehara; **More on P6**

Scientists Reveal Earth's Most Detailed Recent Climactic History

Press Trust Of India

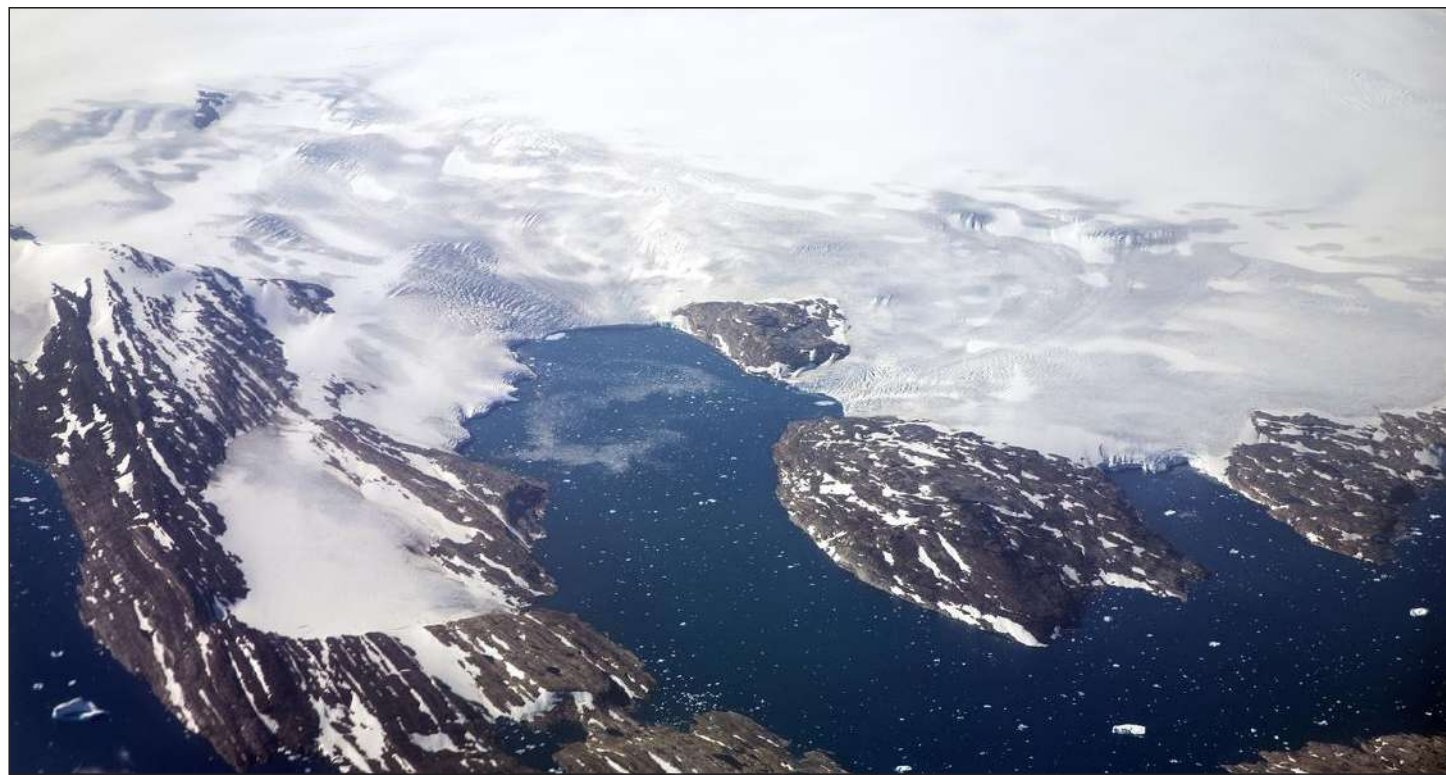
By analyzing Antarctic ice cores, scientists have revealed the most detailed look yet at the planet's recent climactic history, including summer and winter temperatures, dating back 11,000 years to the beginning of what is known as the Holocene, according to a study.

According to the international study, it is the very first seasonal temperature record of its kind, from anywhere in the world. The study has been published in the journal Nature.

"The goal of the research team was to push the boundaries of what is possible with past climate interpretations, and for us that meant trying to understand climate at the shortest timescales, in this case seasonally, from summer to winter, year-by-year, for many thousands of years," said Tyler Jones, lead author on the study, and assistant research professor and fellow at the Institute of Arctic and Alpine Research (INSTAAR), University of Colorado (CU), Boulder, US.

The study also validates one aspect of a long-standing theory about Earth's climate that has not been previously proven: how seasonal temperatures in polar regions respond to the Milankovitch theory, used to explain Earth's ice-age cycles.

"I am particularly excited that our result confirms a fundamental prediction of the theory used to explain Earth's ice-age climate cycles: that the intensity of sunlight controls summertime temperatures in the polar regions, and thus melt of ice, too," said Kurt Cuffey, a co-author on the



study and professor at the University of California Berkeley, US.

These more highly detailed data on long-term climate patterns of the past also provide an important baseline for other scientists, who study the impacts of human-caused greenhouse gas emissions on our present and future climate, the study said.

By knowing which planetary cycles occur naturally and why, researchers can better identify the human influence on climate change and its impacts on global

temperatures, the study said.

"This research is something that humans can really relate to because we partly experience the world through the changing seasons - documenting how summer and winter temperature varied through time translates to how we understand climate," said Jones.

Scientists around the world have long studied Earth's past climate using ice cores gathered from the poles.

These slender, cylindrical columns of ice, drilled from ancient ice sheets, mostly

in Antarctica and Greenland, provide valuable long-term data trapped in time about everything from past atmospheric concentrations of greenhouse gases to past temperatures of the air and oceans.

The West Antarctic Ice Sheet (WAIS) Divide ice core, the longest ice core ever drilled by US researchers, measures 11,171 feet, or over 2 miles, long and 4.8-inches in diameter - containing data from as old as 68,000 years ago.

Ice cores like this one are then carefully cut into smaller sections which can

be safely transported to and stored or analyzed in ice core labs around the country - like the Stable Isotope Lab at CU Boulder.

For this study, researchers analyzed a continuous record of water-isotope ratios from the WAIS ice core.

The ratios between the concentration of these isotopes, which are elements with the same number of protons but different numbers of neutrons, reveal data about past temperatures and atmospheric circulation, including transitions between ice ages and warm periods in Earth's past, the study said.

By using the high-quality ice cores from the WAIS, extremely high-resolution measurements and advances in ice core analysis from the past 15 years, the team was able to correct for the diffusion present in the data and complete the study.

"Even beyond that, we had to develop new methods entirely to deal with this data, because no one's ever seen it before. We had to go above and beyond what anyone's done in the past," said Jones.

It took almost a decade to figure out the proper way to interpret the data, from ice cores drilled from many years before, the study said.

The team's next step is to attempt to interpret high-resolution ice cores in other places - such as the South Pole and in northeast Greenland, where cores have already been drilled - to better understand our planet's climate variability.

"Humans have a fundamental curiosity about how the world works and what has happened in the past, because that can also inform our understanding of what could happen in the future," said Jones.

Walking 3 To 4 Miles A Day Reduces The Risk Of Heart Disease In Older People

ANI

Older adults who walk three to four miles per day—6,000 to 9,000 steps—are 40 to 50 per cent less likely to suffer a heart attack or stroke than those who walk a mile (2,000 steps) per day, according to research published in the journal Circulation.

The findings were based on data from eight studies involving 20,152 people aged 18 and up who had their walking measured by a device and their health tracked for an average of more than six years, according to The Washington Post, a US-based news outlet.

The more steps taken by those aged 60 and up, the lower their risk of cardiovascular disease (CVD).

The study found no link between steps taken and CVD risk in young adults.

The probable reason for that, the researchers wrote, is that CVD "is a disease of aging" generally diagnosable until risk factors



such as high blood pressure, obesity and diabetes have progressed for years.

The researchers did not find any link between walking distance and specific types of cardiovascular diseases, such as heart failure or arrhythmia, but rather with heart disease in general. The study also discovered no additional benefit from walking at a faster pace.

However, the health benefits of

walking have been the subject of numerous studies and ongoing debates.

An earlier study from the same research group, published in the Lancet last March, discovered similar links between steps taken by older adults and a lower risk of death from any cause, as did a September study published in JAMA Internal Medicine. However, that study also discovered that a faster pace increased risk reduction.

Office of the Principal Sukhnag Educational Institute

PETH-MAKHAMA BUDGAM

REF NO: SEIPM02-23

DATED: 09-01-2023

MANAGING BODY 2022-23

S. No	Name	Parentage	Qual.	Designation
01	Sajad Ahmad Mir	Ghulam Nabi Mir	MA. Med	Chairman
02	Haji Ali Mohd Dar	Assadullah Dar	B.A	General Secretary
03	Muzafar Ahmad War	Abdul Majeed War	M Sc M. Ed	Principal/Member
04	Bilal Ahmad Lone	Abdul Hamid Lone	M.A B. Ed	Teacher/Member
05	Aiaz Ahmad Dar	Abdul Rashid Dar	Malvi	Accountant
06	Farooq Ahmad Dar	Ali Mohd Dar	12Th	Parent/Member
07	Nazir Ahmad Dar	Gh. Mohd Dar	B. Sc	Parent / Member

Principal

Sukhnag Educational Institute

bmg_r

از نیابت وانکو کراہ پورہ
با اجلاس ایکریکٹو مجسٹریٹ درجاول
مضمون: درخواست منجانب عبدل مجید لون ولد غلام محمد لون ساکنہ موضع محمود پورہ تحصیل کٹنر بمبرادرا اہل Unemployment سرٹیفیکٹ بحق خود
اشتہار بمبرادرا گاہی ہر خاص و عام
معاملہ مندرجہ عنوان الصدر کے نسبت سائل کے کاغذات زیر بحث دفتر ہذا میں زیر کاروائی ہے۔ بیان رپورٹ پٹواری حلقہ ونبہر دار سائل مذکورہ دھ ہذا میں راہنہاں پذیر ہے اور کبھی ترک سکونت اختیار نہیں کی ہے۔ سائل پیشہ سے دکاندہ ہیں سائل مذکورہ کسی بھی سرکاری یا غیر سرکاری محکمہ میں کام نہیں کرتا ہے قبل اس کے کہ سائل کی درخواست پر نید کاروائی کی جائے۔ اول ہر خاص و عام کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ اگر اس بارے میں کسی شخص یا اشخاص کو کوئی عذریہ اعتراض ہو تو ایک ہفتہ کے اندر دفتری اوقات میں اسات یا کاتلا اپنے عذر یا اعتراض پیش کریں۔ بعد گزرنے معیاد کوئی بھی عذر قابل قبول نہیں ہوگا۔ تحریر الصدر نائب تحصیلدار ay kz



Mountain Research Centre For Sheep & Goat

Shuhama, Alusteng, Srinagar-190006

Phone/ Fax:

Email: mrcsg@skuast.ac.in

No: AU/MRCS&G/2022/1747

Dated: 12.01.2023

DASTI QUOTATION

Dasti quotations are invited from the reputed dealers/suppliers for the following feed ingredients to Mountain Research Centre for Sheep & Goat (MRCS&G), FVSc & AH, SKUAST-Kashmir, Shuhama within five (05) days from the issuance of this notice.

S. No.	Feed Ingredients	Specification	
		Crude Protein (min.)	Acid Insoluble (Max.)
	Maize Grain	9%	
	Wheat Bran	14.5%	0.25%
	Rice Polish	13%	1.5%
	Cow Pea	35%	-
	Mustard Oil Cake	35%	1.5%
	Ground Nut Cake	45%	2.5%
	Soya bean Meal	47%	2%
	Molasses	3.5%	-
	Common Salt	-	-
	Mineral Mixture	Calcium=18%	Phosphorus = 9%

(Dr. Haidar Ali Ahmed)
Professor/ Chief Scientist
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5 Of Family Mowed Down

Observer News Service

Srinagar: Unidentified gunmen shot dead an alleged army informer and his entire family near Tangmarg, while a cab-driver was killed in similar fashion in Sopore town. Elsewhere security forces recovered arms and ammunition during various search operations across Kashmir.

Unidentified gunmen last night intruded into the house of an alleged army informer and shot him and his four family members dead at Shria village in Tangmarg. The dead included his parents, wife and brother-in-law, reports said.

Masked militants, around three to five in number intruded into the house of one Abdul Ahad Sheikh, 23, who was allegedly working as army informer, last night and sprayed bullets at the inmates, reports said, killing all the five present in the house.

Ahad was also a member of Tangmarg Notified Area Committee.

The other deceased have been identified as Abdul Salam Sheikh, father of Ahad, Bakhti and Mehmooda, his mother and wife respectively besides his brother-in-law, Ali Mohammad War of Chandhar, Wanigam.

Senior police officers, including Shakh Ved, the DIG north Kashmir today visited the spot and talked to the villagers.

The police in Srinagar blamed militants for the act. However, no militant group has owned the killings so far.

Massive searches were launched in the area this morning to arrest the assassins. However, no one was arrested when reports last poured in from the besieged village.

Three army soldiers were injured when militants ambushed their patrol near Khiram, Sirhama in Anantnag district, police sources said. Later the troops sealed the area for conducting searches.

Unidentified gunmen shot dead one Mohammad Sultan Dar son of Abdul Ahad Dar of Chankan, Sopore in his area. The deceased was a taxi driver by profession. Police has started investigations into the murder after blaming the militants for the same. No group has owned up the killing.

Security forces during search operations at village Shumnag, in Kupwara recovered one AK rifle with seven rounds from a suspected militant hide-out, police said. In a similar operation at village Tujan, Budgam one AK rifle with 60 rounds and one IED was recovered, police claimed.

A militant belonging to Al Jihad outfit was arrested by the security forces from Soura. One pistol with four rounds and rupees 650 were recovered from his possession, police said.

Security forces apprehended one militant from Ahugam, Kulgam. At his instance, police said, two grenades, 15 AK rounds, one binocular, one telescope and one revolver were recovered.

J&K Police Aided by the security forces raided a militant hide-out at village Koi-Muqam, Bandipora and recovered one AK rifle with 42 rounds of ammunition.

(Kashmir Observer, 13 January, 1999)

KASHMIR OBSERVER
Friday| 13-01-2023

Poll Hopes
Brighten

BJP national general secretary B L Santhosh on Wednesday urged the J&K party unit to be prepared for assembly elections, possibly a sign that elections for the Jammu and Kashmir Assembly are imminent. Santhosh spoke at a meeting attended by Union minister Jitendra Singh, BJP national general secretary and J&K in-charge Tarun Chugh and J&K BJP president Ravinder Raina. Significantly, he made the statement days after Union Home Minister Amit Shah held deliberations with party functionaries from Jammu and Kashmir in Delhi. While the Union Government stayed short of making an official announcement yet, Santhosh's statement has raised hopes that the assembly elections in the union territory might be held this year. The elections are supposed to be held by April-May, an ideal time to do so.

But there is still doubt whether the exercise will be held at all. If elections are really to be held by around the middle of the year, by now the schedule should have been announced. As things stand, several political parties are reaching out to people, but they aren't campaigning, still uncertain about the elections.

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.

Ideally, this should have paved way for elections. Despite the odds that the BJP will play a dominant role in the future elected government in J&K, it is seen as intriguing that the polls continue to be delayed in the UT. And, in turn, this is delaying the early prospect of statehood for J&K.

The timeframe for elections that people are now looking at is the spring or summer this year. They would also be comfortable with autumn. It will be a crucial year for the BJP as the party will also be preparing for the general elections in 2024. A robust performance in J&K polls will thus be a headstart for the party. But this is likely to push the statehood for the UT further into the future and the BJP might wait for its return to power at the national level before restoring it.

Meanwhile, a majority of people in J&K would most likely prefer the elections to take place regardless of the season. If for no other reason than at least for their approachability, there is a palpable desire to see local politicians return to government.

OTHER OPINION

Hijab row

About this time last year, when Karnataka's Udupi district was stricken by the hijab row, colleges and universities in the state were witnessing a significant development. Classrooms were registering a steady increase in the number of Muslim women students. The percentage of women from the community, aged 18-23 years, attending colleges and universities had gone up from 1.1 per cent in 2007-08 to 15.8 per cent in 2017-18. It was feared that the state government's heavy-handed decision to ban headscarves in educational institutions would hurt the confidence of the young women and roll back this educational efflorescence. The youngsters, however, stood firm in face of difficult odds: They challenged the order, first, in the Karnataka High Court and then, in the Supreme Court. In October last year, a two-judge bench of the apex court could not come to a unanimous decision on the matter — it will now be decided by a larger bench that has not yet been constituted. But, as a report in this newspaper on Sunday shows, the judicial impasse and the charged atmosphere have not dented the enthusiasm for academic learning amongst Muslim women in Karnataka, especially in the region that was the epicentre of the controversy.

The hijab ban did not affect exam attendance in Udupi last year. Even more hearteningly, the overall enrollment of Muslim women hasn't fallen. There is, however, a notable shift: The number of women students from the community who attend government pre-university colleges (PUC) has come down by half from last year. This has been offset by an increase in their enrolment across private (or unaided) PUCs in the district.

Not every student, however, can afford education in a private college. It is troubling, therefore, that Muslim women's enrollment in Udupi's government PUCs in 2022-23 was the lowest in five years. Karnataka's Minister of School Education and Literacy B C Nagesh said that the government will probe these figures. For starters, he would do well to ignore the comments of his party colleague and Udupi MLA Raghupati Bhat who has ascribed the decline to a conspiracy by organisations such as the PFI. A more worthwhile response would be to think of ways to make the state more sensitive to the aspirations and concerns of students.

Indian Express

RAHI,
Lost, Without
Translation

Amir Suhail Wani

It was to be a mundane day and an ordinary commute. There were no sublime invitations from the surroundings, yet, it was to be an enlightening journey. I was travelling with Bedil and Rumi in my mind, a notepad with my own verses and a patient passenger.

"Recite it again.", Rahi said. He listened intently and repeated, "Recite it again." The more he said it, the more confident I became about the verses I'd composed. It's only later that I realised my patient co-passenger's curiosity and attention to my work was more about his humility than about my craft.

Posthumous fame is a misery of sorts, inflicted upon great men. So it has to be with Rahi as well, Rehman Rahi, the first and the only Jnanpith recipient from Kashmir. Rahi sitting Le Penseur in obits is inadequate. Obits, reactions and recollections are all identical.

I can go to the market and fetch a Pushkin or Chekhov but I don't know of any bookstore in the city center where I can have books of Rahi or books about him. Barring scattered shreds of his poetry, I cannot recount any bookstore with enough on Rahi for the curious in Kashmir. None of 'Nawroz-i-Saba', 'Siyah Rood'e Joryen Manz' or 'Daryaav Thathis Pyeth'; all these being his main and major creative works.

The first of the books I read on him was a dull xerox of one of his books borrowed from the collection at the Department of Kashmiri, University of Kashmir. At the gates of the University, Iqbal and Ghalib were numerous. Even book carts stationed outside had Kulliyat-e-Iqbal and Diwan-e-Ghalib. Their popularity isn't an issue. Tolstoy is a hit around here as well. What irks is the neglect shown towards the most versatile poets of Kashmiri language. A neglect which stares at the irony of debates being organised and won by the advocates of language preservation. What claims do we have over a language we claim to love but fail to nurture? A love that Rahi embraced and celebrated through his words: O Kashmiri language!

I swear by you, you are my awareness, my vision too the radiant ray of my perception the whirling violin of my conscience!

It is the absence of meaningful engagement and celebration of a notable poet from Kashmir which must drive us all to ask and enquire, "Who was Rahi?"

Rahi changed the poetic idiom of Kashmir for good. He changed it by exorcising from it the subduing effect of Persian motifs — motifs which were followed from Mehmood Ghami down to Mehjoor. Poets may come and imitate him, but the grandeur and majesty of his style and artistry shall ever remain inaccessible to finite and meek intellects like that of ours. Look, for example, at his poem "Takhleeq" (Siyah Rod Joryen Manz, Page 66). The poem speaks of the process of creative activity, poetic or otherwise but the erotic imagery deployed in the poem keeps the reader in a state of ambiguity till he reaches the end of the poem where this ambiguity yields all the meaning it has been hiding.

My estimations may seem emotional, almost exaggerated. However, I am calculated in my claims of holding Rahi in the leagues and the likes of Tagore, Iqbal,

I can go to the market and fetch a Pushkin or Chekhov but I don't know of any bookstore in the city centre where I can have books of Rahi or books about him. Barring scattered shreds of his poetry I can recount any bookstore with enough on Rahi for the curious in Kashmir

Faiz and stalwarts we celebrate and idolize in the world of literature. His poetry is a testimony and the sources he drew upon reinforce my claims.

His first hand understanding of Persian and English literature, besides his deep engagement with the literary tradition of the language of his own, had uniquely placed him to bring about a synthesis. A synthesis in which he fused the mysticism and ambiguity of Bedil, the aesthetics and expressionism of Hafiz, the surrealism and abstraction of Persian masters with the poignancy of Wordsworth, the loftiness of Eliot and the polyvalence of Ghalib. He did it in a language of his own — Kashmiri. His way astounded many to the point of dismissal — a fate shared by many who have challenged established literary paradigms and perspectives. Even in the face of these judgments, he unapologetically remained a literary heretic, a zealot and somebody who preferred flying away tangentially to the set orbit instead of revolving in age old circles — the circles which he found too small to accommodate his creative vigour and the elan of his poetic effulgence.

Russian poet and critic Osip Mandelstam had said of poets that they were possessed by the "nightingale fever": an inability to stop singing irrespective of the consequences.

Rahi was smitten by this fever. 'And there is no hope For heart still flushed With Nightingale Fever.' (Osip Mandelstam, 1918) This heat is felt everywhere in his poetry.

To those who may go about looking for sloganeering, polemics or existential enquiries, I say, don't go in looking for these.

Poetry is bewilderment before the beauty and majesty of life, it is the celebration of existence may that celebration assume the form of mourning, it is to look into the abyss of life, knowing its infinitude, but still unwilling to surrender to this infinitude and assert one's existence in the face of all cosmic and social oddities. That is what Rahi invites to and this invitation shall exist as long as something called literature exists in the world.

Sabyasachi Bhattacharya, while writing Tagore's biography, had said that great poets have no biographies in the usual sense of the word. By this he meant that as far as the poetic aspect of their personality is concerned, they are timeless, ahistorical and eternal. This shall also not lead us into the fallacy of leaving his life unattended and unscrutinized. In fact, there is a growing need, particularly in the wake of interest that people are gathering in Rahi on his demise to have his works translated and to have introductory works on his life and comprehensive research on his literary oeuvre.

Much has been expressed on Rahi's demise. Perhaps, my personal grief can only be explained by a stranger's tears who, moved by Rahi's odes sung by Vijay Malla, had asked me for its translation once. He didn't know the Kashmiri language but had still been moved to tears, possibly by the nightingale fever?

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

The author is a Srinagar based columnist



Kashmiri poet Abdul Rehman Mir/Rahman Rahi passed away at the age of 97 at his home in Srinagar

EMOTIONAL HEALTH A Vital Component of Wellbeing

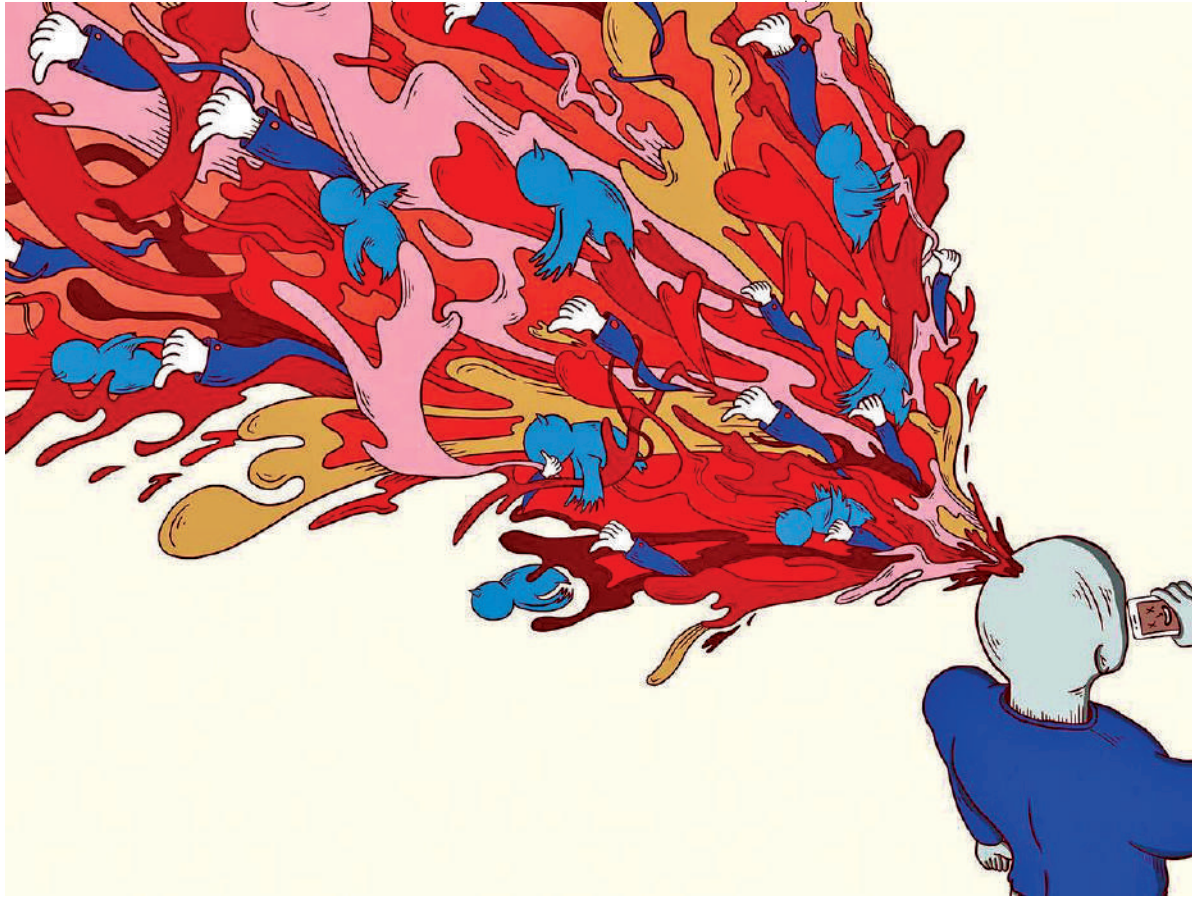
NURTURING YOUR EMOTIONAL HEALTH IS AS IMPORTANT AS NURTURING YOUR PHYSICAL HEALTH

Rohi, Lisners

Our daily lives revolve around maintaining our emotional health. Our emotions can affect how we approach our daily activities, whether we are joyful, afraid, excited, or furious. Having excellent emotional health is crucial in leading a complete and balanced life since every decision we make is influenced by our emotional state in some tiny manner. Although life is not always simple, emotional health is not about how easy or difficult life is. Being emotionally healthy does not imply that you are flawless or free from troubles with family and friends as well as bad thoughts. Instead, it demonstrates your capacity to manage all of life's uncertainties. A vital component of total health is Emotional Health. Our self-esteem, how we respond to challenging circumstances, and how we accept our own and other people's feelings are all aspects of our emotional health. Emotionally balanced people have control over their thoughts, emotions, and behaviours. They are prepared to deal with life's challenges. They possess the capacity to bounce back from setbacks with optimism. They are happy with themselves and their relationships.

At its core, emotional health is a consistent and productive state of positive psychological functioning. Emotional health is, in some ways, an extension of mental health. It combines everything you think, feel, and do — during both the highs and lows of life.

Emotional well-being is a skill. It is not a trait we inherit from our parents or something we either have or don't. Being emotionally healthy does not necessarily entail constant joy. It implies that you are conscious of your feelings. No matter how they turn out, you can manage them. Stress, rage, and grief are nonetheless felt by emotionally healthy persons. But they are skilled at controlling their negative emotions. They are able to recognize when a situation is too much for them to tackle alone. Furthermore, they know



EVERY SORT OF RELATIONSHIP REQUIRES EMOTIONAL WELLBEING. TO PROPERLY COMMUNICATE WITH THE PEOPLE WE ENCOUNTER ON A DAILY BASIS, WE NEED EMOTIONAL BALANCE. These connections are essential for building a powerful support system. If we are not in emotional health ourselves, we cannot properly negotiate relationships

when to seek medical advice.

It's critical to keep in mind that emotional health is not static; it changes over time depending on your physical condition, your experiences, and a variety of circumstanc-

es that may be occurring in your personal or professional life. The more you take care of your mental wellbeing and grow your resources, the more pleased you will be even in times of enormous change.

You can work effectively and handle the stresses of daily life if you have good emotional health. Your potential can be realized with its assistance. It facilitates collaboration with others and social contribu-

tion. According to experts, people who are emotionally healthy experience less unpleasant emotions and recover from setbacks more quickly.

Every sort of relationship requires emotional wellbeing. To properly communicate with the people we encounter on a daily basis, we need emotional balance. These connections are essential for building a powerful support system. If we are not in emotional health ourselves, we cannot properly negotiate relationships. Because we are unable to appropriately handle the daily ups and downs of social interactions, weak emotional health stresses connections with family and friends.

You can take following actions to strengthen your emotional stability and find happiness:

- Exercise: Even light exercise, like walking, releases endorphins, which help lessen depressive-related symptoms. If you can get outside and get some vitamin D, all the better!
- Mindfulness: According to a study, developing daily habits of mindfulness makes you emotionally more secure. You may learn to remain in the now and control your emotions with the aid of mindfulness. You can manage stress, anxiety, and sadness by finding inner peace, using relaxation techniques, and practising meditation.
- Be grateful: Keep a list of your life's blessings. We can experience joy, relieve stress, and enhance our emotional health by remembering what we value.
- Socialize: Making connections with friends and family strengthens bonds that provide you the support you need to deal confidently with even the most trying circumstances. It can be quite beneficial to have someone you can chat to, ask for advice from, or even vent to when you're stressed.

- Supplements: Many key vitamins and minerals that can help us control our emotions are frequently missing from our diets. Vitamins and trace elements work together to create the neuro -chemical and metabolic balance necessary for emotional and overall health. As a result, supplements play an important role in correcting these imbalances. To maintain good emotional health, supplementation and fortification strategies must be implemented.
- Get quality sleep: A consistent sleep and waking schedule, as well as a bedroom environment that is optimised, will help you obtain adequate sleep and ultimately contributes to preserving general psychological and emotional well-being.

STUFF TO THINK ABOUT:

Even those with strong emotional health can experience emotional difficulties or mental illness. There is frequently a medical cause for mental illness. A chemical imbalance in the brain may be the cause of this. Stress and issues at home, at work, or in school can start or exacerbate mental illness. People who suffer from emotional issues or mental illness can benefit from counselling, support groups, and medications. Consult your physician if you are experiencing persistent emotional issues. He or she can support you in locating the best form of care. Furthermore, there is a symbiotic relationship between emotional and physical health: both can influence the other. Your emotions can influence your physical health as well as the other way around.

You can overcome almost any fear if you set your mind to it.

The author is a columnist and work at Lisners, Mental Health and Wellbeing App and can be reached at rohi95jan@gmail.com

When Does Mental Distress Become a Mental Illness?

Louise Stone

Human beings experience a range of emotions, some of which are pleasant, such as joy and happiness, and others that are uncomfortable or even painful, such as anxiety, anger or grief. Often, emotional discomfort or pain is temporary and appropriate to the circumstances. It is natural, and even helpful, to experience anxiety when facing a difficult decision, or grief when a loved one dies.

However, when painful mental states are long-lasting and interfere with our ability to function well in our daily lives and relationships, it can mean we are experiencing a form of mental illness.

Mental illnesses usually have other impacts apart from mood, including physical symptoms, changes in thinking, changes in behaviour, and sometimes changes in perception, including hallucinations, severe nightmares or flashbacks.

WHAT CAUSES MENTAL ILLNESS?

Mental illness is complex. Medical science, philosophy, psychology and other disciplines are still debating whether the mental "mind" and physical "brain" are separate or integrated. Some researchers believe mental illness originates in the physical body and brain, influenced by genetics, inflammatory processes, neurological development and even hormones in the gut. Other researchers believe mental illness originates in the mind, from learned responses that are unhelpful or damaging, or lived experiences that are traumatic.

Mental health is also influenced by the world in which a person lives, which might include family and kin, community, culture, Country or spirituality.

Trauma experiences are important. It is profoundly disrespectful to see a person who has experienced adversity such as intergenerational trauma, domestic violence, racial discrimination, poverty or any other systemic abuse, and apply a disease label like "depression" without acknowledging the crucial role of their trauma experiences in their health.

Managing mental health involves understanding how all these elements fit together.

WHY IS A DIAGNOSIS IMPORTANT?

Psychiatric diagnoses may be only one way of understanding mental illness, but they are important. In severe mental illnesses such as schizophrenia, medication can be essential to wellbeing. The evidence for medication and specific psychological strategies in therapy are often based on making an accurate psychiatric diagnosis. It is also important to make sure mental illness symptoms are not caused by physical diseases.

Most people with mental illness diagnosis should also have a "formulation", which is a description of why this person may be experiencing mental illness at this time. A formulation may include historical factors (such as childhood trauma), features of their personality

(such as perfectionism), details of their lived experience (such as discrimination and harassment based on their gender identity), and acute stressors (such as living through a natural disaster).

Brought together, the diagnosis and formulation should help clinicians, patients and carers understand why they are unwell and develop a plan of action to optimise their mental health. A formulation includes aspects of lifestyle (including avoiding damaging social environments such as mentally unhealthy workplaces), psychosocial strategies (such as therapy) and, in some cases, medication.

Usually, a person with mental illness will choose which strategies to use in collaboration with their treating team.

RECOVERING FROM MENTAL ILLNESS

Mental illness can range from a single episode to a lifetime condition, and from mild to severe. It can involve a single condition such as depression, but it is common to have more than one illness at a time (such as depression and anxiety). It is also common for physical and mental illnesses to occur together (eating disorders and diabetes, heart disease and depression). Mental illnesses can change over time. For many people, there will be times of stability, times of crisis, and times when mental health is consistently poor.

Because there is so much variation in people's conditions and lived experiences, different people will have different approaches to treatment. Treatment often involves social interventions such as securing safe housing, addressing lifestyle issues or helping with financial stress. It can also involve self-help strategies, helplines or psychological therapy.

Treatment needs to be individualised. Just because a treatment is said to be "evidence-based" in one context, doesn't mean it can treat everyone across the entire spectrum. Most evidence is developed through research in urban, middle-class, well-educated, predominantly white people, and it may not necessarily be the best psychological strategy to use for a person from a completely different environment.

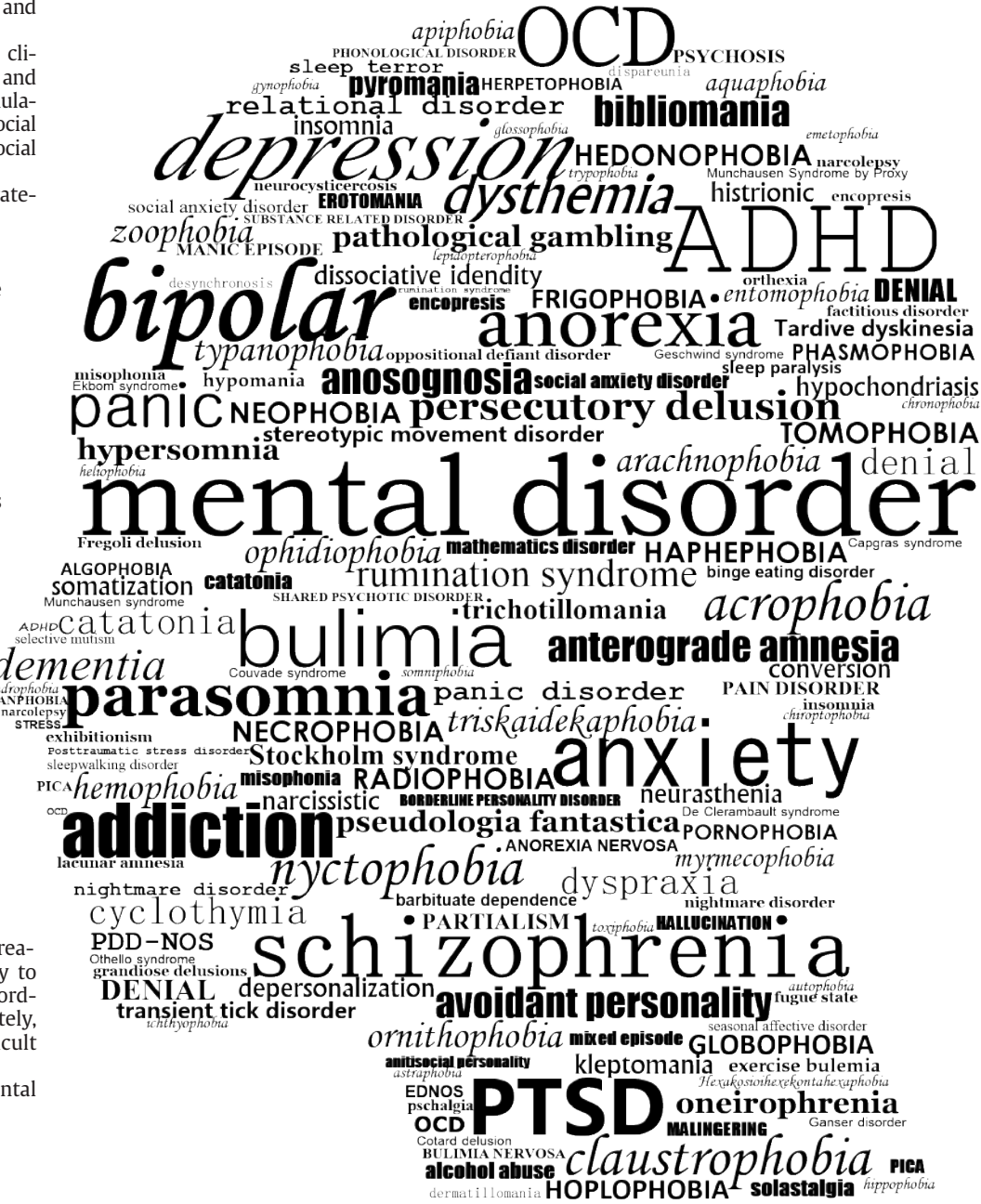
WHEN TO SEEK HELP

If you have thoughts of self-harm or symptoms are severe enough to affect your ability manage everyday life, it is time to work with a mental health professional to get a good, holistic diagnosis and formulate a management plan.

A GP is a good place to start to check there are no physical reasons why your mental health is deteriorating. GPs are likely to have the best understanding of appropriate, accessible and affordable options for care for your needs in your area. Unfortunately, specialised mental health services can be expensive and difficult to access.

Then it is time to identify the key issues impacting your mental health, and plan your recovery.

By arrangements with The Conversation



Minimum Temps Rise Slightly In Many Northern States, Return Of Cold Wave In Northwest India Predicted Next Week

PRESS TRUST OF INDIA

New Delhi: A fresh spell of cold wave in northwest India next week would see mercury dropping by three to five degrees Celsius, the India Meteorological Department said on Thursday even as the chilly conditions abated slightly in many states providing relief to people.

Western disturbance and consequent stronger surface winds have significantly improved fog conditions over Punjab, Haryana, Delhi, Rajasthan, and western Uttar Pradesh. However, dense to very dense fog continues over eastern Uttar Pradesh and Bihar.

Delhi witnessed light rainfall on Thursday and recorded a minimum temperature of 9.3 degrees Celsius -- two notches above the season's average -- with the weather department predicting a return of cold wave conditions in the city next week.

The national capital recorded a cold wave spell from January 5 to January 9, the longest in the month in a decade, according to IMD data. In Rajasthan, Fatehpur in Sikar and Churu recorded minimum temperatures of minus 1.8 degrees Celsius and minus 1.5 degrees Celsius on January 5.

Chandigarh witnessed a bright sunny day after days of cold and foggy weather. The city recorded a minimum temperature of 9.2 degrees Celsius. In Haryana, Ambala recorded a low of 8 degrees Celsius, Hisar 8.5 degrees Celsius, Karnal 8.7 degrees Celsius, Narnaul 9 degrees Celsius, Rohtak 9.2 degrees Celsius and Sirsa 9.2 degrees Celsius.

In Punjab, Amritsar recorded a low of 10 degrees Celsius, Patiala 8.4 degrees Celsius, Pathankot 8.5 degrees Celsius, Faridkot 9 degrees Celsius and Muktsar 9.6 degrees Celsius. The minimum temperature in Mohali settled at 9.1 degrees Celsius.



The higher reaches of Kashmir received snowfall for the second consecutive day as the night temperature dropped below freezing point across the Valley, officials said on Thursday.

Snowfall continued in Sonamarg, Gulmarg, Pahalgam and other higher reaches of Kashmir. The officials said many areas in the plains of Kashmir received intermittent light rain.

The Srinagar-Jammu national highway is through for traffic, while the Mughal Road -- the alternate road link connecting the Valley with the Jammu region -- and the Srinagar-Leh highway were closed for traffic, they said.

The officials said there was some delay in the flight operations at Srinagar airport here due to low visibility. However, the operations took place in the afternoon after the visibility improved.

The meteorological office, in a statement, said, "Minimum

temperatures over many parts of northwest India are very likely to fall by three five degrees from January 14."

"Severe cold wave conditions (are) likely over some parts of north Rajasthan and cold wave conditions in isolated pockets likely over Himachal Pradesh, Uttarakhand, Punjab, Haryana on January 15, 16 and 17," it said.

Mahesh Palawat, vice president (meteorology and climate change), of Skymet Weather, said sub-zero temperatures are expected in some parts of Rajasthan such as Churu and Sikar next week. "The mercury may dip to minus 2 degrees Celsius at these places, which is not unusual," he said.

A severe cold wave is likely to wallop Delhi on January 16 and 17 and minimum temperatures in the city may drop to two to four degrees Celsius, Palawat said.

An independent weatherman

predicted that temperatures in the plains may drop to an immobilizing minus four degrees Celsius next week.

"Upcoming spell of coldwave in India looks really extreme during January 14 to 19 with a peak on the 16th to 18th. Never seen a temperature ensemble going this low in a prediction model so far in my career. Freezing minus 4 degree Celsius to two degrees Celsius in plains, Wow!" tweeted Navdeep Dahiya.

Palawat, however, said the upcoming cold wave spell is unlikely to match the intensity of the previous one because another western disturbance will bring relief starting January 19. "The gap between two western disturbances is shorter this time," he said.

When a western disturbance -- a weather system characterised by warm moist winds from the Middle East -- approaches a region, the wind direction

changes. The chilly northwesterly winds from the mountains stop blowing, leading to an increase in temperatures.

Before the current western disturbance brought relief from cold conditions, large parts of north and northwest India recorded below-normal maximum and minimum temperatures on most days this month, an IMD official said.

This was due to a layer of dense fog persisting over the Indo-Gangetic plains for the last 10 to 11 days and a large gap between two western disturbances, which meant frosty winds from the snow-cad mountains blew in for a longer-than-usual period, he said.

The Indo-Gangetic plains have a lot of moisture owing to the large number of water bodies and rivers in the region. High moisture content, low temperatures and calm winds are the recipes for dense fog, the official explained.

"The region recorded below-normal maximum temperatures this month so far due to dense fog that reduced sunshine hours. Low day temperatures mean early cooling and early fog formation in the evening," the official said.

After the prevailing western disturbance retreats, frosty northwesterly winds will start blowing towards the plains.

In the plains, a cold wave is declared if the minimum temperature dips to 4 degrees Celsius or when it is 10 degrees Celsius and 4.5 notches below normal.

A severe cold wave is when the minimum temperature dips to 2 degrees Celsius or the departure from the normal limits is by more than 6.4 notches. A cold day is when the minimum temperature is less than or equal to 10 degrees Celsius and the maximum temperature is at least 4.5 notches below normal.

A severe cold day is when the maximum temperature is at least 6.5 notches below normal.

Over 18,500 toys seized from Hamleys, Archies and other retail stores for lack of BIS quality mark

New Delhi: The government on Thursday said 18,600 toys have been seized in the last one month from major retail stores, including those of Hamleys and Archies, at airports and malls across India for lack of BIS quality mark and use of fake licences.

Meanwhile, consumer protection regulator CCPA has also issued notices to three major e-commerce players -- Amazon, Flipkart and Snapdeal -- for alleged violation of toys quality control order, it said.

Since January 1, 2021, the government has made it mandatory for toys to conform with safety norms specified by the Bureau of Indian Standards (BIS), a national standard setting body.

"We received complaints from domestic manufacturers of sale of toys that do not conform with the BIS standard. We conducted 44 raids in last one month and seized 18,600 toys from major retail stores," BIS Director General Pramod Kumar Tiwari said in a press conference.

The seized toys were both locally manufactured as well as imported. Some of the toys did not have mandatory BIS quality mark, some had fake BIS licence number and some toys had 'origin of other countries', he said.

Tiwari said the raids were conducted in major retail stores, including those of Hamleys, Archies, WH Smith, Kids Zone and Cococart, located at major airports and malls across the country.

According to the BIS, toys were seized from Hamleys' stores at New Delhi airport Terminal 1 and 2 as well as in Kolkata, Ranchi, Noida and SAS Nagar (Punjab).

Toys have also been seized from the Archies store at Ghaziabad's Pacific Mall, WH Smith stores at Hyderabad and Delhi airports, Cococart stores at Mumbai and Gujarat airports, and Tiara Toys Zone at Chennai airport, it said.

Maximum toys of about 9,000 were seized from Ahmedabad-based Raj Toy World, followed by 3,080 toys from Madurai-based Giftz, and 2,000 toys from Bengaluru-based Royal Mart and Chennai-based Kids Zone,

it added.

Tiwari said the BIS has planned surveillance of toy shops across the country in a phased manner. In the first phase, big retailers located at airports and malls are being targeted. In the later phases, small retailers and manufacturers will be targeted.

A legal action will be taken against the retailers for violation of quality norms as per the provisions of the BIS Act, under which initial penalty is Rs 1 lakh for first offence to maximum a jail term, he added.

Meanwhile, Central Consumer Protection Authority (CCPA) is also keeping an eye on e-commerce platforms for any violation of toys quality control order.

"We have also issued notices to Amazon, Flipkart and Snapdeal for selling toys without BIS quality mark," CCPA chief Nidhi Khare said.

On further steps taken to ensure quality toys are sold in India, Consumer Affairs Secretary Rohit Kumar Singh said a joint group is being set up with customs officials to check if imported toys comply with the Indian standards.

"We have written to customs to form a joint group to check consignments of imported toys. This will help to stop the entry of toys, that do not conform with Indian standards, in the domestic market," he said.

E-commerce players have also agreed to show product declaration on their platforms that the product complies with the BIS quality standards, he said, adding that this will come into force in the next 15 days.

Other measures being taken is to verify the claim of a seller on a e-commerce platform that the products/services comply with the BIS quality standards, he added.

Currently, about 458 products including toys are brought under the mandatory quality control order in the country.

Meanwhile, a Flipkart official said that the marketplace is committed to democratizing e-commerce for all in India and enabling lakhs of small businesses connect with customers through technology.

SEVERE COLD WAVE CONDITIONS (ARE) LIKELY over some parts of north Rajasthan and cold wave conditions in isolated pockets likely over Himachal Pradesh, Uttarakhand, Punjab, Haryana on January 15, 16 and 17."

CONTD. FROM FRONT PAGE

Situation Along

heartening is the marked reduction in violence parameters and the fact that the people there are partnering with the government in a number of developmental initiatives. All these notwithstanding, we need to remain alert both on the Line of Control as well as in the hinterland," he said.

On the situation in the Northeast, he said peace has returned to most of the states in the region.

The Army chief said a proposal for induction of women personnel into artillery units has been sent to the government.

"This is something we have decided. We must do (it). The proposal has been forwarded to the government. We hope that it will be accepted," he said.

Gen Pande said the Army has decided that 2023 will be the year of transformation and the force has laid out a specific roadmap aiming for certain outcomes that can be achieved. "This process will continue beyond the current year." Asked whether the Russian invasion of Ukraine added new complexities to India's security challenges along the LAC as it could embolden China to take an aggressive posturing, he said a detailed analysis was carried out at operational, strategic and tactical levels.

"We have to contextualise these lessons. We have incorporated them in terms of larger weapons platform, cyberspace," he said.

To a question on the impact of the Ukraine conflict, the Chief of Army Staff said that there has been an impact on supplies but his force would overcome the challenge.

Govt Sets

the drive," the order reads, adding that both the Divisional Commissioners shall also monitor the drive.

Besides it, the Commissioner Secretary has also sought daily progress reports from Divisional Commissioners for which concerned Assistant Commissioner (Central) will be the Nodal Officer.

The order further seeks daily reports from DCs by 4 pm while Divisional Commissioners have been asked to furnish the compiled reports through Financial Commissioner Revenue, J&K by 5 pm to the Administrative Department Revenue in a given format.

According to the given formats for State Land including Roshni, besides Kahcharai the DCs have been directed to submit details of total encroached land as on the day, encroachment removed day wise, balance encroachment to be removed and percentage of encroachment yet to be removed.

The order by Bidhuri comes in the backdrop of a massive anti-encroachment drive across J&K during which thousands of kanals of state land have been retrieved.

LG Assures Safe

submitted a detailed memorandum regarding the grievances faced by the employees.

"The members of the delegation also expressed their gratitude to the Lt Governor-led UT Administration for taking various measures for the welfare of the employees from the minority community," the spokesperson added.

J&K Bank Cuts

be charged 0.10% (per annum) of the average unutilized limit plus applicable GST, with quarterly application.

"Subsequent to automation and application of commitment charges by our bank, certain issues have been raised and clarifications sought by the operative levels. Thus a need had been felt to have in place a detailed SOP for addressing and redressing such matters," the document said.

As such, the bank has designed Standard Operational Procedure (SOP) for handling commitment charges related issues by the operative levels, which include the commitment charges have been levied in exempted accounts and exempted schemes, the concerned Branch Manager shall be authorized to reverse the same.

The concerned branches shall ensure that the charges collection tab is punched as "Y" in all the accounts qualifying for application of commitment charges. Further, the concerned branches shall ensure that the commitment charges as per prescribed rates are applied in all eligible accounts, it said.

"The sanctioning authority has granted any waiver/ concession in commitment charges, such sanction letters shall be shared with the Service Operations team to create necessary exceptions in CBS by raising a ticket in CSS from Branch Manager user. Any discrepancy is reported/ noticed (by borrower/ auditor etc), the concerned branches shall seek computation sheets of commitment charges from the service operations team for ascertaining the same. In case of any anomaly, the branch shall reverse the excess charges after obtaining approval from the concerned Zonal Head."

It said that the newly opened accounts shall be exempted from charges application for 02 full quarters, excluding the quarter they are opened in.

It said that the commitment charges shall be computed and applied on the basis of drawing

power fed in the CBS and not on the basis of limit sanctioned. "In case of facilities granted for cyclic activities (Cold drink/ ice cream/ juice/ fruit trading or likewise), the operative levels shall educate such borrowers to apply for need based peak season and lean season sanction limits as per their requirement," it added--(KNO)

Amit Shah To

of the terror attacks and interact with the families of the victims.

Shah will return to Jammu at 1:30 pm. In Jammu, he will preside over the meeting of officers of civil administration and security establishment at Raj Bhavan at 2 pm.

Earlier on January 9, the Home Minister held a crucial meeting with top leaders of the Jammu and Kashmir unit of the Bharatiya Janata Party at his residence in the national capital.

Meanwhile, unprecedented security arrangements have been made to ensure a smooth visit of the Home Minister.

"Security arrangements have been put in place to ensure smooth arrival of the Home Minister," sources said, adding that "A high alert has been sounded on highways, Rajouri district and also in parts of Jammu. All security agencies have been put on high alert." sources told a local news agency KNO

Avalanche Hits

have been shifted to Primary Health Centre in Sonamarg for medico legal formalities, they added.

Meanwhile Lieutenant Governor, Manoj Sinha expressed anguish over the incident.

"I am deeply anguished to learn of the unfortunate incident of snow avalanche at Sonamarg in which a precious life has been lost. Army, Police & SDRF teams are engaged in search & rescue operation. Directed dist admin to provide all necessary assistance to the affected persons." the LG office posted on its official Twitter handle earlier in the day.

Meanwhile, in a statement issued here, a police spokesperson said that police, ART teams of Army and SDRF teams reached the spot and started a search and rescue operation shortly after the avalanche hit the area.

"After strenuous efforts one dead body recovered from the snow. The deceased was identified as Sandeep Kumar son of Munshi Ram of Sara Padar Kishtiwari, the spokesperson said.

"After some time another missing person's body was recovered from the site and the deceased is identified as Bala Krishna son of Bansil Lal of Gara Padar Kishtiwari," he added.

He said that the rescue operation was stopped after both the bodies were recovered despite continuous snowfall at Ranga Morh, Sarbal which has made the area more vulnerable to snow slides.

"Megha company management has been asked to shift the workers to safe locations till the weather gets cleared," the spokesperson said, adding that a helpline by District Police Ganderbal has already been issued in view of inclement weather.

The police also urged people not to venture out in vulnerable areas till the weather improves

Higher Reaches

over the last 24 hours, they said.

The officials said many areas in the plains of Kashmir received intermittent light rain.

The Srinagar-Jammu national highway is through for traffic, while the Mughal Road -- the alternate road-link connecting the Valley with Jammu region -- was and the Srinagar-Leh highway was closed for traffic, they said.

The officials said there was some delay in the flight operations at Srinagar airport here due to low visibility. However, the operations took place in the afternoon after the visibility improved.

The MeT Office has said widespread light rain in the plains of Kashmir and Jammu divisions and light to moderate snow over higher reaches of Kupwara, Bandipora, Ganderbal and Baramulla towards evening is expected on Thursday.

On Friday, light snow and rain in many places are expected, while the weather will remain mainly dry after that till January 18.

The night temperature decreased and settled below freezing point across the Valley, but stayed above the normal for this part of the season.

Srinagar recorded a low of minus 0.2 degrees Celsius on Wednesday night, down from 3.5 degrees the night before, the officials said.

Qazigund, the gateway to the Valley, registered a minimum temperature of minus 0.4 degrees Celsius, while Kokernag in south Kashmir recorded a low of minus 2.8 degrees, they said.

The minimum in Kupwara, a frontier district, settled above the freezing point at a low of minus 0.4 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 1.7 degrees Celsius.

The minimum temperature in Gulmarg in

Baramulla district was recorded at minus 5.5 degrees Celsius, they said.

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

Chillai Kalan begins on December 21 and ends on January 30. The cold wave continues even after that with a 20-day-long 'Chillai Khurd' (small cold) and a 10-day-long 'Chillai Bachha' (baby cold) following it.

LG Greetings

opportunity to salute the indomitable spirit of our farmers and to recognize their hard work and contribution to nation-building, added the Lt Governor.

"May the festivals bring prosperity, happiness and joy for all," the Lt Governor said.

Youth Held In

of law was registered and investigation set in motion, the spokesman said.

A police party found the poster pasted and some posters on roadside.

During the course of the investigation, several suspects were rounded up, the spokesman said.

He said that after hectic efforts, the police zeroed on suspect identified as Altaf Ahmad Rather, resident of Tantrapora Palhallan.

Upon his interrogation, Rather confessed, and evidences so collected confirmed his involvement, in the commission of offences, the spokesman said.

It was further revealed that Rather got in touch with Pak-based terror handlers on social media and was working with them who instructed him to paste posters in order to create an atmosphere of fear among the public and hatred against India, the spokesman added.

On Rather's disclosure, a raid was conducted at his house where from posters and mobile phone were seized and the accused was taken into the custody, he said.

Further investigation of the case is going on, the spokesman said.

6 Injured As

Muntazir Ahmad Bhat, son of Asadullah Bhat; Hajira Bano, wife of Gul Mohammad Wani of Mahind Bijbehara and Ghulam Hassan Wagay, son of Mohammad Rajab -- residents of Mahind Bijbehara.

The injured persons were evacuated to SDH Bijbehara from where two of them GMC Anantnag for preferential treatment.

Confirming the incident, a police official said that cognizance has been taken.

DAK Urges Caution While Shoveling Snow

Observer News Service

SRINAGAR: With fresh bout of snowfall in Kashmir valley, Doctors' Association Kashmir (DAK) on Thursday urged people to be careful while clearing snow from their driveways, porches or sidewalks.

"Shoveling snow can increase your risk of having a heart attack," said DAK President Dr Nisar ul Hassan.

Dr Hassan said lifting heavy snow causes sudden increase in blood pressure and heart rate that puts more strain on the heart.

"Combine this with icy temperatures which cause arteries to constrict and decrease blood supply, you have a perfect storm for a heart attack," he said.

The DAK President said people at greatest risk are those who are habitually sedentary with known or suspected heart disease, who go out once a year to clear the snow.

"Those with heart issues should not shovel snow at all,"

he said.

"Even people without cardiovascular issues have to be careful when they do it because heart attacks with snow shoveling were observed among people with no cardiovascular risk factors such as smoking, high blood pressure, and elevated cholesterol," cautioned Dr Nisar.

He said warm-up before starting to shovel snow, use of small shovel and pushing the snow instead of lifting it can help to reduce the strain on the heart.

It is vital to take frequent breaks while shoveling and to stay well hydrated at the same time.

Shoveling snow shortly after it falls when it is lighter and fluffier and avoiding a heavy meal 30 to 60 minutes before and after shoveling will lessen the load on the heart.

"Dressing in layers, use of gloves, socks and covering your head, neck and face while shoveling will help decrease the risk of heart attack," he added.

DC Bandipora Calls For Removal Of Encroachments

Observer News Service

BANDIPORA: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Thursday reviewed the Revenue related matters, including the online Revenue Court Cases Management System (RCCMS) and other online services in a meeting held at Mini Secretariat here.

The DC took a detailed review regarding online services delivery mechanism and disposal of revenue court cases on RCCMS portal.

Reviewing the provisions of online services, the Tehsildars apprised the DC regarding various available online services.

The DC asked the Tehsildars not to entertain any offline application for issuance of any services which are available online.

The Tehsildars apprised the chair that 104538 land passbooks have been generated and 35455 land passbooks have been electronically distributed.

Regarding the removal of encroachments, it was given out

that 12852 kanals of state land and 15054 kanals of kahcharie land have been retrieved in different areas of Bandipora.

The DC also issued directions to tehsildars to gear up for 100 percent removal of encroachment and disposal of revenue court cases.

He asked the Tehsildars for disposal of online Application of Fard within the timeline as per guidelines and directed them to monitor online portals on daily basis for disposal of cases within the set timeline.

He stressed on Revenue officers to dispose-off Court cases on a regular basis to reduce pendency on the RCCMS portal.

The DC directed Tehsildars to accelerate anti-encroachment drives in their respective jurisdictions.

Dr Owais also reviewed attestation of mutations, SDRF land acquisition and other revenue issues.

ACR Bandipora Parvaiz Rahim, SDM Sumbal Amir Choudhary, Tehsildars and other concerned attended the meeting.

Food Business Operators Slapped Rs 45K Fine

Observer News Service

GANDERBAL: The Court of Adjudicating Officer, Additional District Magistrate (ADM) Ganderbal, Mehraj-ud-Din Shah on Thursday imposed a fine of Rs 45000 on Food Business Operators (FBOs) including manufacturers, wholesale dealers and retailers for violating the Sec.51 and 52 of FSS Act-2006.

The fine was imposed on the erring traders for miss branded and sub standard food during the proceeding of cases of various blocks of district Ganderbal related to the Food Safety and Standards Act-2006, listed be-

fore the Adjudicating Officer.

The Adjudicating Officer also warned them to abide by the legal regulations adding that non-compliance of food safety and standards Act and rules thereunder by the food business operators of the district will be dealt with more strictly in coming time.

It is pertinent to mention here that the Concerned Enforcement Agency was directed by the Adjudicating Officer to take Stern action under FSS Act-2006 against the Violators so that consumers can be provided wholesome and safe food.

22 Applications For Change In Land Use Approved at Anantnag

Observer News Service

ANANTNAG: A meeting was held on Thursday under the chairmanship of Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom for approving Change in Land Use applications at DC Office Complex, here.

At the outset, Assistant Commissioner Revenue (ACR) Anantnag presented applications received online. Deliberations were held with stakeholders from various departments on a case-to-case basis.

Representatives from Revenue, RDD, Pollution Control Board, Jal Shakti, R&B, Agriculture, Indus-

tries, etc shared their remarks on the cases. 22 cases were approved after all concerned departments shared no objection certificates.

Dr Basharat exhorted the officials to ensure cases are processed without any delay. He said that all pending cases have been deliberated upon and cases declared as ineligible should not be placed before the committee.

The meeting was attended by ADC, SDM Dooru, SDM Pahalgam, SDM Kokernag, SDM Bijbehara, ACR, ACD, SE R&B, Executive Engineer Irrigation and Flood Control, Chief Agriculture Officer, Tehsildars, NIs and representatives from other line departments.

Mini Bus Skids Off Road In Udhampur, 15 Injured

Press Trust Of India

JAMMU: Fifteen pilgrims were injured when a mini bus skidded off the road and rolled down a gorge in Jammu and Kashmir's Udhampur district

on Thursday, officials said.

The accident took place when the pilgrims were en route to Katra from Shiv Khori. The injured passengers have been hospitalised. Locals blamed the bad condition of the road for the accident.



A BOATMAN ROWS HIS SHIKARA inside Srinagar's Dal Lake during a brief sunny afternoon on Thursday.
KO PHOTO, ABID BHAT

CS Calls For Strengthening Village Institutions Of Numberdar, Chowkidar

Observer News Service

JAMMU: In a meeting with Revenue Authorities, Chief Secretary, Dr Arun Kumar Mehta on Thursday emphasised upon them about the need for strengthening of traditional and vital village institutions of Numberdar and Chowkidar throughout J&K.

The meeting was attended by Commissioner Secretary, Revenue; Divisional Commissioners, Deputy Commissioners and many other concerned officers.

Some of the officers participated in the meeting through video conferencing.

Dr Mehta maintained that the positions of Numberdar and Chowkidar are very significant in terms of better coordination at grassroots level and can't be kept vacant at the peril of common masses. He termed them as a link between the people and administration therefore the instruments of empowering rural population.

He directed the district administration to fill all the vacant positions of Numberdars and Chowkidars before the 26th of this month. He also told them to identify those whose performance is not up to mark and replace them with young and enthusiastic persons as per the relevant rules and acts.

The Chief Secretary further enjoined upon the District Administration to work in close coordination with them so that the requisite flow of information from villages is prompt and hassle free. He suggested them to create a WhatsApp group of all of these basic field workers



so that they are able to bring their suggestions/grievances directly to the administration.

Putting emphasis on the cleanliness of all villages, the Chief Secretary enquired from DCs about the measures taken by them to ensure door to door collection of waste and removal of legacy waste in each of them. He said that each village should look substantially cleaner than before. He told them to include the locals and PRI's in these activities for their sustainability for long. He stated that keeping both our houses and surroundings clean should be our way of life.

Dr Mehta observed that peace is priority over all other things as it ensures safety of lives and livelihoods of people. He made out that it has more stakeholders and guarantees better dividends for everyone. He asked them to give it more consideration and make it a daily affair for the benefit of every citizen of the UT. He remarked that being One Nation, One People, every citizen has a role to play. He advised them to adopt a whole of society approach by making the task all inclusive and effective.

He also took first hand ap-

praisal from each of the DC about their preparedness regarding making the services online till 15th of this month. He asked from them about the services still provided in offline mode and directed them to making every preparation of offering them in online mode from 15th onwards. He observed that people should be able to avail each service from the comforts of their homes. He made out that our mobile phones should simply replace offices for common masses. He also directed for creating mass awareness among public by uploading informational videos and conducting training workshops in all the educational institutions and at Panchayats as well.

Taking note of second ranking of the UT in Azadi Ka Amrit Mahotsav, the Chief Secretary exhorted upon the Culture Department to coordinate with the District Administration to upload all the relevant activities and events. He asked them to work tirelessly in the days ahead to regain the first position in the ranking. He directed all the DCs to take quality feedback from the ground so that it is relevant and worth uploading on the national portal.

NAAC, HED Organize Awareness Programme For Colleges Of Jammu, Kashmir



Observer News Service

JAMMU: The National Assessment and Accreditation Council (NAAC), Bengaluru, in collaboration with Higher Education Department, Jammu and Kashmir organized NAAC awareness programme for colleges of the UT at PSPS Government P.G. College for Women Gandhinagar here.

The event, being coordinated by Government College for Women Parade, was aimed at to create awareness among the participants about NAAC guidelines.

Principal Secretary, Education Department, Alok Kumar was the chief guest on the occasion.

Alok Kumar congratulated and appreciated the organizers for holding such an informative workshop on NAAC awareness. "We must not focus on mere grading but there should be a continuous endeavor towards maintaining quality of education", he asserted.

He emphasized that we must keep striving for further improvement in the existing education system through modern era technological innovations.

Deputy Advisors NAAC, Pratibha Singh and S Srinivasa; Senior Communication Cum Publication Officer NAAC, Dr. Wahidul Hasan; Director Colleges, Dr. Yasmeen Ashai and other senior officials were present during the event.

The programme was also attended by the Principals, IQAC Coordinators and faculty members of various colleges of J&K.

Dr. Pratibha Singh discussed the agenda of this workshop on NAAC saying that accreditation was the benchmark of quality. She emphasized that the educational institutions must accommodate changes according to the National Education Policy (NEP), 2020, and work to phase out of affiliation system and strive to become autonomous institutions.

3 JKP Personnel Awarded HM's Medal for Excellence In Training

Observer News Service

JAMMU: Three officers/officials of Sher-i-Kashmir Police Academy, Udhampur (SKPAU) have been awarded the Union Home Minister's Medal for excellence in training for the year 2021-22.

The medals were conferred upon Mohan Lal, JKPS, SSP, Dy. Director, Ashok Kumar, Inspector (S) and SgCt. Mastan Singh.

DGP J&K Dilbag Singh has congratulated all the awardees for their achievement and bringing laurels to the organization. He said that the professionalism and dedication of JKP is being recognised in different fields. He hoped that every recognition by the Government will continue to boost the morale of JKP officers & officials.

He has thanked Union Home Minister Amit Shah, Hon'ble Lt.Governor J&K Manoj Sinha and the government for recognising the work of JKP officers and Jawans time and again.

Pertinent to mention here that the award is given to recognize the importance of training and trainers in Police organization and making training a respectable assignment, also to promote the quality of training in Police training institutes in the Country.

Hasnain Masoodi Discusses Action Plan Against Drug Abuse In Shopian

Emphasizes On Intensifying War Against Drug Abuse; Allots Rs 10L For Drug Rehabilitation Centre In Shopian

Observer News Service

SHOPIAN: To review steps taken to curb the drug abuse and take stock of Tuberculosis elimination programme in the district, a meeting was held on Thursday under the chairmanship of Member Parliament (MP) Hasnain Masoodi in the Office Chamber of Deputy Commissioner Shopian, here.

At the outset, threadbare discussions were held on various issues related to menace of drug addiction, areas of concern, hot spots of drug peddling/abuse,

on mass scale against drug menace to sensitize the youth about hazards and ill effects of consuming drugs.

The MP announced Rs.10 lakh out of his MP Fund for the construction of a Drug Rehabilitation Centre in the district.

He said it is the collective responsibility of all the sections of society to join this fight with determined efforts and proactive approach to bring the youth of Shopian out of the darkness of drug addiction.

Speaking during the meeting, Deputy Commissioner



besides, measures taken to break the chain of drug peddling and its consumption in the district to save youth from the ill effects of the drugs.

On the occasion, MP stressed the Officers including Enforcement agencies to ensure better coordination in enforcing greater deterrence to combat dangerous trade of drug-trafficking.

He said that efforts with co-operation, coordination and collaboration are vital to contain the drug peddling and break the supply chain, besides taking stringent action against the culprits involved in the hazardous trade of drugs.

MP said that in order to combat this rising societal problem, multi-pronged rehabilitation, counseling and guidance policy is indispensable to be implemented on ground to monitor drug abuse and take remedial measures to curb the menace.

He also emphasised on conducting awareness campaigns

(DC) Shopian, Sachin Kumar Vaishya said that the drug menace is a major threat to the socio-economic structure and it has become imperative for the entire society to come together to uproot this menace and work towards making Shopian a drug free district.

Directions were issued for ensuring proper checking and monitoring of Medical Shops.

Later, the MP visited District Hospital Shopian, inspected the Addiction Treatment Facility and took stock of the health care facilities being provided to the patients there.

He directed the health functionaries for providing better healthcare facilities to the patients. He also laid stress on strengthening the Addiction Treatment Facility, Joint Director Planning Khursheed Ahmed Khatana, Chief Medical Officer Shopian, District Social Welfare Officer, Doctors and other concerned were present.

DC Kulgam Reviews Functioning Of Revenue Dept

Observer News Service

KULGAM: To review the functioning of Revenue Department and progress made in digitization of Revenue records and masavis, a meeting of all Revenue Officers of the District was on Thursday held under the chairmanship of Deputy Commissioner (DC) Kulgam, Dr.Bilal Mohi-Ud-Din Bhat at mini-secretariat, here.

At the outset, the DC took a detailed review of all vital matters including removal of encroachments on Kahcharai and State Land, progress made in digitization of Land records and Masavis, status of Grievances redressal mechanism, status of pending Court cases through RCCMS, implementation of e-Office, etc.

Reviewing the progress of digitization of land records and Masavis, the DC instructed concerned to complete the process before 26th of January.

On the occasion, the DC directed all the Tehsildars to

launch anti-encroachment drives on a massive scale in all the Tehsils of the district to retrieve encroached State and Kahcharie land.

He also asked them to activate their field staff to keep proper check and vigil on any kind of encroachments in respective jurisdiction.

The DC directed them to work with added zeal and missionary approach to safeguard State/Kahcharie land from land grabbers, besides ensuring hassle free public delivery system in the district.

With regard to functioning of Grievance Redressal Mechanism, the DC asked all the Tehsildars to ensure quality disposal of all on-line/offline grievances particularly about Migrant properties in a time bound manner.

The meeting was attended by Additional Deputy Commissioner (ADC) Viqar Ahmed Giri, ACR Mir Imtiyaz-ul-Aziz, SDM Noorabad Bashir Ul Hassan, Tehsildars and other concerned officers from Revenue department.

DC Reviews Status Of Adhar Enrollment In Baramulla

Observer News Service

BARAMULLA: To finalise the action plan for saturation of Aadhar cards and mandatory biometric updates in all age groups, Deputy Commissioner (DC) Baramulla, Dr Syed Sheshir on Thursday chaired a District Level Adhar Monitoring Committee at her office chamber, here.

On the occasion, Dr Sheshir held threadbare deliberation about mechanism to be adopted for Aadhaar saturation in all age groups and mandatory biometric update of children in the district.

During the meeting, Project Manager, UIDAI J&K UT Shoib Khan informed that Adhar Enrollment process stands at 90%, covering ten lakh population besides briefed about the status of Aadhar Seva Kendras operating in the district.

It was given out that District Administration Baramulla has intensified Aadhar enrolling and updation process for which 125

centers are functional across the district. It was also deliberated that Tehsil Offices, Blocks, Educational institutions, delivery locations at hospitals are identified for Aadhar Enrollment saturation.

The DC was also briefed on the initiatives being undertaken to cover the age groups of 0-5 years, 5-18 years and above 18 years in the district.

Terming the Aadhaar enrolment a multi-agency process, the DC called upon all concerned departments to saturate the remaining Aadhar Enrollment Process in the district besides launching mass awareness campaigns in their jurisdictions to cover all population under Aadhar enrolment.

Dr Sheshir on the occasion said that Aadhar has a tremendous potential and scope in curbing cyber frauds. She urged the uncovered populace to get Aadhar enrolled as it is mandatory to avail benefits of various government schemes.



Real Kashmir Draw 1-1 With Sudeva In I-League

Snow Leopards score in 90+5th minute to equalise

Observer News Service

SRINAGAR: Real Kashmir FC on Thursday fell to 1-1 draw against a winless Sudeva Delhi FC in I-League at Chhatrasal Stadium, New Delhi.

This was Sudeva's second point in the competition and the team will certainly be ruing their luck after conceding the equalising goal in the 90+5 minute of a hard-fought match, which saw a total of six yellows being dished out by the referee.

Seilenthang Lotjem gave the Delhi side the lead in the 53rd minute. But the Snow Leopards' Meghalayan midfielder Samuel

Kynshi scored deep in extra time to save his team the blushes. Kynshi came on as a substitute in the 78th minute, and RKFC head coach Mehrajudin Wadoo would be grateful he made the change against his former team.

The draw takes Real Kashmir up to third in the 2022-23 season of I-League, at least for the time being. The Srinagar-based team is on 18 points from 11 matches and are four points behind the current league leaders Sreenidi Deccan FC, who are on 22 from 11.

Real Kashmir will next play Gokulam Kerala on Friday, January 20.

Tazeem Fayaz Wins Silver At Inter-University Judo Nationals



Adil Hussain Khan

SRINAGAR: Tazeem Fayaz, hailing from Shahr e Khas, Srinagar has won a silver medal at the All India Inter-University National Judo Championship (Women's Category) 2022-23.

The championship was inaugurated at the Lovely Professional University, Punjab on January 8, 2023, and is being held under the aegis of the Association of Indian Universities (AIU).

Many judoka students from 110 universities across the nation are competing in this event in different weight categories.

Tazeem, a student of J&K Sports Council's Regional Coaching Centre, Srinagar, stated in an interview with Kashmir Observer that it was really difficult and challenging to make it to the finals because more than 110 universities were participating

in this weight category.

"My next target is to compete in the upcoming Khelo India University Games and World University Games. This praise also goes to Mrs. Nuzhat Gul, Secretary of the Sports Council, who works tirelessly to provide basic facilities to the players," she added.

Tazeem has been trained by J&K Sports Council's senior judo coach Shafkat Shafi for the past seven years. Tazeem has now become a six-time national medallist.

Coach Shafkat Shafi stated that it took a lot of effort from both the coach and the student to reach this milestone in such a preferred Olympic sport. He further added that anyone interested in learning judo can enrol at the Indoor Sports Complex Polo View, Srinagar, where he trains the players every working day after 3:00 PM.

YSS' Skii Training Course Starts At Gulmarg

'60 student trainees to get basic training in 15-day course'



Observer News Service

GULMARG: The annual training programme in Skiing organised by the Department of Youth Services and Sports (YSS) J&K started at the picturesque Gulmarg here on Thursday.

The first batch of 60 student trainees selected from all the districts of Jammu division have started their training in the snow covered valley of Gulmarg under the supervision of Secretary, Youth Services and Sports, Sarmad Hafeez and Director of the Department Subash C Chhibber.

Director YSS while expressing happiness over the conduct of the training programme has sent his virtual greetings to the participants over phone said that the Department has deputed trained officials and skiing instructors for the department for the successful conduct of the camp.

"The trainers are working under the technical guidance of Olympian Gul Mustafa Dev and the department has made best possible arrangements for boarding and lodging of the trainees at the scenic health resort," he added.

Director Sports further said

that the first batch of the trainees has been selected from different Government Schools of the Jammu Division and they shall receive the basic training of the sport in the 15-day programme.

Assistant Director Tourism Dr Javid ur Rehman, In-Charge Skii Training Programme Olympian Gul Mustafa Dev, I/C Hutments Hilal Ahmed, I/C Course Ghulam Nabi Reshi and the instructors/trainers Mushtaq Ahmed Khan, Rafiq Ahmed, Shah Faisal, Fayaz Ahmed Dobi and Zeeshal Ali were also present on this occasion.

Pertinently, such courses are being organised for other districts of UT also and besides boys, girl students would also receive this training on the skiing slopes of world famous Gulmarg.

During the previous year, the Department has made successful efforts of providing Skii training on the slopes of Yousmarg and Gurez as well and every possible steps are being taken to introduce the same at Pehalgam and Sonamarg also in the times to come.

Hundreds of boys and girls are being imparted basic Ski training this season by the Youth Services & Sports Department and the process of the registration is on.

Rahul Anchors India's Series Win With Fighting Fifty



Press Trust of India

KOLKATA: Under-fire KL Rahul made amends for his poor run of form as he anchored India's series clinching four-wicket victory over Sri Lanka in the second ODI with a dogged 64 on a tricky Eden Gardens track.

Snubbed time and again by Indian think-tank, Kuldeep Yadav proved his mettle yet another time as he formed a lovely bowling alliance with pacer Mohammed Siraj to demolish Sri Lanka for 215 inside 40 overs after they opted to bat.

The paltry chase on the quick Eden outfield however was not a cakewalk for Indian team, which lost its top-four batters for 86 runs in 14.2 overs.

Needing 130 from 214 balls, Rahul was the only designated batter left as he once again proved his utility in the middle

overs with an unbeaten 64 off 103 balls that took India home with 40 balls to spare.

While there was a bit of seam movement on offer and ball from spinners gripping a bit, to be fair, there was no scoreboard pressure on the home team.

The win also gave India an unassailable 2-0 series lead going into the Trivandrum ODI on Sunday. "I won't say it was a flat wicket, or it was doing a lot that it was impossible to bat. When Sri Lanka started, I thought it was a 280-300 wicket," Rahul said after the match.

Having started off with a boundary, Rahul was quick to slow down as he ran hard for his singles en route to a 93-ball fifty. The need of the hour was to play sensibly as Rahul and Hardik Pandya curbed their natural stroke-play in a decisive 75-run partnership that came off 119 balls.

It was also a different Pandya (36; 53b) on display as he took time and gave Rahul a perfect support. Pandya however departed against the run of play, leaving 55 runs required from 95 balls.

India earlier endured some tense moments inside the powerplay when Rohit Sharma (17) and Shubman Gill (21) departed in four deliveries after an attacking start, while Virat Kohli (4) became the third casualty to be 63/2 in 9.3 overs.

"The good thing about batting at No. 5 is you don't have to rush. You can take a shower, put your feet up and watch the game. But I always think what team needs of me. If you can read the situation when you go in, it helps you and team. Batting at No. 5 has helped me understand my game better," Rahul said.



Resurgent United Seek Revenge Against City In Weekend Of Derbies

Reuters

MANCHESTER: Manchester United were outclassed by Manchester City in the last local derby but the mood could not be more different as they prepare to host their city rivals in the Premier League on Saturday in the middle of a remarkable run of form.

League leaders Arsenal, meanwhile, face another test of their credentials in a derby of their own away to Tottenham Hotspur on Sunday on a weekend where local rivalries could have a huge say in the title race. Arsenal lead the standings on 44 points after 17 games, five ahead of second-placed City. United are fourth on 35 points while Tottenham, who have played one game more, are fifth on 33.

Since being thrashed 6-3 by City on Oct. 2, United have won 15 out of 18 matches in all competitions while losing only once, while they are on a run of eight consecutive victories. Their resurgence has been led by in-form striker Marcus Rashford, who has scored seven goals in his last six matches, and midfielder Casemiro.

The Brazilian was surprisingly left out of the line-up for the last derby but has started all 10 of United's league games since then and has added some much-needed stability, as well as aggression, to Erik ten Hag's midfield. He has made more tackles than


any player in the league's top six this season, according to statistics website FBref.com, and has contributed three assists in two goals despite being the team's most defensive midfielder.


TEN HAG'S INFLUENCE

Another key influence in United's turnaround is coach Erik ten Hag, who has been firm with players on team discipline, dropping Rashford to the bench when he turned up late to a team meeting and banishing the now departed Cristiano Ronaldo from the squad for leaving a match early.

"Nobody is bigger than the team, everybody has to contribute to the team. That's not about 11 players but the whole squad. It's the team around the team," Ten Hag told radio station Talksport this week. "Everyone has one aim and they're contributing to that and working hard for that with togetherness. When we keep this going, we can achieve a lot."

City have rarely reached the heights of that sparkling performance in October and are in stuttering form ahead of the derby, dropping points twice in their last four league matches while they slumped to a surprise 2-0 defeat at Southampton in the League Cup on Wednesday. Coach Pep Guardiola was scathing of his team after the result, declaring: "I know my players well and today was not even close to what we are."


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