



# Video Games Neither Harm Nor Benefit Cognition: Study

Press Trust Of India

Playing video games has been found to neither harm nor benefit the cognitive abilities of children and young adults, according to a new research.

Parents may rethink family's video-gaming rules as the research challenges the fears that children who spend hours playing video would manifest unhealthy results in their cognitive ability, it said.

"Our studies turned up no such links, regardless of how long the children played and what types of games they chose," said Jie Zhang, associate professor at the University of Houston, US, and a member of the research team.

According to the study, researchers examined the video gaming habits of 160 diverse urban public-school preteen students.

Participating students reported playing video games an average of 2.5 hours daily, with the group's heaviest gamers putting in as much as 4.5 hours each day, the study said.

The team of researchers looked for association between the students' video game play and their performance on the standardized Cognitive Ability Test 7, known as CogAT, which evaluates verbal, quantitative and nonverbal/spatial skills, the study said.

CogAT was chosen as a standard measure, in contrast to the teacher-reported grades or self-reported learning assessments that previous research projects have relied on, the study said.

"Overall, neither duration of play nor choice of video game genres had



significant correlations with the CogAT measures. That result shows no direct linkage between video game playing and cognitive performance, despite what had been assumed," said May Jadalla, professor at Illinois State University, US, and the study's principal investigator.

However, the study also revealed another side of the issue, too. Certain types of games described as helping children build healthy cognitive skills also presented no measurable effects, in spite of the games' marketing messages, it said.

"The current study found results that are consistent with previous research showing that types of game-

play that seem to augment cognitive functions in young adults don't have the same impact in much younger children," said C. Shawn Green, professor at the University of Wisconsin-Madison, US.

Does this mean the world can play on? Maybe, the research suggests.

But the experts also caution that gaming time took the heaviest players' away from other, more productive activities - homework, to be specific - in a process psychologists call displacement, the study said.

But even in those cases, the differences were slight between those participants and their peers' CogAT measures of cognitive abilities, the

study said.

"The study results show parents probably don't have to worry so much about cognitive setbacks among video game-loving children, up to fifth grade.

"Reasonable amounts of video gaming should be OK, which will be delightful news for the kids. Just keep an eye out for obsessive behaviour," said Zhang.

"When it comes to video games, finding common ground between parents and young kids is tricky enough. At least now we understand that finding balance in childhood development is the key, and there's no need for us to over-worry about video gaming," said Zhang.

**Overall, neither duration of play nor choice of video game genres had significant correlations with the CogAT measures. That result shows no direct linkage between video game playing and cognitive performance, despite what had been assumed**

## ASF ENTERPRISES

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### IN THE COURT OF JMJC, JUDGE SMALL CAUSES, SRINAGAR

Present:- Ms Tabasum  
 Applicant  
 v/s  
 Registrars Births & Deaths SMC, Srinagar. (Non-Applicant)

**PUBLIC NOTICE**  
 Whereas an application has been received from the applicant for registration of Birth of Mohammad Yaqoob Zeengar in the records of SMC Srinagar. Objection, if any, be submitted in writing before the undersigned within seven days from the date of this Publication. The details of the Person are as under:-  
 Name:- Mohammad Yaqoob Zeengar  
 Sex:-Male  
 Father's Name:-Abdul Rehman Zeengar  
 Mother's name: Fatima  
 DOB: 01-01-1968  
 R/o : Abubakar Colony Bemina Srinagar  
 Place Of Birth :-At Home  
 Sd/-  
 nj Judge Small Causes, Srinagar

### Public Notice

I have lost my Discharge Certificate of class 9th. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Govt Higher Secondary School Pathalhan Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.  
 Gulshan Ara  
 D/o Ab Ahad Sofi  
 R/o Saderbal Pathallan fko

### The Jammu and Kashmir State Board Of School Education

New Campus Bemina Srinagar  
 Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued as per below mentioned details:-

Roll No: 363492  
 Class 10th  
 Year & Session 2008 Bi-annual  
 Registration: 06NKM 303425  
 Name : Muntazir Hussain Bhat  
 Father's Name: Gh Mohi Ud Din Bhat  
 Mother's Name : --Halima Begum  
 Date of Birth:- 15-03-1992  
 Residence- Hygam Sopore



According to the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & II KD within the period of 10 & 7 days respectively, from the date of publication of this notice.

(Besides the above referred "Qualification / Marks Certificate/s" bearing No: 4506384 be treated as "CANCELLED")  
 No: F(Cer-is-I-DQC)B/KD/22  
 Dated 10-02-2023  
 Assistant Secretary  
 Certificates, KD.  
 P Bm

### از عدالت سب جج میو جیل جھڑپ سربنگر

با اجلاس مہرین مشتاق  
 رجسٹرار برتھس اینڈ ڈیٹھنس  
 ایس۔ ایم۔ سی سربنگر (بیول)  
 بیام  
 Gulzar Ahmad Sheikh S/o Abdul Khaliq Sheikh  
 R/o Abi Karpora Nehru  
 Parak Srinagar  
 درخواست بزرگ اندراج تاریخ پیدائش اوقات  
 نام: Gulzar Ahmad Sheikh S/o Abdul Khaliq Sheikh  
 تاریخ وقات / پیدائش: 08-02-2019  
 معاملہ مندرجہ عنوان الصدف میں ساکن ساکن سے عدالت ہذا میں ایک درخواست قبول ملتی بغرض  
 اندراج تاریخ پیدائش اوقات Gulzar Ahmad Sheikh S/o Abdul Khaliq Sheikh  
 مورثہ 21-01-2023 پیش کی ہے۔ لہذا عوام الناس کو  
 R/o Abi Karpora Nehru Parak Srinagar  
 بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی عذر یا اعتراض ہونے کی صورت میں اپنے  
 عدالت اشاعت اشتہار کے اندر دوں یوم عدالت میں آ کر پیش کرے۔ بعد گزرنے میا کوئی عذریا  
 اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہذا میں -- کو مقرر ہے۔  
 تحریر الصدف  
 سب جج میو جیل جھڑپ سربنگر nj

### از عدالت سب جج میو جیل جھڑپ سربنگر

با اجلاس مہرین مشتاق  
 رجسٹرار برتھس اینڈ ڈیٹھنس  
 ایس۔ ایم۔ سی سربنگر (بیول)  
 بیام Maria Shabir  
 درخواست بزرگ اندراج تاریخ پیدائش اوقات  
 نام: Maria Shabir  
 تاریخ / پیدائش: 20/12/2002  
 معاملہ مندرجہ عنوان الصدف میں ساکن ساکن سے عدالت ہذا میں ایک درخواست قبول ملتی بغرض  
 اندراج تاریخ پیدائش اوقات Maria Shabir D/o Shabir Ahmad Gadda  
 مورثہ 21-01-2023 پیش کی ہے۔ لہذا عوام الناس کو  
 R/o Qureshi Mohalla Lal Bazar Srinagar  
 بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی عذر یا اعتراض ہونے کی صورت میں اپنے  
 عدالت اشاعت اشتہار کے اندر دوں یوم عدالت میں آ کر پیش کرے۔ بعد گزرنے میا کوئی عذریا  
 اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہذا میں 10-02-2023 کو مقرر ہے۔  
 تحریر الصدف  
 سب جج میو جیل جھڑپ سربنگر nj

## Office of the Joint Electricity Regulatory Commission For J&K Ladakh

Regd. Office: Ambedkar (Panama) Chowk, Railway Road, Jammu -180016  
 email:- secretary-jercjk@gmail.com phone: 0191-2470160

**Objections/comments/suggestions invited from General public and various stakeholders for Joint Electricity Regulatory Commission for UT of J&K and UT of Ladakh (Grid Interactive Renewable Energy system and its related matters) Regulations, 2023.**

### PUBLIC NOTICE

**Subject: Joint Electricity Regulatory Commission for UT of J&K and UT of Ladakh (Grid Interactive Renewable Energy system and its related matters) Regulations, 2023.**

In exercise of the powers conferred under sub-section 5 of section 93 of the Electricity Act, 2003 (No. 36 of 2003), the central Government has constituted a Joint Electricity Regulatory Commission for the Union Territories of Jammu & Kashmir and Ladakh vide notification dated 18.06.2023.

In exercise of the powers conferred under Section 06 read with Section 181 of the Electricity Act, 2003 (No. 36 of 2003) and all other powers enabling, the Joint Electricity Regulatory Commission for the Union Territories of Jammu & Kashmir and Ladakh hereby makes the following Regulations:

**\*Joint Electricity Regulatory Commission for UT of J&K and UT of Ladakh (Grid Interactive Renewable Energy system and its related matters) Regulations, 2023\*.**

The Commission has decided to seek comments/suggestions/objections from the consumers and other stakeholders in the matter, before finalizing the said regulations.

- The Regulations are available on the website of the Commission (<http://www.jercjk.in/>).
- Suggestions/comments/objections are invited from the stakeholders which may be submitted in Urdu, Hindi or English, through E-Mail/in person or by post within 10 days from the date of publication. Suggestions/comments/objections should carry the full name, postal address and E-mail address.

Contact details are mentioned below:

Secretary,  
 Joint Electricity Regulatory Commission, Ambedkar  
 (Panama) Chowk, Railway Road, Jammu  
 Pin Code- 180016  
 Email: [secretary-jercjk@gov.in](mailto:secretary-jercjk@gov.in)/[jercjk@gmail.com](mailto:jercjk@gmail.com)

- Public hearing, if required shall be held in the office of JERC for UT of J&K and Ladakh. Date for the same shall be intimated to all concerned separately through mail.

Sd/-  
 Secretary,  
 Joint Electricity Regulatory Commission,  
 J&K and Ladakh.  
 DIPP-17254/22  
 dated: 09-02-2023

## DEMISE



With profound grief and sorrow we inform the sad demise of Khalid Ali Bhat S/o Gh Mohammad Bhat R/o Youngoora Ganderbal who left for heavenly abode on 9th of February 2023 (Thursday). May Allah (SWT) give him highest place in Jannat. Fateh Khawani will be held on 12 February 2023 (Sunday) at their ancestral graveyard (Youngoora).

Bereaved  
**Bhat Family**  
 Ph: 7889439067







## KASHMIR OBSERVER

Friday | 10-02-2023

### LG's Assurance

The anti-encroachment drive has been in full swing in the Valley over the last few weeks. The government is retrieving land occupied by people. The Lieutenant Governor Manoj Sinha has reassured that only the big land grabbers will be targeted and that the poor people will not be harassed. However, the drive has run up against opposition from the political parties, who have accused the government of trying to evict all occupiers of the government land. On Monday, top Valley leaders such as Omer Abdullah, Mehboba Mufti and Sajad Lone held a press conference urging the government to limit the drive only to well-heeled people who have grabbed more land. They alleged that on ground, the government machinery was retrieving land from poor people.

Abdullah asked the administration to issue notices to encroachers and give them chance to produce documents before moving to evict them. Mufti held her press conference at the Delhi Press Club. She said evictions had turned Kashmir into "Afghanistan". A day after Mufti held a protest in Delhi prompting Delhi Police to detain her. Lone said that empathy and not bulldozer should represent New Delhi in Kashmir.

The administration in its defense is saying that by retrieving government land it is only doing its job. The land being retrieved is the Roshni land, which was earlier handed by the previous governments to its occupiers under a scheme. The scheme, which was meant to raise Rs 25000 crore to finance buying of hydropower projects by selling state land under unauthorized occupation turned out to be a damp squib. It has fetched only a few hundred crore rupees since it was enacted in 2002 which makes the revenue earned from the land disproportionately less than the target.

Roshni scheme was enacted by the then National Conference government. However, it was amended by the PDP-Congress led coalition government in 2004 and 2007. In 2006, the Government had estimated that the total state land was 1,25,03,973 kanal, of which 20,64,972 kanal was under encroachment. The encroached land was valued at Rs 25,448 crore. Though on paper, the scheme looked fantastic, it turned out a massive disappointment. Once again, the culprit was the ineffective and the corrupt implementation. A part of the reason was that many of the scheme's senior functionaries were themselves its beneficiaries including the rich businessmen and prominent civil society figures. But there were thousands of poor people who have occupied less than a kanal of land to build their houses. The administration certainly should show empathy towards them. Just imagine the goodwill it will generate.

#### OTHER OPINION

### Charlie Hebdo's Insensitive Cartoon

KLAUS JURGENS

The proud nation of Türkiye is in the middle of a period of mourning trying to come to terms with the devastating earthquakes that occurred earlier this week. Even seasoned journalists are hard pressed to find the correct words to describe the horrors, sorrows and the unbearable suffering. As I wrote this piece, over 8,500 citizens had lost their lives whilst over 40,000 citizens were injured.

Expressing solidarity not just verbally but in practical terms in a period of human catastrophe and crisis best characterizes this fine nation. It does not take away an inch of the suffering, the feeling of loss of loved ones but it underlines that victims realize they are not alone.

Then there are others, bizarre self-styled "commentators" or "cartoonists." Enter Charlie Hebdo. Not a person, but a foreign publication.

On Feb. 6, 2023, Charlie Hebdo under the byline "drawing of the day" with a mention of "#Juin" as cartoonist, showed a destroyed building resembling a destroyed town with an overturned car, with the mention of "Earthquake in Türkiye" in the top-right corner and then at the bottom "Don't even need to send (the) tanks" (author's own translation from the French language original).

When the news broke that this publication went live and first shocked reactions poured in from abroad as well as Türkiye, commentators everywhere were lost for words, indeed; the author of these lines asked himself "that must be fake news, certainly?" Then the sobering reality kicked in – a quick look at Charlie Hebdo's website confirmed the rumors.

The cartoon in question cannot be defended with freedom of expression. It cannot be regarded as freedom of speech. It is not simply bad taste. It does indeed incite hatred within society at home in France and everywhere else.

In many countries hate speech is a criminal offense. When will the French watchdog for the domestic media react and tell Charlie Hebdo's editors in no uncertain words that this time, they really went a step too far?

Excerpted from Daily Sabha



## The Killer Highway

Amir Suhail Wani

There are aspects to this road which are naturally determined and are therefore beyond the scope of human repair but there are areas which can be very well dealt with by means of careful planning, roping in of technical and administrative resources and these areas shall not be left unattended lest they amount to the loss of life and property on part of our own negligence

Imagine the only road connecting you to the rest of the world being shut for the most part of the year – and this is an exact description of the Jammu and Kashmir national highway – the lifeline of the state. The road, as it exists on date is highly susceptible to landslides and avalanches, making it a tough terrain for commuters and exposing them to highest possible degree of loss in terms of life and resources. And indeed this is no imagination or thought of situation – but something occurring on daily basis. The frequency of road closure is so high that there are hourly and half-hourly statuses provided by the concerned department to inform if the road is in motorable condition or not. The losses incurred in terms of perishables like fruits, vegetables and livestock is gargantuan and the cumulative losses suffered due to road closure escape the imagination. The number of people who have lost their lives on this "killer road" is also a frightening and alarming figure and this 270 km stretch continues to be one of the most dangerous roads in entire South-East Asia. The ill impacts of the vulnerability of this road do not remain confined to the major losses in terms of lives and resources as mentioned above, but students miss their exams, patients lose their battle, the prices of commodities sky-rocket in the valley – all because of the problems arising out of the topology of this road. While I am writing these lines, a news item pops up on my screen informing that the highway has been closed again in view of the bad weather!

To present a miniature idea of how the highway is treating commuters, few news-links are in order, to enable the readers to estimate for themselves the severity of the problem under discussion.

Shooting stones lead to the closure of highway, landslides cause closing down of highway for nine hours, and there are two instances from the last month of stranded vehicles and of rolling boulders being deadly on the national highway. When the magnitude of problem is such, the scale of response should have been proportionate. But the administrative apathy and wholesale negligence is of such order that we don't even have medical points to attend to the first

cilities and essential services, reference to which has been made above, to the earmarking of hotspots on the highway and giving them due engineering and technical cushion using state of the art technology should be the utmost priority of the government and the authorities as far as the J&K national highway is concerned. There are aspects to this road which are naturally determined and are therefore beyond the scope of human repair but there are areas which

To present a miniature idea of how the highway is treating commuters, few news-links are in order, to enable the readers to estimate for themselves the severity of the problem under discussion

aid needs on this vulnerable highway. It has been pleaded often that many lives could have been rescued, had they received the timely medical aid. But the outright absence of such facilities not only intensifies the loss in the events of casualty, but also posits number of problems to regular commuters, who might stand in need of normal medical help on this long and rugged route. The absence of medical facilities is one of the many lacunae this highway has and the list of lack of necessary services can be extended from the absence of toilet points to the scarcity of rest houses – all of these fuelling the pre-existing threats and vulnerabilities associated with the road.

The refurbishing of the patches of the highway and the construction of tunnels which shunt the otherwise dangerous parts of the road has been catalytic in improving the topography and motorability of the road, but that's not the entire plot. Starting from the incubation and installation of fa-

can be very well dealt with by means of careful planning, roping in of technical and administrative resources and these areas shall not be left unattended lest they amount to the loss of life and property on part of our own negligence. In addition to the systemic and structural reforms, the immediate measures like setting up of rest houses, medical units and round the clock availability of emergency services is not only mandatory but critical and indispensable to avert any further miseries to the commuters and to let the existing problems snowball into larger catastrophes. This is what administration and governments are meant for and this is what they need to wake up to.

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



OBSERVER MAIL

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

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### All Hands On Deck For Privacy

WHEN personal data is openly shared at various digital platforms, it is all the more critical that there are sound firewalls to protect it from any breach. If the Centre itself has given too much access to per-

sonal data and the common public has the fear of getting exploited then they do not have anywhere to go for reprieve. Yes, there have been revisions over the last draft but if there are still some huge gaps which are still putting people at risk then they

must be sorted out without any delay before this personal data protection bill is passed and becomes law. With the kind of dynamic environment we are living in and technology playing a huge role in our lives, we would become all the more vulnerable in terms

of personal data, so GoI would do well to take a pragmatic approach and not make people live at their mercy. Personal privacy and data protection is too serious a matter to be left to the discretion of the government alone.

Bal Govind

Mindful Fridays

# ASK ME ANYTHING: Frequently Asked Questions About Mental Health

WASIM KAKROO

I get multiple responses and questions on my Mindful Fridays weekly column on Kashmir Observer. In today's column, I've tried to answer the most frequently asked questions which we've received.

**Q1: How can we make each other aware of mental health given there's so much dismissal around it?**

A multifaceted approach that incorporates education, open and honest interactions with others, and a change in cultural attitudes can help people understand the importance of mental health and lessen the stigma associated with it. Here are some methods you may use to spread awareness and promote mental health:

**Educate yourself:** Find out about the warning signs and symptoms of mental health issues as well as the services available to help people who need them. You'll be able to converse with others in a knowledgeable and encouraging manner as a result.

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**Utilize social media:** Share articles, videos, and resources on social media to increase awareness and promote mental health. Use hashtags to join the discussion and connect with other people who are trying to de-stigmatize mental health.

**Encourage change:** Advocate for programmes and policies that promote mental health and lessen stigma. This can involve campaigning for the inclusion of mental health in workplace wellness programmes or supporting legislation that expands access to mental health resources.

Keep in mind that everyone can contribute to the promotion of mental health and the reduction of its stigma. We can all work together to build a world that is more encouraging and understanding by making modest changes and being an ally.

**Q2: Are attachment styles in relationships a real thing or are they just something of a pop-psychology stuff on the internet?**

Psychoanalysis is the

**THIS DOES NOT IMPLY THAT ALL KIDS** who spend time away from their parents during their formative years would suffer negative consequences, though. In fact, the presence of abusive parents around can be more detrimental than absence of parents

foundation of the attachment theory. John Bowlby, a British psychoanalyst, was the person who initially put the concepts of attachment theory forth in an effort to comprehend what infants go through when they are taken away from their parents. According to Bowlby's view, newborns are physically predisposed to develop a bond with their carer from the moment they are born. Bowlby hypothesised that any interruption to a secure bond can have serious repercussions because such an attachment aids in their survival. Bowlby goes on to say that a baby's attachment style developed with their caregivers serves as a model for all future relationships, including romantic ones.

Bowlby's theory was elaborated upon by developmental psychologist Mary Ainsworth, who proposed that caregivers act as an infant's "secure basis" and classified attachment styles into four categories: secure, anxious-ambivalent, disorganised, and avoidant.

Researchers first popularised the notion, but the pop psychology book "Attached: The New Science of Adult Attachment, and How It Can Help You Find — and Keep — Love" published in 2010 is when the idea of attachment styles first took off as it related this concept to adult love. Dr. Amir Levine, a clinical psychiatrist and neuroscience researcher, and psychologist Rachel Heller wrote that best-selling book.

According to attachment theory, someone who exhibits a secure attachment style can build loving relationships with others. Such people do not fear intimacy and do not become alarmed or frightened when a partner requests privacy. Social psychologists Cindy Hazan and Phillip Shaver's seminal study on attachment in the 1980s indicated that 56% of persons experience safe attachments.

The theory does, however, also propose additional attachment "styles" besides secure. Anxious attachment style individuals are said to have a deep fear of abandonment. This might show up when, for example, a partner takes too long to respond to a text. According to theory, the caregiver of a person with an anxious attachment could be erratic with their love and affection or even partially absent.

A person with avoidant attachment is said to have a profound fear of intimacy and a tendency to withdraw from a romantic partner when the connection becomes too close. This person's caregiver tended to be dismissive

and distant.

Last but not least, disordered attachment occurs when a person exhibits traits from both anxious and avoidant attachment styles. The attachment style theory suggests that people who exhibit this attachment style may have experienced neglect or abuse as children.

However, it's important to keep in mind that an individual's attachment style, which is theoretically impacted by their relationship with their caregivers as a child, isn't set in stone as an adult. They can change during the course of a person's life, just like personalities can.

**Q3: We hear a lot about how our mental health is related to childhood traumas or experiences. Often times parents have to go to work when their children are only about 0-2 years old, even though they have other loving caregivers. Does it affect their mental health and do these things show up later?**

Yes, a child's mental health and wellbeing can be significantly impacted by early events and interactions. According to research, children who receive consistent, nurturing caregiving (even by caring and loving grandparents etc.) during their initial years of life are more likely to eventually enjoy better outcomes in terms of emotional control, social competence, and overall mental health.

This does not imply that all kids who spend time away from their parents during their formative years would suffer negative consequences, though. In fact, the presence of abusive parents around can be more detrimental than absence of parents. Other elements, such as the child's temperament, the caregiver's level of care and the general family environment, are also important.

It's also crucial to keep in mind that the consequences of early experiences may not always become apparent right away but instead may surface later in life, such as in adult-

hood.

**Q4: What are some ways to make our mental health better on a day to day basis?**

Here are some daily strategies to enhance your mental well-being:

**Exercise regularly:** Regular physical activity can help with mood, stress, and anxiety reduction.

**Get adequate sleep:** It's important for your mental health and wellbeing. Attempt to get 7-9 hours of restful sleep each night.

**Have a healthy diet:** Eat a balanced diet to maintain a healthy mood and sufficient energy.

**Connect with others:** Spending time with family and friends or taking part in social activities can lift your spirits and lessen symptoms of loneliness and depression.

**Practice mindfulness:** Mindfulness practices such as yoga, deep breathing, and meditation can help people feel less stressed and anxious.

**Learn to identify and handle negative thoughts:** Learning how to identify and handle negative self-talk and replace it with more compassionate self-talk can increase your sense of self-esteem.

**Do what you like to do:** Try to relax and have fun by doing things like reading, writing, or following a hobby.

**Help others:** Volunteering or providing assistance to others can increase feelings of happiness and contentment.

To find what works best for you, keep in mind that everyone has different needs, so it could take some trial and error. A professional's help from mental health professionals such as a clinical psychologist and/or a psychiatrist should always be sought if necessary.

**Q5: Does the mental health of your partner affect your general wellbeing?**

Yes, a person's general wellbeing can be significantly impacted by their partner's mental health. When one partner has mental health problems, it can lead to stress and tension in the marriage, which can subsequently have a bad effect on both couples' mental health and wellbeing.

A spouse's capacity to engage in activities and communicate with their partner, for instance, may be affected by their mental health, which may make them feel lonely, isolated, and cut off. This may then

**A SPOUSE'S CAPACITY TO ENGAGE** in activities and communicate with their partner, for instance, may be affected by their mental health, which may make them feel lonely, isolated, and cut off. This may then have a domino effect, causing the other partner to experience frustration, irritation, sadness and stress.

have a domino effect, causing the other partner to experience frustration, irritation, sadness and stress.

On the other side, couples who are in good mental health are better able to deal with the difficulties that arise in a relationship and are more likely to have a happy and fulfilling relationship.

Couples should support each other's mental health and seek assistance, when necessary, whether that be through therapy, counseling, or other types of treatment. Both spouses can strengthen their mental health and wellbeing by cooperating, which will result in a more solid and satisfying relationship.

**Q6: What are some places which provide free mental health services in Kashmir?**

In Kashmir, there are several organizations and govt. institutions that offer free mental health services to those in need. Some of these include:

Department of Psychiatry, Government Medical College (GMC) Srinagar: This Medical College-run institution namely, Institute of Mental Health And Neurosciences (IM-HANS) Kashmir offers mental health services, including diagnosis and treatment, at no cost to patients.

There are department of psychiatry in almost every District hospital and major medical colleges across Jammu and Kashmir where free diagnosis and treatment is provided.

In addition, there are several NGOs such as Mass Sans Frontiers (MSF), Kashmir Life Line, that have been offering free mental health services to such patients at no cost for past several decades.

It is important to note that these services may vary depending on the specific organization or institution, and it is best to check with each one for specific information about the services they provide.

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# SPY BALLOONS

## Here Are 7 Kinds Of Intelligence Spies Want, And How They Get It

### The Conversation

The news of a so-called Chinese spy balloon being shot down over the US has reignited interest in how nation-states spy on one another.

It's not confirmed that the balloon, seen floating over US military areas, was indeed a dedicated vessel for spying. China has claimed it was a civilian airship deployed for weather research and blown off-course by the wind. Nonetheless, the very threat of potential spy craft has the US up in arms.

And that makes sense. The significance of intelligence can't be overstated. Nations make important political, economic and military decisions based on it.

While people may chuckle at the idea of using a balloon to passively float above a country to spy on it, the reality is anything goes when it comes to getting the upper hand on your adversaries. So what are some other ways nations collect intelligence today?

#### Signals intelligence

One major intelligence collection strategy is signals intelligence. This involves using a variety of ground- and space-based technologies to target the signals and communications coming from a target's device/s.

The results, called the product, often reveal highly sensitive information, which explains why signals intelligence is also the most contested form of espionage.

Countries that turn this capability inward face mounting criticism from those caught in the net, and from citizens concerned with privacy. In 2013, Edward Snowden disclosed the US National Security Agency's use of signals intelligence for bulk data collection from the public. The US government has since worked to convince citizens the NSA's efforts are largely focused on external collection.

The White House also recently published an executive order on this topic.

#### Geo-spatial intelligence

Geo-spatial intelligence concerns human activity on and beneath the ground, including waterways. It's generally focused on military and civilian construction, human movements (such as movement of refugees and migrants) and natural resource use.

Geo-spatial intelligence exploits information obtained through satellites, drones, high-altitude aircraft and, yes, even balloons!

Spy balloons can collect not just images and signals, but also chemical analyses of the air. They aren't common, since this approach lacks plausible deniability and (as we have seen) balloons are easily observed and shot down. On the other hand, they do offer a low radar signature,

are cheap and can seem innocuous.

#### Imagery intelligence

Closely related to geo-spatial intelligence is imagery intelligence, which is also often conducted using satellites, drones and aircraft.

This is intelligence derived from the overhead collection of images of civilian and military activities. Imagery intelligence often focuses on the strategic movements of troops and weapons systems, and specifically targets military bases, nuclear arsenals and other strategic assets.

#### Measurement and signature intelligence

One highly technical form of intelligence collection and one that's rarely mentioned is measurement and signature intelligence. This is intelligence derived from the electromagnetic signatures of rockets, command and control systems, radar and weapons systems, and other military and civilian equipment.

The data collection is done using high-tech instruments, designed specifically to identify and categorise the electromagnetic emanations. Among other things, this form of intelligence collection allows for the remote identification of weapons deployments and detailed information on space platforms.

#### Cyber intelligence

Cyber intelligence is generally lumped together with signals intelligence, but is distinct in that it uses direct human interaction (such as through hackers) to penetrate protected systems and gain access to data.

“**One highly technical form of intelligence collection and one that's rarely mentioned is measurement and signature intelligence. This is intelligence derived from the electromagnetic signatures of rockets, command and control systems, radar and weapons systems, and other military and civilian equipment.**”

Cyber intelligence refers to the overt and covert collection of information from friendly and adversarial networks. It can be obtained through signals collection, malware, or through hackers gaining direct unauthorised access into a systems. Nations may even target their own allies' networks.

One example of cyber intelligence was the 2015 data breach of the US Office of Personnel Management. This breach was designed to collect all the available information on US government and military personnel who had been screened for a security clearance.

#### Open source intelligence

The newest of the intelligence collection disciplines is open source intelligence. Emerging in the late 1980s, open source information comes from a variety of primary sources such as newspapers, blogs, official postings and reports, and secondary sources such as leaks on sites including WikiLeaks, The Intercept and social media.

Although this information is readily available, turning it into actionable intelligence requires specific tools such as web scrapers and data miners, as well as trained analysts who can find connections between large datasets.

#### Human intelligence

Human intelligence is the oldest form of intelligence collection and perhaps the most well-known. Spies are generally divided into three categories:

declared intelligence officers (overt) people working under official cover, such as spies working as diplomats, military personnel and embassy/civilian support personnel non-official cover spies, often ostensibly working in commercial, academic and trade positions.

Human intelligence officers will recruit citizens of a country to spy, wittingly or unwittingly, and run agents (co-operating citizens of a host nation) to support the strategic objectives of their nation.

Thanks to the internet and dark net, we now have cyber-based human intelligence that allows spies to assess, recruit and operate assets and sources from the safety of their home nation. This is even happening on LinkedIn.

While intelligence collection disguised as a stray weather balloon seems rather sloppy, the latest events remind us of the constant war for information that nations are waging. Analysts following the war in Ukraine are reviewing reams of information to compare Russian, Chinese and Iranian weapon systems with those of Ukraine and its NATO supporters.

As the world continues to face new challenges, including climate change and the rapid development of new technologies, the intelligence focus of nations will likely need to expand to keep up.

# 'Vitamin D Supplements Linked With Lower Diabetes Risk'

Press Trust Of India

Higher vitamin D intake may be associated with a lower risk of developing type 2 diabetes in adults with prediabetes, a review of clinical trials has found.

Vitamin D is a fat-soluble vitamin available in or added to some foods, as a supplement, or produced by the body when ultraviolet rays from sunlight strike the skin.

Although sunlight is great for making vitamin D, too much sunlight can be dangerous.

Vitamin D has many functions in the body, including a role in insulin secretion and glucose metabolism.

Observational studies have found an association between having a low level of vitamin D in the blood and high risk for developing diabetes, the researchers said.

The team from Tufts Medical Center in the US conducted a systematic review and meta-analysis of three clinical trials comparing vitamin D supplement impacts on diabetes risk.

The researchers found that over a three-year follow-up period, new-onset diabetes occurred in 22.7 per cent of adults who received vitamin D and 25 per cent of those who received placebo, a 15 per cent relative reduction in risk.

The study, published in the journal *Annals of Internal Medi-*

cine, extrapolated the findings to more than 374 million adults worldwide with prediabetes.

The research suggests that inexpensive vitamin D supplementation could delay the development of diabetes in more than 10 million people.

In an accompanying editorial, authors from University College Dublin and Food Safety Authority of Ireland, cautioned that previous research has demonstrated significant adverse impacts of high vitamin D intake.



They argue that professional societies promoting vitamin D therapy have an obligation to warn physicians about both required vitamin D intake and safe limits.

The researchers advise that a very-high-dose vitamin D therapy might prevent type 2 diabetes in some patients but may also cause harm.

# 'AI Could Help Deliver Personalised Cancer Treatments'

Press Trust Of India

Researchers have leveraged artificial intelligence (AI) technology to identify genes critical to a cancer cell's survival, and could help deliver personalised cancer patient treatments, according to a new study.

They analysed different types of cancer cells to understand different gene dependencies for identifying the genes, the study said.



Researchers at the University of Sussex, UK, have done this by developing a prediction algorithm that works out which genes are essential in the cell, by analysing the genetic changes in the tumour. This can be used to identify actionable targets that in time could guide oncologists to personalise cancer patient treatments, the study said.

"Our vision is to take advantage of the decreasing cost of DNA sequencing and to harness the power of AI to understand cancer cell differences and what they mean for the individual patient's treatment.

"Through our research, we were able to identify cell-specific gene dependencies using only the DNA sequence and RNA levels in that cell, which are easily and cheaply obtainable from tumour biopsy samples," said Dr Frances Pearl, Senior Lecturer in Bioinformatics at the University of Sussex.

"This is an incredibly exciting step in our research which means that we can now work to improve

the technology so that it can be offered to oncologists and help in the treatment pathways for their patients," said Pearl.

Cancer treatments are primarily prescribed on the basis of the location and type of cancer.

Genetic differences in tumours can make standard cancer treatments ineffective.

Using a personalised approach to guide treatment could improve life expectancy, quality of life and

reduce unnecessary side effects of cancer patients, the study said.

In each cell, there are around 20,000 genes that contain the information needed to make proteins.

Around 1,000 of those genes are essential, meaning they are required for the cell to survive.

When normal cells become cancer cells, oncogenes, or genes with the potential to cause cancer, become activated and tumour suppressor genes become inactivated, causing a rewiring of the cell.

This causes the cell to become dependent on a new set of genes to survive, and this can then be exploited to kill the cancer cells.

By using this new AI technology to target protein products of tumour-specific dependent genes, cancer cells can be killed, leaving the normal cells which are not dependent on these genes relatively unharmed, the study said.

Although dependencies can be determined using intensive laboratory techniques, it is costly and time consuming and would not be feasible to analyse all tumour samples in this way, the study said.











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