

Property Tax Will Be Implemented In Consultation With Public: LG

Observer News Service

Jammu- Amid outrage over the imposition of property tax, Jammu and Kashmir Lieutenant Governor Manoj Sinha on Saturday defended the move and said it will be implemented in consultation with the general public.

Property tax will ensure financial self-sustainability of cities and improvement of public amenities, he said in a statement.

The Jammu and Kashmir administration on Tuesday ordered the imposition of property tax in municipal areas from April 1, drawing strong protests from people from almost all walks of life. Political parties are demanding an immediate rollback of the order.

Various organisations, including the Jammu Bar Association, have threatened to intensify the agitation despite repeated assurances by the administration that property tax



imposed in the union territory is the lowest in the country.

As per the government notification, the tax rates will be five per cent of the taxable annual value for residential properties and six per cent for commercial properties.

"Implementation (of property tax) shall be done in consultation with the general public.

Common citizens' interests will be protected," Sinha said.

"Citizens' welfare is the foremost priority of the government and property tax will ensure financial self-sustainability of cities and improvement of public amenities in the union territory," he said.

"Our cities must witness rapid **| More on P6**

1/3rd of Population Already Exempted From Property Tax : Govt

Div Com Says Tax To Be Paid Only Once In A Year; Amount To Remain In Accounts Of Municipal Corporation, Committees, To Be Used For Developmental Purpose Only: SMC Chief



Srinagar: The LG administration on Saturday said that imposing property tax is aimed at ensuring better facilities for the people.

Addressing a news conference at TRC meeting hall here on Saturday, Divisional Commissioner, Kashmir V K Bidhuri, who was accompanied by SMC Commissioner, Athar Aamir Khan clarified that 1/3rd of the population

are already exempted from the property tax as their property area is less than 1000 square feet.

He added that Jammu and Kashmir is last in the country where the property tax is being imposed. "Unlike other places, the property tax is very less. The property tax will be collected from those whose houses are built at more **| More on P6**

Top Officials Brief Trade Bodies, Civil Society Groups

The Divisional Commissioner, Kashmir, Vijay Kumar Bidhuri and Commissioner SMC, Athar Aamir Khan along with senior officials from Srinagar Municipal Corporation held a detailed meeting and discussion with the representatives of various trade federations to discuss the proposed property tax within Srinagar Municipal limits. The meeting was attended by Kashmir Chamber of Commerce & Industry, Kashmir Hoteliers Association, PHD Chamber of Commerce and Industries, KCIF, KTMF, CCIK, Kashmir Economic Alliance and many other trade federations and civil society bodies. During the meeting, Div Com and Commissioner SMC gave a detailed presentation to all stakeholders about the property tax. The process and method of property tax calculation was discussed with the members present. It was impressed **| More on P6**

7 Labourers From J&K Die In UP Explosion

Agenceis

Lucknow: In a tragic incident, at least seven migrant labourers hailing from Jammu were killed and more than 30 sustained injuries after a compressor exploded in cold storage in Uttar Pradesh's Meerut district on Friday.

Quoting an official report said that the explosion took place in the afternoon and at least 40 workers were present on the site.

The deceased have been identified as Balwant, Baldev, Balbir Singh, Sat Pal, Ramesh Lal, Kalu — all residents of Udhampur and Hoshiywar Singh of Ramban.

The labourers had come to Meerut to pick potatoes in the cold storage. Most of them were aged between 35 and 50 and were the sole breadwinners of their families.

According to the police, the incident took place in Daurala town. The deceased were inside the cold storage when a wall collapsed on them during the explosion. However, preliminary investigation revealed that the incident took place allegedly due to leakage of ammonia gas inside the cold storage that was used to store potatoes.

District administrative and police officials along with a team of the National Disaster Response Force (NDRF) have rushed to the spot, the police told reporters, adding that 27 people had been rescued from under the rubble and efforts were on to find others. The injured **| More on P6**

OUR CITIES MUST WITNESS RAPID DEVELOPMENT and emerge as engines of growth. For that, financial self-sustainability of cities is necessary. Property tax in J&K will be one of the lowest in the country and will be used for improving public amenities in J&K."

Molestation Case Against Former Minister HC Transfers Trial From Srinagar To Jammu

Press Trust of India

Jammu: The Jammu and Kashmir High Court has ordered the transfer of the trial in a nine-year-old molestation case against a former Congress minister from a court in Srinagar to Jammu on his request, saying it cannot be stated that his apprehension of not receiving a fair trial in the valley is "unfounded".

Former health minister Shabir Ahmad Khan was booked for molestation on February 6, 2014 on the complaint of a woman doctor, the wife of a prominent separatist leader, at Shaheed Gunj police station in Srinagar, which had led to his resignation the next day.

Khan filed a petition in the high court, seeking transfer of his trial from the court of Chief Judicial Magistrate, Srinagar to any other court of parallel jurisdiction in Jammu on the plea that he is apprehensive of a fair and impartial trial given the threat to his lawyer and surcharged atmosphere in the jam-packed court during



the proceedings. "...it is a fact of common knowledge that incidents of attacks on mainstream politicians and the people who do not subscribe to the separatists ideology are still taking place in Kashmir Valley.

"Therefore, it cannot be stated that apprehension expressed by the petitioner to his life at Srinagar while facing trial before the court is unfounded," Justice Sanjay Dhar has said in his four-page order on Wednesday.

The case was registered under Section 354 (assault or criminal force on a woman with the intention to outrage her woman) and Section 509 (word, gesture or act intended to outrage the modesty of a woman) of the RPC.

According to the complaint lodged against Khan, he allegedly tried to make advances towards the woman and molest her when she visited his office in the civil secretariat on January 28.

The woman said in her complaint that she felt uncomfortable and quickly **| More on P6**

Sino, Pak Ties Worry US, Says In 'Serious Talks' With India

Agenceis

Washington: The US is deeply concerned that the loans being given by China to India's immediate neighbourhood - Pakistan and Sri Lanka - may be used for coercive leverage, a senior State Department official has said.

"Concerning Chinese loans to countries in India's immediate neighbourhood (Pakistan, Sri Lanka, Nepal), we are deeply concerned that loans may be used for coercive leverage," Donald Lu, Assistant Secretary of State for South and Central Asia, told reporters ahead of the India trip of Secretary of State Antony Blinken.

The top American diplomat is travelling to New Delhi on a three-day official visit from March 1 to 3.

Mr Lu said that the US is talking countries in the region comprising India to take their own decisions and not feel compelled by any outside partner.

"We are talking to India, talking to countries of the region



about how we help countries to make their own decisions and not decisions that might be compelled by any outside partner, including China," Mr Lu said.

Earlier in the day, Pakistani Finance Minister Ishaq Dar announced that the Board of China Development Bank (CDB) has approved a USD 700 million credit facility to the country.

Responding to a question Mr Lu said that there has been a serious conversation between India and the US on the issue of China.

"We have had serious conversations about China, both before the latest scandal over this surveillance balloon but in the aftermath. So, I fully expect those conversations will continue," he said.

Mr Lu, in response to a question, insisted that Quad is not a military alliance.

"The Quad is not, in fact, an organisation that is against any single country or group of countries. The Quad stands for trying to promote **| More on P6**

WE ARE TALKING TO INDIA, TALKING TO COUNTRIES of the region about how we help countries to make their own decisions and not decisions that might be compelled by any outside partner, including China."

Online Platform Brings Kashmiris Together to Address Drug Addiction The Initiative Has Started When Kashmir Has Reportedly Surpassed Punjab In Cases Of Drug Abuse

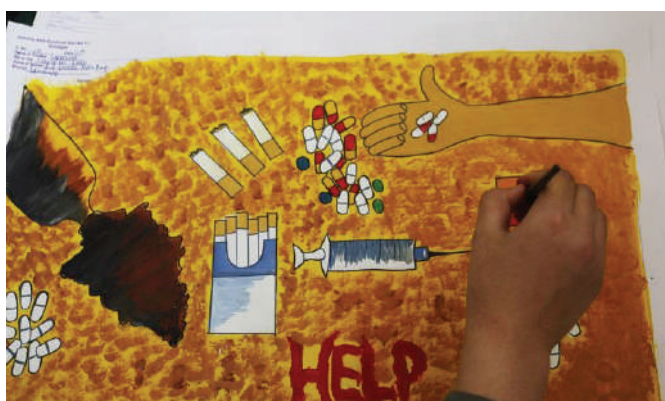
KO Web Desk

Srinagar: Mental healthcare experts, social workers, religious figures and community leaders have joined hands to tackle Kashmir's growing drug addiction problem.

The anti-drug drive has started at a time when an AIIMS survey claims that "over 6 lakh people" in Jammu and Kashmir are affected by addiction.

The initiative was started by Pe'nd Online, which is a digital platform for Kashmiris across the globe to network and discuss issues related to Kashmir. The popular social-media podium has sought public suggestions and questions to make the initiative participative and result-oriented.

Pe'nd Online is running the 4-session expert discussions in the name of "Drug Deaddiction Series", starting from February 25, 2023.



The first session—"Substance Use Disorder in Kasheer-Challenges and Solutions"—is led by two UK-based Kashmiri psychiatrists and one psychiatrist from Government Medical College, Srinagar.

"The experts are exploring various medical aspects of the issue of addiction—causes, behaviours, and treatments," the organisers said in a statement.

The second session—"Responding to Addiction with a Twelve Step Program—Alcoholics Anonymous and Milati Islami"—will be held on March 4, 2023.

"Alcoholics Anonymous is a self-driven twelve step spiritual program for alcoholics who wish to move towards sobriety," the organisers said.

"People come together in fellowship, regardless of age or

PEOPLE COME TOGETHER IN FELLOWSHIP, REGARDLESS OF AGE OR EDUCATION LEVEL, to solve their drinking problem. Milati Islami is an Islamic version of the same program. In this session, two experts, one Christian, and one Muslim, will help us understand the program, and how best it can be adopted in the setting of Kashmir."

education level, to solve their drinking problem. Milati Islami is an Islamic version of the same program. In this session, two experts, one Christian, and one Muslim, will help us understand the program, and how best it can be adopted in the setting of Kashmir."

Notably, Kashmir is slowly becoming a "drug hub" in Northern India, having more than 67,000 drug abusers, of which 90 per cent are heroin addicts, using more than 33,000 syringes daily.

A recent study done by the Government Medical College's

Psychiatry department has revealed that Kashmir has surpassed Punjab in drug abuse cases and is currently at the number two position among the top drug abuser states in the country.

The third session—"Detecting and Responding to Mental Health Issues"—is being held on March 18, 2023.

"This session is aimed mostly at mental health workers, social workers, Imams, and community leaders," the online platform said.

"The two experts will provide a framework for how to identify and intervene in **| More on P6**

Amarnath Yatra 2023 Make Yatra Treks Ready By April End: Govt

Press Trust of India

Jammu: As part of its preparations for the annual Amarnath yatra, authorities in Jammu and Kashmir have directed the Border Roads Organisation to clear snow from the twin routes leading to the 3,880 metre high holy cave shrine before the end of April.

The yatra usually starts in June or July from the traditional 48-km long Nunwan-Pahalgam in Anantnag district and 14-km shorter Baltal in Ganderbal district, depending on the clearance of tracks and weather conditions.

Chairing the 12th high-level committee meeting of Shri Amarnathji Shrine Board (SASB) here, Chief Secretary A K Mehta stressed on marking the



disaster prone areas on both the routes and ensure that utilities are not established in such areas, an official spokesperson said.

Mehta directed officials to take necessary assistance from the National Disaster Response Force (NDRF) in this regard so that they could certify that no utility has been erected in such zones, the official said.

The BRO was **| More on P6**



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2

Scholarships This Week

Kashmir Observer in association with Buddy4Study.com presents scholarships available for the meritorious students of Jammu and Kashmir.

Scholarship Name 1:
Scholarship 2023 by Kotak Mahindra Bank

Description: Kotak Mahindra Bank invites applications from students belonging to Tamil Nadu who are pursuing graduation from the government recognized institutes with an aim to help them continue their education.

Eligibility: Open for students who are domiciles of Tamil Nadu and are enrolled in the first year of graduation at institutes of repute (NIRF accredited) in the fields of Engineering, Medical (MBBS) and integrated Law. Applicants must have completed their Class 12 from Tamil Nadu government schools with a minimum of 80% marks (NOTE: For orphan students, children with disabilities, a lower mark may be considered). Applicant's annual family income must be less than or equal to INR 5,00,000.

- Prizes & Rewards: Up to INR 2 lakh* per year
- *Terms and conditions apply
- Last Date to Apply: 05-03-2023
- Application mode: Online applications only
- Short Url: www.b4s.in/observer/KMBSR1

Scholarship Name 2:
Chanakya Scholarship

Description: Chanakya University invites applications from meritorious students who have passed Class 12 or are appearing for Class 12 examination to pursue undergraduate studies at Chanakya University.

Eligibility: Open for students who wish to enroll into an undergraduate course at Chanakya University. Applicants must have scored more than 85% and above marks in their Class 10 and 12 examinations. Annual family income of



the applicants from all sources should not be more than INR 8 lakh.

- Prizes & Rewards: Up to INR 2.5 Lakh per year
- Last Date to Apply: 15-04-2023
- Application mode: Online applications only
- Short Url: www.b4s.in/observer/CUAMSI

Scholarship Name 3:
Keep India Smiling Foundational Scholarship and Mentorship Programme for Sportsperson and Individuals

Description: Colgate-Palmolive (India) Ltd. is giving young students an opportunity to pursue their academic/career aspirations by providing them with scholarships for education. This scholarship program aims to provide foundational support to individuals, who are deserving

& meritorious but may lack the resources to pursue their dreams.

Eligibility: For individuals helping others, the applicants must be graduates and involved in activities like teaching a group of underprivileged children or providing sports training to them.

For sportspersons, applicants must have represented the state/country at the state/national/international level in the last 2/3 years. They must be ranked within 500 in the national ranking/ within 100 in the state ranking. They must be aged between 9 and 20 years. The annual family income of all applicants must be less than INR 5 Lakhs per annum.

- Prizes & Rewards: Selected scholars can avail scholarship award of INR 75,000 per year for up to 3 years
- Last Date to Apply: 31-03-2023
- Application mode: Online applications only
- Short Url: www.b4s.in/observer/KSSI2

Government of Jammu & Kashmir
Office Of The Divisional Forest Officer
Anantnag Forest Division Anantnag

e-NIT NO: - 24 of 2022-23 DATED: 23-02-2023

For and on behalf of the Hon'ble President of India, e-tenders (Two cover system) are invited from registered, reputed and resourceful Contractors/Firms registered with Jammu & Kashmir Govt./Central Govt. Organizations for the following work:-

Name of Work	Location	Adv. cost (Rs. in Lakh)	Bid Security (EMD) in Rs	Class of Contractor	Cost of Tender Document	Time of Completion
1. Construction of BOs Hut at Soaf Shali Kokernag Range.	Soaf Shali	38.09	76180/=	"A&B" Class Civil contractor	Rs:1100/=	50 Calander Days
2. Construction of Range Office Cum Residential Quarter at Vailoo Daksum Range.	Vailoo	54.72	109440/=	"A" Class Civil contractor	Rs:1600/=	50 Calander Days

The position of codal formalities in respect of above work(s) is as under:

Position of Funds	Budgeted
Position of AA	Accorded
Position of TS	Accorded

The e-NIT Consisting of qualifying information, eligibility criteria, scope of work, Bills of Quantities, (B.O.Q), Terms & Conditions of contract and other details can be seen/downloaded from the website:-www.jk-tenders.gov.in.

Publishing Date:	23-02-2023
Download Start Date:	24-02-2023 from 02:00 PM
Bid submission Start Date:	24-02-2023 from 02:00 PM
Bid submission End Date:	01-03-2023 Upto 04:00 PM
Date of Opening of Technical Bid through online:	02-03-2023 at 02:00 PM in the office of the office of Conservator of Forests Kashmir South Circle Bijbehara.
Date of Opening of Financial Bid through online:	To be opened (Online) after technical evaluation is completed. Date will be notified separately.

TERMS & CONDITIONS

- The bids shall be deposited in electronic format on the website: <https://jktenders.gov.in>.
- Bids uploaded must accompany Govt. Treasury Receipt (cost of tender document) in the shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and Bid Security in the shape of EMD for requisite amount and pledged to Divisional Forest Officer Anantnag.
- The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.
- The bidders have to submit their Technical & Financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical/hard form. Bids will be opened online as per time schedule mentioned above.
- Bidders must ensure to upload scanned copies of all necessary documents i.e BSD Form, Valid Registration Card issued by PWD/CPWD/Forest Deptt. duly renewed for the current year 2022-23, PAN, Valid GST Registration, Govt. Treasury receipt (Cost of Tender Document).
- The successful bidder has to produce Valid Labour Registration Certificate issued by Labour Department after issuance of award of contract.
- As per rule 171 of GFR-2017, Performance Security shall have to be deposited by successful bidder to the order of 3% of the value of contract and if there are compelling circumstances, performance security in excess of three percent may also be demanded.
- The Department will not be responsible for any delay in online submission of the bid due to any reason (technical or otherwise).
- The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Information regarding publishing the NIT, in any of the newspaper under circulation.
- The Tender Accepting Authority reserves the right to reject any or all the tenders without assigning any reason therefor.
- All other terms and conditions shall remain same as per PWD form 25 (double leaf) and as per the Detailed Tender document.

Sd/-
Divisional Forest Officer,
Anantnag Forest Division

No: DFO/Ang/Tender/4424-29
DIPK-17918/22 Dated:25-02-2023

PUBLIC NOTICE

I have applied for the issuance of Fertilizer Licence . If anybody having any objection in this regard he/she may file his/her objection in the office of the Chief Agriculture Officer Baramulla within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Nisar Ahmad Bhat
S/o Mohmad Magbool Bhat
R/o Palhallan Pattan

FKO

IN THE COURT OF JMIC, JUDGE SMALL CAUSES, SRINAGAR

Present:- Ms Tabasum

Haleema
v/s
Registrar Births & Deaths SMC, Srinagar.

Applicant
(Non-Applicant)

PUBLIC NOTICE

Whereas an application has been received from the applicant for registration of Death of Fayaz Ahmad Nadaf 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:- Fayaz Ahmad Nadaf
Sex:-MALE
Father's Name:-Late Ali Mohammad Nadaf
Mother's name: Haleema
DOD: 25-01-2017
Residence: Rangparistan Rainawari Srinagar
Place Of Death:-On the way near JLNH Hospital Srinagar

Sd/-
nj Judge Small Causes, Srinagar

In the Court of Additional Munsiff / Judicial Magistrate 1st Class Srinagar

Present: Shafeeq Ahmad Malik

Rifat Jabeen V/S Mst Aisha
Notice Through Publication to
1. Aisha Bibi Wd/o Late Abdul Salam Sofi
2. Irshad Ahmad Sofi S/o Ab Salam Sofi
3. Mushtaq Ahmad Sofi S/o Ab Salam Sofi
all residents of Balgarden Municipal Corporation Srinagar
4. Malik Tea Stall Opp. Municipal Corporation Srinagar

Whereas, above titled suit has been filed against you in this court and you have been conveyed as defendant no: 1,2,4 & 5 The next date of hearing is fixed on 27-04-2023
Whereas., Summons were issued for your appearance in this court, but you avoided to acknowledge the summons, as a result the summon got returned as untraced. This way you did not appear before the Court to answer the suit and it appears that your attendance may not be procured through the issuance of ordinary summons. You are as such summoned through this Publication and directed to appear before this Court personally or through counsel on 27-04-2023 failing to which appropriate orders will be penned against you. In case the date fixed in declared as holiday the matter shall be taken up on next following day.
Given under my Hand and Seal of this court.

nj Ist Additional Munsiff Srinagar

از عدالت سبج میڈیکل مجسٹریٹ سرنیگر بالاجلاس مہرین مشتاق

رجسٹرار جنس اینڈ ڈیٹنس
ایس۔ ایم۔ سی سرنیگر۔ (سیول)
Shabir Ahmad Dar
سائل / اساتذہ
درخواست برحق اندراج تاریخ پیدائش / اوقات
Ghulam Rasool Dar
نام: 27-10-1999
تاریخ وفات / پیدائش:
معاملہ مندرجہ عنوان الصدر میں سائل سالک نے عدالت ہذا میں ایک درخواست بشمول حلفی بغرض اندراج تاریخ پیدائش / اوقات
Ghulam Rasool Dar S/o Late Abdullah Dar
R/o Baghi Jogi Lankar مورخہ 21-01-2023 پیش کی ہے۔ لید احوام اناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی عذر یا اعتراض ہونے کی صورت میں اپنے عذرات اشاعت اشتہار کے بعد درجہ پم عدالت میں آ کر پیش کرے۔ بعد گزرنے معیاد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہذا میں 01-03-2023 کو مقرر ہے۔
تقریر الصدر
سبج میڈیکل مجسٹریٹ سرنیگر
nj

از عدالت سبج میڈیکل مجسٹریٹ سرنیگر بالاجلاس مہرین مشتاق

رجسٹرار جنس اینڈ ڈیٹنس
ایس۔ ایم۔ سی سرنیگر۔ (سیول)
Akhtar Begum
سائل / اساتذہ
درخواست برحق اندراج تاریخ پیدائش / اوقات
Mohd Ismail Bhat
نام: 15-10-2003
تاریخ وفات / پیدائش:
معاملہ مندرجہ عنوان الصدر میں سائل سالک نے عدالت ہذا میں ایک درخواست بشمول حلفی بغرض اندراج تاریخ پیدائش / اوقات
Mohd Ismail Bhat S/o Mohd Shaban Bhat
R/o Housing Colony Chanapora مورخہ 21-01-2023 پیش کی ہے۔ لید احوام اناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی عذر یا اعتراض ہونے کی صورت میں اپنے عذرات اشاعت اشتہار کے بعد درجہ پم عدالت میں آ کر پیش کرے۔ بعد گزرنے معیاد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہذا میں 01-03-2023 کو مقرر ہے۔
تقریر الصدر
سبج میڈیکل مجسٹریٹ سرنیگر
nj

از نیابت چوگر مضمون: درخواست منجانب ہیک ریاض دختر ریاض احمد ڈار ساکنہ مضمون راونپورہ نسبت Unemployment سر تفکیک بحق خود

اشہار برمودا و گاہی ہر خاص و عام
معاملہ مندرجہ عنوان الصدر کے نسبت سالک کے کاغذات زیر بحث دفتر ہذا میں زیر کارروائی ہے۔ بنیاد رپورٹ پٹواری حلقہ ڈیہر دار سالک مذکورہ دھ ہذا میں رہائش پذیر ہے اور کبھی ترک سکونت اختیار نہیں کی ہے۔ نیز سالک مذکورہ تا حال کسی بھی سرکاری یا غیر سرکاری محکمہ میں کام نہیں کر رہی ہے۔
قبل اس کے کہ سالک کی درخواست پر مذکورہ کوئی فیصلہ نہ ہو سکے۔ اول ہر خاص و عام کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ اگر اس بارے میں کسی شخص یا اشخاص کو کوئی عذر یا اعتراض ہو تو ایک ہفتہ کے اندر دفتری اوقات میں اساتذہ یا وکالتا اپنے عذر یا اعتراض پیش کریں۔ بعد گزرنے عیاد کوئی بھی عذر قابل قبول نہیں ہوگا۔ تقریر الصدر
ناصب تحصیلدار
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NC Holds Women's Wing Meeting At Nawa-E-Subha

Observer News Service

Srinagar: The Jammu and Kashmir National Conference State women's wing President Shameema Firdous on Saturday presided over a provincial level meeting of women's wing functionaries at the party headquarters Nawa-e-Subha, Srinagar.

Provincial President Women's wing, Kashmir Sabiya Qadri among other provincial level functionaries, office bearers and workers were also present on the occasion.

According to a statement issued to Kashmir Observer, the meeting was marked by threadbare discussions on the prevailing political situation, unemployment, inflation, imposition of property tax and the activities of women's wing.

The functionaries also highlighted the rising tide of drug addiction and other issues concerning soci-

ety particularly women.

Shameema said BJP owes an answer to our contractual, need based, Rehbar-e-Taleem, Rehbar-e-Zirat, and Rehbar-e-Khel employees, and Aganwari workers who continue to run from pillar to post to have their grievances redressed," she said.

She said that thousands of daily wagers, contractual, need based workers and other temporary employees are not getting their wages regularly and are agitating on roads, who were promised regularization.

"They failed to come to the rescue of artisans, traders, shop keepers, transporters, and hawkers, who are yet to recover from the economic slump induced by successive lock downs. Both the central and UT administration is only providing mere lip service to these aggravated sections," she added.

Hajj 2023: MEA Asks RPO Sgr To Hold Passport Assistance Camp

Agencies

Srinagar: In a bid to assist the Hajj aspirants—2023, the Ministry of External Affairs (MEA), Government of India has accorded special approval to the Regional Passport Office in Srinagar to hold a day-long awareness and passport-related assistance camp, officials said on Saturday.

Regional Passport Officer Srinagar (RPO) Davinder Kumar said that he applied with a request to the MEA to hold a day-long awareness cum passport-related information, and upon the approval of request, more than 400 applicants approached the office.

"We witnessed a huge rush of Haj aspirants earlier this week, and we pre-arranged their application dates for speedy process for issuance of passports after the completion of due legal formalities. However, a request was sent to MEA to grant approval for holding a day-long specialized camp regarding the issuance of passports, which was approved," he said.

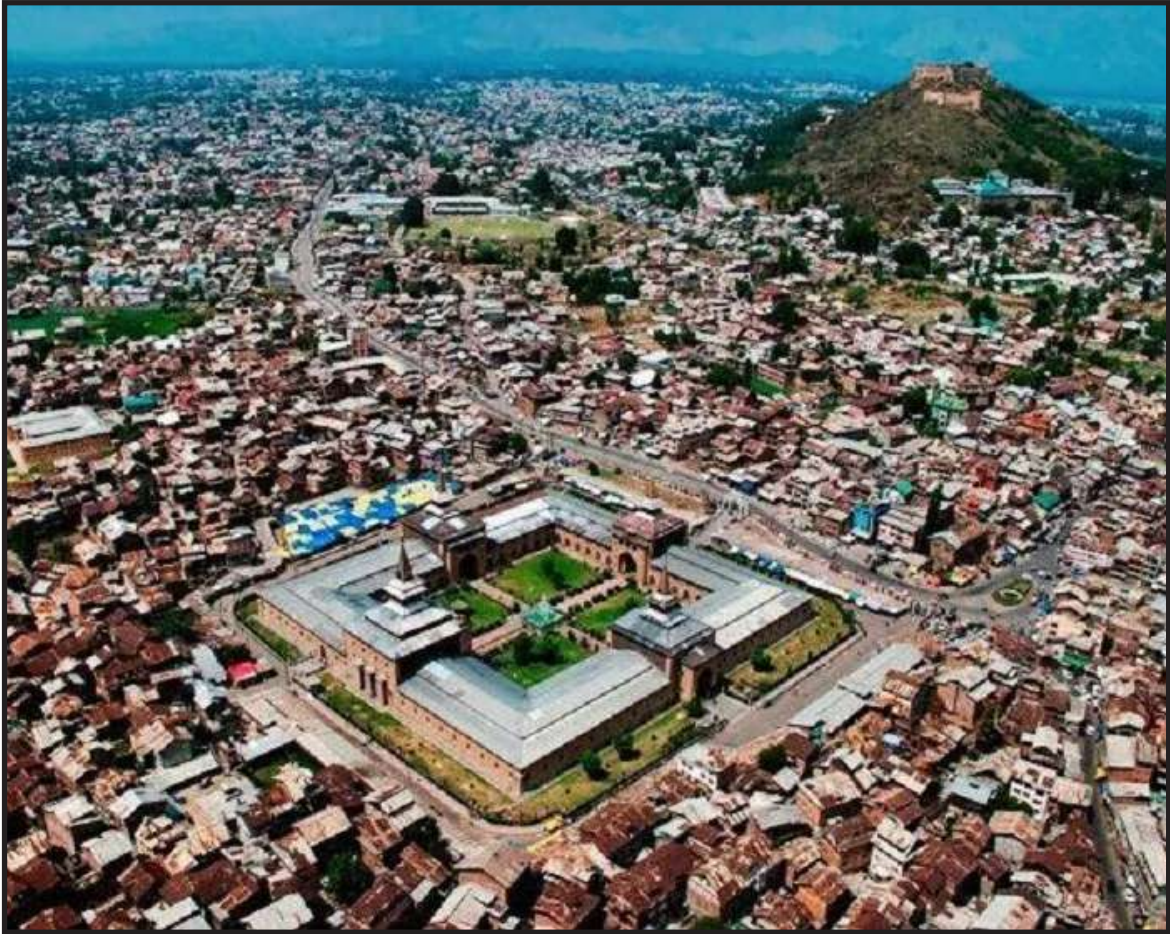
"It is a welcome step

as assistance is being provided to us to facilitate our issues and concerns related to the passport, but majorly the issues which are concerning us are the validity of the passports and we are hopeful that the concern will be addressed," a Haj aspirant told the media.

RPO Srinagar said that the concerned officers from the UT's Haj Committee were also called to formulate a plan to address the passport-related issues of the Haj aspirants.

"Prior to the camp, a discussion was held with the concerned officers and it was decided that the recommendations should not be unubated, and that those 70 plus of age, senior citizens should be prioritized for re-issuance of passports," RPO Srinagar said.

Stating that there is a lack of awareness while applying for passports, RPO Srinagar said that they along with the UT's Haj Committee will hold special awareness camps in the future for Haj aspirants so that they don't face any problems when they have to leave for the holy journey. (KNO)



National TB Elimination Programme

Srinagar Shines For Outstanding Performance

Observer News Service

Srinagar: Marking a significant accomplishment the District Srinagar has bagged top position under Programmatic Management of Tuberculosis Preventive Treatment in India (PMTPT) program for outstanding success with the highest Tuberculosis Preventive Treatment (TPT) completion at the National level.

The District Srinagar was conferred award during All India Quarterly review meeting for Joint Efforts for Elimination of Tuberculosis for PMTPT implementation held at New Delhi from 7-9 February 2023.

Besides Jammu and Kashmir,

the States including Rajasthan, Bihar, Uttarakhand, Kerala, Tamil Nadu, Gujarat, UP, Haryana and UTs of Delhi and Ladakh were among the participants in the race.

The Srinagar District has been awarded under Project JEET being jointly implemented by William J. Clinton Foundation, Centre for Health Research & Innovation (CHRI) and Foundation for Innovative New Diagnostics.

The project JEET is aimed to set up effective and sustainable structures to strengthen existing systems and seamlessly extend quality TB care to patients in the Public and private sector funded by Global Fund to Fight AIDS, Tuberculosis and Malaria.

The project has also been meant to contract agencies at the District level to work closely with the patient and all patient touch points, including Chemists, Pharmacies, Clinics, Providers, Hospitals, Laboratories and NTEP and engage with the NTEP network at National, State and District levels.

Speaking about the achievement, the Deputy Commissioner Srinagar, Mohammad Aijaz Asad has lauded the efforts of the District TB Control Authority in leading Srinagar towards a TB free District.

He said that this is once again a pride moment for Srinagar District that has been achieved through collective efforts of Team Srinagar.

Week On, Authorities Yet To Cage Leopard In Rawalpura

Observer News Service

Srinagar: A leopard seen last week in Srinagar's Rawalpura area is yet to be trapped even as the Wildlife Department has permanently stationed its two teams in the area.

A top official from the Wildlife Department supervising the operation of caging the wild animal said that for the last 48 hours, they

did not receive any evidence of sighting of the leopard in the area. "However, we have stationed our two teams there till the animal is trapped," he said.

He said the teams will be monitoring the area round-the-clock and are fully equipped with all required gears. "Since last evening, we haven't received any concrete evidence on the movement of the

animal, but our teams are on the ground with active monitoring as cameras have also been installed," he said.

The official said the Rawalpura axis and its adjoining areas under a radius of 2-3 km are full of vegetation with thick bushes, and many plots and buildings are lying open which can prove a safe habitat for the wild animal.

Chattabal Residents Demand Immediate Relocation Of Fish Market

Agencies

Srinagar: The residents of Chattabal area of Srinagar here have complained that the fish market in the locality leads to the frequent traffic mess while the ambulances carrying patients from northern districts to SMHS hospital here could also be seen stuck in the traffic mess.

Mukhtar Ahmad, a local, said that the fish market in the already congested road is pushing them to the wall.

"The frequent traffic mess could always be

The frequent traffic mess could always be witnessed in the area and unfortunately, the ambulances carrying patients to SMHS hospital have also been seen stuck in the traffic congestion

witnessed in the area and unfortunately, the ambulances carrying patients to SMHS hospital have also been seen stuck in the traffic congestion," he said.

Not only leading to the traffic mess, but the road also remains slippery as the fishmongers use to pour water on the road,

which is proving risky to the commuters, he said.

The local residents also demanded immediate relocation of the fish market for the wellbeing of the inhabitants, especially the commuters.

Deputy Mayor of Srinagar Municipal Corporation (SMC), Parvaiz Ahmad Qadri, said that the fish market is illegal as the fishmongers have no authorization to run their business at the spot. "If the people have any objection in this regard, they should approach us and a suitable action will be taken for their wellbeing," he said—(KNO)

Before The Hon'ble Principal District Judge At Srinagar

In the case of:-

Mudassira Bano D/O Abdul Gaffar Rather R/O Baghat Barzulla Srinagar
2 Abdul Gaffar Rather S/o Abdul Gani Rather R/O Baghat Barzulla Rawathpora Sgr

VERSUS
Public at large

(NON-CAVEATOS)

In the Petition in terms of Section 148-A

The Caveator has reason to believe that Non-Caveators may file any Application, Petition, Appeal, Suit or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/ misrepresentation and cooked story and may seek in obtaining some relief/order at their back /in exparte against the caveators and in such eventuality the caveators will be put in irreparable loss and inconvenience. It would be proper that caveator be given an opportunity of being heard by the Hon'ble court before passing any order.

NJ

Office Of The Executive Engineer, Electric Division- Ist, Srinagar.

Email: xen.ed1st@gmail.com Tel No. 0194-2452079 Fax No.0194-2452079

e-TENDER ABBREVIATED NOTICE
e-NIT No. 096/EDI, dt:21.02.2023

For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer, Electric Division-Ist, Srinagar invites online e-bids from registered A-Class Electrical Contractors/firms for as under:

S.No	Particulars	Estimated Cost (In Lacs)
1	Shifting of Line by way of Replacement of 11/9/8 meter Long ST poles at M.A Road.	41.68

The complete tender document is available at website <http://jktenders.gov.in>. Interested bidder/tenderers may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below. Bidding Documents contain Qualifying Criteria for Bidders, Specifications, Bill of Quantities, Terms and Conditions of Contract and other details.

i)	Date and Time of downloading/ Sale (Start) of Tender Document	22.02.2023; 16:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	03.03.2023; 16:00 Hrs
iii)	Date and time of bidding queries/clarifications	22.02.2023; 16:00 Hrs to 23.02.2023; 16:00 Hrs
iv)	Date & Time of Bid Uploading (Start/End)	22.02.2023; 16:00 Hrs to 03.03.2023; 16:00 Hrs
v)	Commercial/Technical Bid Opening Date & Time	04.03.2023 at 13:00 Hrs
vi)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
vii)	Venue of Commercial/ Technical Bid Opening	Electronically on J&K Government e-Procurement System website http://jktenders.gov.in
viii)	Cost of e-Bid document	Rs.1000.00 (Rupees One Thousand Only) (Non-refundable) [Treasury Receipt Only]
ix)	Amount of Earnest Money Deposit	Rs. 83,400/= (Rupees Eighty Three Thousand Four Hundred Only)

DIPK-NB-6629/22
DATED: 25-02-2023

Sd/-
Executive Engineer
Electric Division 1st,
Srinagar

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJBERA: 01932-228243
- PAMPOR: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153



HIGHWAY STATUS



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



HIJRI
CALENDAR

05 Shaban
1444

PRAYERS

FAJR	5 :41
ZUHR	12:44
ASR	4:44
Magrib	6:27
ISHA	7: 47

This Day In History

- 1921 - The USSR signs treaties respecting the integrity of Persia and of Afghanistan
- 1923 - Italian nationalist & fascists merge (blue-shirts & black-shirts)
- 1925 - Jihad against Turkish government
- 1938 - 1st passenger ship equipped with radar
- 1952 - Netherlands-Indonesian Unity conference
- 1955 - 1st aviator to bail out at supersonic speed-GF Smith
- 1977 - 1st flight of Space Shuttle (atop a Boeing 747)
- 1980 - Egypt & Israel exchange ambassadors for 1st time
- 1987 - NASA launches GEOS-H
- 1987 - Tower Commission probes Iran-Contra affair
- 1987 - USSR resumes nuclear test at Eastern Kazakh/Semipalatinsk USSR
- 1990 - USSR agrees to withdraw all 73,500 troops from Czech by July, 1991
- 1991 - Kuwaiti resistance leaders declare they have control of their capital
- 1993 - "World Trade Center bombing of 1993": truck bomb explodes in parking garage of NYC World Trade Center at 12:18pm, killing 6 and injuring over 1,000 in what was the deadliest act of terrorism perpetrated on US soil at the time
- 2001 - The Taliban destroy two giant Buddha statues in Bamyan, Afghanistan.
- 2004 - The United States lifts a ban on travel to Libya, ending travel restrictions to the nation that had lasted for 23 years.
- 2005 - Hosni Mubarak, President of Egypt, orders the constitution changed to allow multi-candidate presidential elections, asking Egyptian parliament to amend Article 76
- 2013 - A rocket launched from the Gaza strip into Israel ends the ceasefire since November 2012
- 2013 - A hot air balloon crashes in Luxor, Egypt, killing 19 tourists
- 2016 - Iranian elections: reformers and moderates win control of parliament

From KO Archives

Valley's Token Power Supply Dips To 1 ½ Hr A Day Tower Restoration Yet To Pick Up

Observer News Service

SRINAGAR - Despite of ficial claims to the contrary, there was no perceptible im-provement in valley's power supply. Even after making, three units of the Pampore gas turbine operational since yesterday, the net avail-ability of electricity to the consumers averaged a little lover one and a half hour in 21 hours. Something unprec-edented, indeed.

Official sources told Kash-mir Observer the valley had been divided into 18 groups to whom electricity was being provided for one hour in every 18 hours by rotation. Follow-ing the availability of another 60 mw of power from the three units of gas turbine, a 'generous' relief of two hours in given five days. This works out to a total of 8.30 hours power supply in 120 hours.

With the power minister, S S Slathia's claim of "suspected militants' having blasted three transmission towers in Banihal area emphatically blasted even by official circles, people have blamed the government of en-gineering the total breakdown to deprive the valley of even the bare minimum of power during winter months to the advantage of warmer Jammu.

According to reports, even the divisional commissioner, Khursheed Ahmad Ganai, did not rule out the involvement of some contractors and power de-velopment department (PDD) officials in the blasting of the transmission towers. Nothing could be more damning for the power minister who has alleg-edly been employing circumlo-ution and subterfuge to the hill to escape the blame for the val-ley's worst ever power crisis.

Meanwhile, according to CNS, the work on restoration of the transmission towers at Sher Bibi and Bonakot had not picked up yet A group of off-icials from the power grid corpo-ration of India (PGCI) and the power development department (PDD) besides some labourers are reported to be camping at the two sites without taking up any actual work. The official claims of the work going on 'war footing' have proved to be a hoax, the report said.

Rajinder Singh reports from Jammu: Even the gov-ernment promised improve-ment by Saturday with the temporary restoration of 220-KV tower, the power minis-ter, S S Slathia told Kashmir Observer the valley would have to face power crisis for another week. He said resto-1 ration work was going on 'war footing' but it would take about two month. However, temporary restoration will be completed by February 27. He said 370 mw of power not be-ing supplied to the valley at present was being saved with effect from February 17.

(Kashmir Observer, 26 February, 2001)

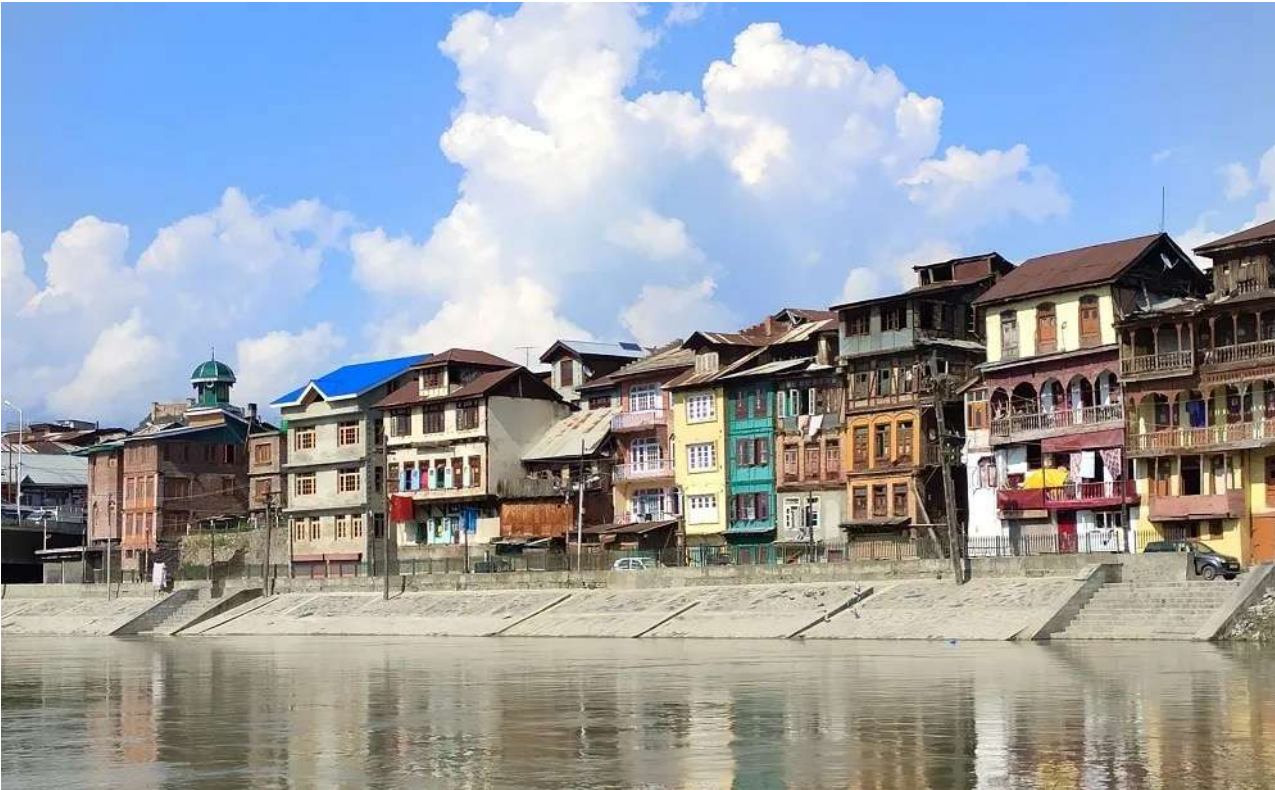
Downtown ‘Kot’ Laments

Notes on the Dying Gasps of Srinagar Downtown

Wajahat Qazi

To invert a saying , twist and graft it onto a theme that is close to my heart and that speaks to me, "You can take a boy from downtown Kashmir but you can't take away downtown from the boy". Yes, of course, I am not a boy but a man but my recollections of downtown Srinagar are fresh and vivid-exactly the same when family moved from downtown (Wattal Kadal, apparently a rendition of Walter Kadal- a bridge named after Walter Lawrence, a British surveyor and scholar who wrote an incisive but sympathetic book, 'The Valley of Kashmir'). I have lived in many parts of the world, been exposed to different cultures and ways of life but I am and will remain the quintessential downtown kot.

I recall my downtown as a maze of alleys running into alleys, cobble stoned narrow lanes that criss- crossed each other, beautiful houses made of small bricks, and at times having sloping terraces where flowers would bloom in spring and summer. I recall my downtown as not a place on a map or an urban agglomeration but as a 'living space' where everyone knew everyone, by their first or last names and oftentimes with a nickname. I recall my downtown as that space where camaraderie and bonding came naturally to its denizens. I recall my downtown as a space where if any member of a household would fall sick or die, the whole mohalla(neighbourhood) would grieve. I recall my downtown as a space where post school, after my mother would feed me tsot(bread) dipped in Kahwa, I would dash to see my friends and fly kites, play marbles and explore its maze of alleys and lanes. I recall my downtown as a space where the local , mouth watering treats for children and adults alike were the Basreh- hollowed round balls with one side open , bound by a dense coat or ground sugar paste, the Monje gooil(dried and fried lotus stems with a coating of flour, the tille karre(fried chickpeas) and so on. I recall my downtown as a space where the Kabaadi Waala(scrap dealer) would yell and women folk would haggle with him and sell him junk. I recall my downtown as a space where most of its women folk would spin Pash-



mina on their Yaendars (spindles) in their spare time for what was once a feature of downtown(Pashmina or Cashmere production and trade). I recall my downtown as the city of seven bridges connected by the then clear and gushing Jhelum river and its tributaries. My downtown was a space where grandmothers would, in winter, rub glycerin over us kids' blistering skin to heal it and narrate stories of the Djinns, the Pari's (fairies) and the Pasikdhar(the guardian angel who stood guard over each home). I recall my downtown as a space where during winters, when there was sparse electricity, we would under the glow of the lantern put small potatoes in the kangri(Kashmiri firepot with a cane frame), when the popping sound of the potato would mean it was roasted amd ready to be peeled and eaten , when fights(good natured ones) would break out between siblings over who would first eat the potato. I recall my downtown as a space where every denizen of the place would have ' teh' - a certain attitude and temperament (harmless) which loosely denoted

Importantly, downtown Kashmir has been a site of great literary and mystical(Sufi) insights and experiences. Shrines dot the landscape of this heritage locality of ours and great litterateurs and Sufi poets were born and reached efflorescence and the apogee of their work(s) her

pride and a disposition which did not countenance the pride of anyone else. I recall my downtown as a space where the call to prayer, the azaan was a marker of time where even the raucous 'waane pyand'(young men sitting at and around corner shops and regaling each other with typical downtown wit and humor) would fall silent in respect.

Importantly, downtown Kashmir has been a site of great literary and mystical(Sufi) insights and experiences. Shrines dot the landscape of this heritage locality of ours and great litterateurs and Sufi poets were born and reached efflorescence and the apogee of their work(s) here. Some notable names include luminaries like Samad Mir, Shamas Faqeer, Hamdi Kashmiri, Rafique Raaz, G N Firaq and contemporarily , Ghulam Nabi Shahid, the late Rahman Rahi and the best ever oral historian Kashmir has ever produced, the one and only Zareef Ahmad Zareef.

The recollections can go on and on. And I can wax lyrically nostalgic about downtown Kashmir. But the

sad , prosaic fact that makes my eyes moist is that my or our downtown is dying. Hitherto the centre of gravity of Kashmir in every sense of the term-economic, religious ,social, political, cultural and so on- which set the tone for the rest of Kashmir, profound sociological, cultural , economic , demographic changes are 'conspiring' to kill our downtown. In place of beautiful but old structures that exuded warmth have mushroomed ugly concrete structures. The local 'kaka's (loosely translated as uncle) dukaans(shops) have been replaced by ugly 'shopping complexes' The breakdown of the traditional family structure has meant that the well off have migrated to the suburbs leaving downtown to the not so well off. The traditional sweets of Kashmir's downtown- the monji gooil, the tille karre, the basreh- are almost relics now. The camaraderie and bonding that was the hallmark of our downtown , while it still exists to a small extent, is giving way to distance and less warmth. While delineating this 'list' which breaks my heart can also go on and on, downtown Kashmir's slow death must concentrate our minds. Obviously , downtown Kashmir as it was cannot be recreated , restored nor brought into existence in its pristine form. But it can stay and remain alive, in our hearts and minds. It is here that the spirit of downtown Kashmir can actually be re-enacted and restored for, in the ultimate analysis downtown besides being a real physical space is a state of the mind, a temperament and attitude. Let us then resolve to render downtown Kashmir as a lived reality of and in our minds. Let us make haste slowly and make downtown Kashmir once again part and parcel of our psycho-emotional worlds. Yes it is cliché but I will conclude to underscore its urgency: make downtown real. Tomorrow may be too late!

Post Script: 'Kot' is a Kashmiri word that loosely translates as boy.

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

The general expectation that the first anniversary of Russia's special military operations in Ukraine would mark the commencement of a big military offensive has been belied, going by the speeches by President Vladimir Putin and the US President Joe Biden, separated by a few hours on February 21, in Moscow and Warsaw.

Neither said anything very original. Putin cut himself loose towards the end of his speech by dropping a bombshell that Russia is suspending its participation in the New START treaty, which is its last nuclear weapons pact with the US. But the foreign ministry in Moscow has since clarified that Russia will continue to observe the terms of the treaty till 2026.

For Biden, with his rating dropping within Democratic Party, the steady decline of support in the public opinion for the war in Eurasia underscores that his narrative about democracy vs. autocracy is not taken seriously even in American opinion outside the neon circle. Certainly, Biden wouldn't want the burial of the New START treaty as his presidential legacy.

For Putin too, although his stunning popular rating touching 80 per cent makes his re-election in March next year a certainty, should he decide to seek another term, there are domestic pressures. The Russian public is politically erudite and questions will rise as time passes, given the slow pace of the Ukraine operations. Although Russian economy has done well to withstand the western assault, it remains an amalgamate of a siege economy and a war economy. Putin himself is acutely conscious of the need to assuage public concerns.

The Russian strategy all through has been to "grind" the Ukrainian military and force Kiev to negotiate but the US is only now realising that this was in reality a war of attrition. Biden has announced a new package of military assistance for Ukraine to the tune of \$460 million, which will include ammu-

Russia's Ukraine Offensive In Suspended Animation

M. K. BHADRAKUMAR

nition for the HIMARS multiple launch rocket system as well as 155-millimeter and 120-millimeter shells for artillery. But, significantly, he did not make any promises regarding long-range missiles or fighter jets — although he predicted that the coming days will be difficult for Ukraine and pledged that the US will do everything necessary so that "Russia pays a high price."

To quote Jens Stoltenberg, NATO secretary-general, what is unfolding is "a war of attrition... a battle of logistics; as in how do you get enough stuff — materiel, spare parts, ammunition, fuel — to the front lines." But it can also mutate since the Western bloc is unable to define its end goal in Ukraine.

Putin warned that western weapon supplies to Kiev will trigger consequences. "The longer the range of the Western systems being brought to Ukraine, the farther away from our borders we will be forced to push the threat," he said. Plainly put, Russian forces may create a buffer zone in the region west of Dnieper River. Putin called out the Western elite to realise that "it is impossible to defeat Russia on the battlefield."

This is the nearest he came to speaking about the future trajectory of the special operations. To be sure, Russia is closely watching that the support for the war in the US is steadily on the wane and this can impact Biden's political calculus as a divisive election campaign takes over. Of course, the Biden

Administration has secured substantial authorised appropriation enabling it to continue the high levels of support to Ukraine through the remaining 8 months of the financial year ending in October, and there is no question that the Western allies will also supplement.

That said, Biden had to settle for a modest roadshow with the Bucharest Nine in Warsaw on Tuesday, whereas, a grand spectacle of Old Europeans of Western Europe descending on Kiev/ Warsaw along with him would have been befitting the occasion. Arguably, it carries a certain message on "western unity."

Indeed, Putin's decision to play the New START card is timely. This is a display of "smart power" — war by other means. On the outside, this is an aggressive bid to engage Washington diplomatically, and at the very minimum intends to compel the US to exercise self-restraint while fuelling the war. Russia's permanent representative to international organisations in Vienna, Mikhail Ulyanov clarified on Wednesday that "The situation can be 'reversed' if the United States shows political will and makes honest efforts for the sake of general de-escalation and creation of conditions for the comprehensive operation of New START."

The hawkish US Under Secretary of State for Political Affairs Victoria Nuland reacted in an interview with Tass on Thursday that Washington is ready to start talks with Russia on the New START treaty "tomorrow" if Moscow

is prepared for it. "The US and Moscow have responsibilities to the world to keep our nuclear arsenal safe and secure, and we should do our jobs," she pointed out.

Nuland is usually not comfortable with such conciliatory idiom on matters regarding Russia — even bracketing her country with a power she regards disdainfully as a lower form of life in the global power dynamic. It only underscores Biden's desperate keenness to salvage the New START treaty in the fullness of time.

Indeed, there is the European dimension. The implications for European security are profound, as Putin is demanding that future nuclear arms control talks should also include the UK and France. Putin's announcement dramatically brings the nuclear threat to Europe's doorsteps.

Will the UK and France agree to bring their nuclear weapon stockpiles under international treaties? The US abandoned the INF (1987) without regard for European concerns. And, now, New Start Treaty is becoming a casualty of US' confrontation with Russia. Already, there is simmering discontent in Europe that the US has been the sole beneficiary of the Ukraine war. These undercurrents cannot be ignored.

How does all this add up? The expert opinion is that by March, the training will be completed for the new Russian recruits following the partial mobilisation of military reservists in September. Thus, aside the accent on

the "demilitarisation" of Kiev's forces in Donbass, the Kharkov, Zaporozhyia and Kherson oblasts are also in Russian sights. Biden's dangerous incitement of Moldavia on Tuesday puts Moscow on guard as regards Ukraine's border with Transnistria — and a reminder that control of Odessa is absolutely vital.

In sum, Biden Administration is in a quandary since the facts on the ground show no tangible gains for its decision to wage a proxy war with Russia. Ukraine lost more territories following its abandonment (under US pressure) of the draft agreement negotiated in Istanbul in March. Four Ukrainian oblasts have become part of Russian Federation and Moscow is unlikely to part with them.

Biden knows only too well that Ukraine will overnight collapse without US military and financial backing. The rationale behind such a costly enterprise is debatable. The stigma of defeat will sink the current regime in Kiev, too.

The western plan, therefore, is to support another Ukrainian "counteroffensive" to make some, any territorial gains. But the chances of Kiev reclaiming the territories under Russian control are virtually nil. Meanwhile, war has created dynamics in the Sino-Russian strategic partnership.

Putin confirmed that Moscow is expecting a visit by the Chinese President Xi Jinping after the sessions of the highest deliberative and legislative bodies of China — the Chinese People's Political Consultative Conference and the National People's Congress — which will begin in Beijing on March 4 and 5. Conceivably, the launch of any large scale Russian offensive will remain in suspended animation until then.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by India Punchline

Sleep and Stay Fit

Emma Sweeney
Ian Walshe

When we think of what makes athletes great, few of us would think that sleep might play an important role. But many of the world's best athletes say sleep is an essential part of their training routine and key in helping them to perform well.

Serena Williams, for example, strives to get eight hours of sleep each night. NBA star LeBron James aims for eight to ten hours per night, while NFL legend Tom Brady says he goes to bed early and gets at least nine hours of sleep.

It's no wonder, since sleep plays a key role in metabolism, the growth and repair of tissues (such as our muscles), and ensures memory, reaction time and decision making are all working optimally. All these processes impact sporting performance.

But it isn't just athletes whose athletic performance can benefit from proper sleep. Even amateur gym-goers can maximise the benefits of exercise for their fitness and health by getting enough good sleep each night.

Here are just some of the ways sleep benefits your fitness:

AEROBIC FITNESS

Exercise is great for improving aerobic fitness. It improves both aerobic capacity (being able to run or cycle faster with a heavier load) and efficiency (meaning your body requires less oxygen to run or cycle at the same pace).

One contributing factor to improved aerobic fitness is the function of the body's mitochondria. Mitochondria are small structures within the cells of the muscles that are responsible for creating the energy the muscle requires during exercise.

Research shows that poor sleep (getting only four hours a night for five nights) can reduce the function of mitochondria in healthy partici-



IT'S NO WONDER, SINCE SLEEP PLAYS A KEY ROLE IN METABOLISM, the growth and repair of tissues (such as our muscles), and ensures memory, reaction time and decision making are all working optimally. All these processes impact sporting performance

pants. High-intensity interval training was shown to alleviate these impairments in the short-term (over a five-day period). But, it's currently unclear how these impairments would influence adaptations to exercise in the longer term, so it's best to get a good night's sleep if improving aerobic fitness is one of your goals.

MUSCLE GROWTH

Sleep is also important if you're looking to build strength or muscle.

Muscle growth occurs when new proteins are added to the muscle structure – a process known as “muscle protein synthesis”. This process is stimulated by exercise and food (specifically protein) intake, and can last at least 24 hours

after a workout.

Research shows that even just a few nights of insufficient sleep reduces the muscle protein synthesis response to nutrient intake. This suggests that poor sleep may make it harder for the body to build muscle.

ANABOLIC HORMONES

Hormones act as chemical messengers that contribute to a range of functions throughout the body, such as growth and development of tissues. Hormones which are involved with these building processes can be termed “anabolic” hormones.

Two anabolic hormones – testosterone and growth hormone, which are released during sleep – may also

be important for recovery from and adaptation to exercise. These hormones have multiple roles in the body, and are linked to improved body composition (lower body fat and higher muscle mass). A higher amount of muscle mass and lower body fat can be beneficial for exercise and health.

When sleep is restricted to only five hours per night (similar to the amount of sleep many working adults get), testosterone levels are reduced in healthy young men. Sleep restriction of a similar duration also alters the release of growth hormone during sleep. While more research is needed, there's a potential that these hor-

mones may play a role in mediating the relationship between sleep and fitness, due to their link to improved body composition.

REFUELLING AFTER EXERCISE

Exercise often uses glucose (sugar) as a fuel source. Muscles store glucose from the foods we eat in the form of glycogen to meet the demands of exercise. Replenishing glycogen stores after exercise is a key part of the recovery process. It can take up to 24 hours to fully replenish stores, with the correct nutrient intake. The hormone insulin can be needed for muscles to absorb glucose in order to make glycogen. Numerous studies show that in-

sufficient sleep reduces the effectiveness of insulin. This could impact on the body's ability to replace glycogen stores, with one study revealing reduced muscle glycogen stores after a night of sleep deprivation.

Depleted glycogen stores can impair subsequent exercise performance in the short and long term, so it is important to ensure glycogen stores are replenished after exercise.

HOW TO SLEEP WELL

Sleep is clearly important for your fitness, so here are some ways to ensure you get proper sleep each night:

- **Develop a consistent bedtime routine:** do things before bedtime that help you relax and wind down – such as reading a book or listening to relaxing music. A hot shower or bath before bed can also be beneficial as the drop in body temperature afterwards can help you to fall asleep quicker.
- **Create a good sleeping environment:** exposure to light during the night can reduce sleep quality, so try to block out as much light as possible. Aim to keep the room cool, but not too cold. An environment that is too hot or too cold can disrupt sleep quality.
- **Be physically active during the day:** research shows that physical activity is beneficial for sleep quality, so try to include some exercise or physical activity in your day.
- **Keep a consistent sleep schedule:** this will help to regulate your sleep-wake cycle, which has been linked to improved sleep quality.

If you are trying to improve your fitness make sure you're getting enough good quality sleep – aim for at least seven to nine hours of sleep each night.

By arrangements with The Conversation

Hormones and Hygiene

Hafsa Shah

Hormonal fluctuations and its effect on the physiology of the individuals has often been discussed in newsrooms and newspapers. However, less attention has been paid to the subject of oral health, which is equally important, during such discussions. It thus becomes pertinent that some time is spent delving on what hormonal changes imply for certain sets of individuals, in particular. Individuals born with a womb, (women, non-binary individuals, transgender men among others) experiencing hormonal changes may be more susceptible to oral health problems. These hormonal fluctuations may include puberty, menstruation, or when using oral contraceptives, during pregnancy and at menopause. The people experiencing such biological cycles need to pay extra attention to their oral health during these stages as hormones affect the body's response to toxins that result from plaque build up leading to the development of periodontal disease.

For example, during Puberty-raging hormones can leave a teenager's gums red, swollen and bleeding. This is known as Gingivitis. Some teenagers may also find themselves developing canker sores which usually heal on their own.

For menstruators, there is an increase in levels of hormone progesterone due to which some individuals may experience oral changes that can include bright red swollen gums, swollen salivary glands, and development of canker sores or bleeding gums. Menstruation gingivitis usually occurs a day or two before the start of period and clears up shortly after period has started.

On the other hand, birth control pills (hormonal contraceptives) contain progesterone, which increases the level of that hormone in the body. These hormone changes can bring about an inflammatory response in the gums leading to sore, swollen or bleeding gums.

According to Journal of ADA (American Dental Association) women who use oral contraceptives are nearly twice as likely to experience dry socket after having a tooth extracted.

However, Pregnancy continues to remain one of those biological



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periods when a mentruator's body is in hormonal hyperdrive. Changing hormonal levels accentuates the gingival response to plaque. Nearly 60-75% of pregnant people have gingivitis that occurs when gingival becomes red and swollen and sometimes has a raspberry like appearance. There is an increased tendency to bleed, however it is usually painless. In some cases, the inflamed gingival forms discrete tumour-like masses which are referred to as pregnancy tumours. It is most common between second and the eight months of pregnancy (first

and third trimester respectively). Partial reduction in severity of gingivitis occurs by 2 month postpartum, and, after 1 year, the condition of the gingiva is comparable to that of patients who have not been pregnant.

Approximately 40% of pregnant women have some form of periodontal disease (inflammatory disease of tissues surrounding and supporting the teeth). They may also be at risk for cavities due to changed eating habits.

Further, during menopause, the usual rhythmic hormonal fluctua-

tions of the menstrual cycle end. There is a huge change in menstruating individual's lives, and this has direct implications for oral health. The oral symptoms include altered taste, burning sensation and increased sensitivity to hot and cold foods. The gingival and remaining oral mucosa are dry and shiny, they vary in colour from abnormal paleness to redness, and they bleed easily.

There are two critical changes to be aware of: Dry mouth and Bone loss. Dry mouth, also known as xerostomia, can result in the development of

tooth decay and gum disease because saliva is not available to moisten and cleanse the mouth. It is important to know that dry mouth can also result from many prescription and over-the-counter medications.

The gradual loss in estrogen that occurs with menopause also puts older individuals at risk for loss of bone density (a condition called osteoporosis) which can lead to tooth loss. Receding gums, which expose more of the tooth surface to potential tooth decay, can be a sign of bone loss in the jawbone.

RELATION OF ORAL HEALTH PROBLEMS TO OTHER HEALTH PROBLEMS

Mouth is a gateway to the body. A healthy mouth can help you maintain a healthy body. Researchers have discovered a connection between declining oral health and underlying systemic conditions. Oral bacteria and the inflammation

associated with a severe form of gum disease known as periodontitis might contribute to various diseases and conditions, including Endocarditis, Cardiovascular diseases and Diabetes as research shows that people who have periodontitis have a harder time controlling their blood sugar levels. Regular periodontal care can improve diabetes control.

Further, pregnant individuals with periodontal diseases have been reported to be at increased risk of adverse pregnancy outcomes, including preeclampsia, pre-term delivery and low birth weight. There is a two-fold increased risk for preeclampsia (hypertensive disorder) in the presence of periodontal disease and it is a major cause of perinatal and maternal morbidity and mortality. Other conditions that might be linked to oral health include pneumonia and other respiratory disorders, rheumatoid arthritis, eating disorders and an immune system disorder that causes dry mouth (Sjögren's syndrome).

PREVENTION OF ORAL HEALTH PROBLEMS

Hormones are a fact of life, but they don't have to interfere with an individual's ability to maintain a healthy smile at every age and stage of life. The best ways to keep your teeth and gums healthy involve basic care habits like brushing your teeth at least twice daily (preferably with a fluoride toothpaste). Floss your teeth at least once a day, clean your tongue to remove bacteria at least once a day, rinse mouth with antiseptic mouthwash at least once a day. When it comes to diet, decrease intake of sugars and eat a high-fibre, low fat diet that includes plenty of fruits and vegetables; drink fluoridated water, avoid tobacco products; replace toothbrush every three to four months; have your teeth cleaned by a dental professional every six months.

Taking everything into account, the broader societal impact of improving oral systemic health cannot be overemphasized. We need to only educate ourselves and implement small logical changes in our practice.

The Author works as an Intern at Government Degree College, Srinagar, Kashmir

Hyderabad Man Beheads Friend, Rips Out His Heart, Surrenders: Cops



Agenceis

Hyderabad: A 22-year-old man allegedly killed his friend for texting and making calls to his girlfriend, who was previously in a relationship with the victim, police said today.

The accused later beheaded his friend, removed his heart and private parts, chopped his fingers, and later walked to the police station to surrender himself yesterday, the police said.

Police launched a detailed investigation after registering a case on the accused's statement and recovered the body to shift it to a local government hospital for autopsy.

As per the police, Naveen and Harihara Krishna completed their intermediate together at college in Dilsukhnagar.

The girl at the center of the incident was also a student of the same college.

The two fell in love with the girl, however, Naveen first expressed his love for her and

she accepted her proposal, although a couple of years later the two parted ways, and the girl got into a relationship with Harihara Krishna after the latter proposed to her, Police said.

Despite breaking up, Naveen was in constant touch with the girl and kept on texting and making calls to her which got Krishna badly upset.

The accused waited for more than three months for an opportunity.

On February 17 the two men got into an ugly scuffle after getting high on alcohol, and Krishna throttled Naveen to death, Police said adding that the accused separated victim's head, removed his private parts, heart, and chopped fingers.

"The accused allegedly took pictures and sent them to his girlfriend on WhatsApp," the police said, adding that a detailed probe into the matter is underway.

"Mentality Of West Was Imposed On India For 70 Years": Minister Anurag Thakur

Agenceis

Raipur: Union Minister of Youth Affairs and Sports Anurag Thakur today said that "mentality of western countries" was imposed on India for 70 years but the thinking has been changing now.

He also cautioned the youth to remain alert against the forces trying to break up the country using "a report, billionaire and other means." Mr Thakur was speaking at Yuva Samvaad India @2047 organized by Nehru Yuva Kendra Sangthan Chhattisgarh unit at Rawatpura Sarkar University in Dhaneli village.

"We should be proud of our heritage, history, art, culture and tradition. The mentality of western countries was imposed on our country for 70 years. The work of changing this thinking has been done in the last eight years," the BJP leader said.

"Today, we can say with pride that magnificent Somnath Dham, Kashi Dham, Kedarnath Dham and Mahakal Dham were built, and next year the construction of Ayodhya Dham will be completed," he added.

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The development of these places has increased tourist footfall, generating employment for

the locals, the minister said.

Mr Thakur warned the youth to remain alert against "forces trying to break up the country using a report, billionaire and other means." He, however, did not elaborate which "report" or "billionaire" he was referring to.

There is a need to remain alert against those who spread propaganda against the country and mislead people, Mr Thakur added.

WE SHOULD BE PROUD OF OUR HERITAGE, HISTORY, ART, CULTURE AND TRADITION. The mentality of western countries was imposed on our country for 70 years. The work of changing this thinking has been done in the last eight years,

Kashmir's CHAC Systems Wins Daikin's Highest VRV Sales Award FY 2021-22



Srinagar: Daikin Industries Ltd., a Japanese multinational air conditioning manufacturing company, awarded the first Kashmir-based heating, ventilation, and air conditioning company, Continental Heating and Air Conditioning Systems (CHAC Systems), with the highest Variable Refrigerant Flow (VRV) Sales Award.

In the Daikin's dealer awards, CHAC Systems, which is the leading central heating and air conditioner company in Kashmir redefining comfort for over 27 years, won the highest VRV Sales Award for the Financial Year 2021-22 for J&K region.

Founder and Managing Director of CHAC Systems, Urfi Mustafa Shonthu said that the award by Daikin Industries Ltd. was a testimony to the professional services they have been rendering to the clients in J&K for the past two and a half decades.

An industry leading company in Heating, Ventilation and Air-Conditioning (HVAC), CHAC Systems, established in the year 1996, is counted amongst the prestigious manufacturers of an unmatched quality gamut of Central Heating, Floor

Heating, VRV, and VRF Systems. CHAC Systems Operational Head Sufyaan Shonthu said that the award has encouraged his company to not only widen its scope and go for larger sales in the J&K region but also expand in other territories of the country.

The range of products of CHAC Systems is developed with the use of optimum quality raw materials and progressive techniques in line with the industrial quality norms.

CHAC Systems is a professionally managed organisation having a team of experienced engineers, who are among the pioneers in the field of HVAC in J&K.

It is the single-largest company in North India to have successfully laid more than 1 lakh square feet of floor heating and provided central heating systems to 500 plus commercial structures and domestic houses.

CHAC Systems deals in quality assured and imported products best suited for sub-zero temperatures offering 24x7 services and maintenance and a complimentary first year free servicing.

CONTD. FROM FRONT PAGE

Property Tax Will

development and emerge as engines of growth. For that, financial self-sustainability of cities is necessary. Property tax in J&K will be one of the lowest in the country and will be used for improving public amenities in J&K," he added.

Speaking at a function here on Friday, Sinha criticised those opposing the introduction of property tax, saying, "We want every facility but are not ready to pay for anything. People need to rethink this."

People raising "unnecessary hue and cry" over the imposition of property tax despite it being the lowest in the country, he had said.

"The people are supreme and it is the duty of the administration to watch their interests but those who are capable of paying for the services are also not interested in paying. They have money to buy iPhones, internet data packs and for playing video games but are not ready to pay the taxes," the LG had said.

1/3rd of Population

than 1500 square feet," he said. He also said that the tax is to be paid only once in a year.

He added that the collected amount will be used for the people and the amount will remain in the account of corporation and municipal committees only.

Bidhuri further stated that there was no option other than imposing property tax, which would be acceptable to the people, for ensuring better facilities to them.

The SMC Commissioner, while interacting with media persons, said that the tax that would be collected from people from April will be used for better facilities to people. "At present SMC's revenue is just ten per cent compared to its requirement. This will help in ensuring better services and facilities to the people as the tax cannot be transferred to the central or state government and used for developmental purposes only," he said—(KNO

Top Officials Brief

that the property tax adopted by J&K is a progressive model. The tax to be collected will go into the account of the local bodies only and will be used for the development of the respective city only. The Tax rates are among the lowest in the country, they informed.

The members present calculated the model test cases of commercial as well as residential properties. The tax is to be paid annually not monthly and Residential properties up to 1000 sqft have been exempted from the tax so are the agricultural land as well the religious places.

The tax slabs have been kept in a very progressive manner so that the distributive Justice is taken care of.

The members present gave their valuable feedback and sought clarifications on a number of issues related to the collection. The officials present replied to the queries raised.

Meanwhile, the property tax will be effective from 1st April, 2023.

7 Labourers From J&K

labourers have been shifted to a private hospital in Meerut, said police.

"The roof collapsed after an explosion in the cold storage. More than 18 labourers have been rescued till now, 12 injured were admitted to hospital. As per locals, 25 labourers were inside the cold storage when the incident took place. We are confirming this. The rescue process is underway," Deepak Meena, District Magistrate, Meerut, told reporters.

HC Transfers Trial

left the room after the minister allegedly tried to molest her.

However, Khan had contested the charges and said he has been falsely implicated in the case.

According to the petitioner, he engaged the service of Advocate Mohd Abdullah Pandit but he received threats to his life and withdrew, while

two more lawyers refused to take up the case.

"Notice of the application was sent to the respondent/State as well as to the complainant. The State has put in its appearance but no objections to the application have been filed, despite a lapse of seven years from the date of its filing," the high court said, adding the complainant has neither put in her appearance nor objections to the application.

"The contention of the petitioner that at least three advocates of Srinagar whom he had approached to take up his case, showed their inability to do so, has remained un-rebutted. Therefore, the apprehension of the petitioner that he will not receive a fair trial of the case at Srinagar, appears to be well founded," the judge said.

The court allowed the petition of Khan and withdrew the case from the court of Chief Judicial Magistrate, Srinagar and transferred it to the court of Chief Judicial Magistrate, Jammu.

"It is however, directed that the petitioner shall bear diet and travel expenses of all the prosecution witnesses, excepting those belonging to police department," the court said.

It directed the parties to appear before the court of Chief Judicial Magistrate, Jammu on April 12, by which date, Chief Judicial Magistrate, Srinagar shall transfer the original record of the file to it.

Sino, Pak Ties

activities and values that support the Indo-Pacific - free and open Indo-Pacific, but Indo-Pacific that's prosperous and supports the values that we as these four countries represent," he said.

When asked about India's military relationship with Russia, he said globally Russia is having a really difficult time fulfilling orders for military contracts.

"We see plenty of evidence of that around the world. And if you look at press reporting, I think you can see the Indians are also wondering whether Russia will be able to provide for

its defenses," Mr Lu said.

Mr Lu strongly refuted the allegations that India avoids the use of war when it comes to Russia.

"India uses the word 'war' all the time," he asserted.

"You heard Prime Minister Modi say, in August, now is not the era for war. You heard External Affairs Minister Jaishankar say in September, at the UN, that we need this war to end through diplomatic means and along the principles of the UN Charter, reinforcing territorial integrity and sovereignty," he said.

"And then, in November you heard the Indian Defense Minister say the threat to use nuclear weapons by Russia is totally unacceptable and at odds with the basic tenets of humanity. So, I don't particularly see a reluctance to use the word 'war'. I think they use it all the time," Mr Lu said.

DGP for Detailed

for effective border management, he said.

Additional Director General of Police (ADGP), Jammu Zone, Mukesh Singh; ADGP (Coordination) Police Headquarters, Danesh Rana; Divisional Commissioner, Jammu, Ramesh Kumar; General Officer Commanding (GOC), 28 Infantry Division 15 Corps, Major General Girish Kalia; and GOC 26 Infantry Division, 9 Corps, Major General Gaurav Gautam attended the meeting, the spokesperson said.

Deputy Inspector General (Operations), BSF Jammu Frontier, Vikrant Nayar; deputy commissioners and senior superintendents of police of Jammu, Kathua and Samba districts also attended the meeting.

Online Platform Brings

a mental health crisis and effectively interact and establish a therapeutic relationship. This session will be based on an Islamically integrated model of counselling and therapy."

The finale of the series—"How to Overcome Addictions: An Islamic and Psychotherapeutic View"—is set for debate on March 25, 2022.

"In this session," the organisers said, "two

psychotherapists, who are also experienced Imams, will address mental health and well-being from a spiritually integrated therapeutic perspective. The focus will be on how to address addictions and work towards embracing inner change."

Make Yatra

directed to clear the snow from the roads on both the axis of Chandanwadi and Baltal before the end of April so that other departments are able to carry out their activities smoothly, the spokesperson said.

The chief secretary urged all the departments, including the Shrine Board, to prepare well ahead of the commencement of the yatra for its successful conduct this year.

He asked the divisional and district administration to take every measure for risk mitigation.

The chief secretary asked the deputy commissioners concerned to facilitate all the service providers so that the facilities created at each location are appropriate and sufficient for both the devotees and facilitators, the official said.

He advised them to work in coordination with each other and use the work window very efficiently so that every facility is ready by mid June, the spokesperson said.

He stressed on focusing more on stabilization of slopes in vulnerable stretches, construction of foot bridges along the yatra track, repairing safety railings and removal of slips and installation of signages for the safety and ease of pilgrims.

The Detailed Project Reports of the works to be taken in hand for successful conduct of the yatra should be given timely administrative approval, Mehta said.

He stressed on creating health facilities with appropriate bed capacity at each location with allied facilities like oxygen supply, X-ray, ECG and others as per the actual requirement, the official said.

He also asked for the trial running of all the helipads on both the routes well before time.

Despite being geographically distant from Kashmir how Kashmiris in West maintain cultural, social, and emotional linkages with their homeland. Tune-in to latest KO podcast

KASHMIR
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Ill-Gotten Assets Of 02 More Drug Peddlers Seized IN Shopian

Observer News Service

SHOPIAN: Acting tough against drug traffickers, District Magistrate Shopian today ordered seizure/ freezing of illegally acquired properties of two more drug traffickers in the district.

The action has been taken under the provisions of Chapter VA of the Narcotic Drugs & Psychotropic Substances Act, 1985. As per the orders issued today, the said properties shall not be transferred or any other use undertaken on it without the permission of the District Magistrate.

The Competent Authority under Narcotic Drugs and Psychotropic Substances (NDPS) Act, Shopian, accorded a seal of approval to freezing of ill-gotten properties of two more

drug peddlers who were given reasonable time period to prove credentials and produce the requisite documents that substantiate the property as legal.

The frozen property includes illegally acquired buildings and land from the proceeds of narcotics trade. The properties were purchased from ill-gotten money of drug trafficking within the last six years in the name of accused persons as well as in the name of their kith and kin.

The district administration has issued notices to several persons involved in the drug trafficking in the recent past and asked all of them to disclose the source of the acquisition of the properties and has in previous week frozen assets of 05 drug traffickers in the first instance.

PDP Takes Out Protest March Against Property Tax In J&K



Press Trust Of India

SRINAGAR: Peoples Democratic Party (PDP) on Saturday took out a protest march here to demand roll-back of the Jammu and Kashmir administration's decision to impose property tax in the Union Territory.

The Union Territory administration on Tuesday ordered the imposition of property tax in municipal areas from April 1. The tax rates will be five per cent of taxable annual value for residential properties and six per cent for commercial properties, it stated.

Dozens of People's Democratic Party (PDP) activists led by Suhail Bukhari, its chief spokesperson, took out a protest march from the party headquarters near Sher-e-Kashmir Park here.

The party activists raised slogans against the imposition of the property tax and demanded its roll-back.

The protesters tried to march towards the Lal Chowk city

centre but were stopped by a contingent of police near the Traffic Headquarters. They later turned back and dispersed.

Speaking to reporters, Bukhari alleged that the government was trying to economically weaken the people of Jammu and Kashmir.

"First, our political rights were taken away, then democracy was buried here, poor people were harassed in the name of demolition and their houses bulldozed.

"Now the property tax. The economic situation in Jammu and Kashmir has become worse in the last five years. There is no employment (generation), the industrial sector here is weak," he said.

The PDP chief spokesperson said the administration should have held people's hand "but, contrary to that, the BJP government is trying to further the troubles of the people".

He demanded that the government roll back the decision.

PHQ Promotes 15 ASIs, 04 HCs To Next Rank

Observer News Service

JAMMU: The Jammu and Kashmir Police Headquarters has issued promotion orders in respect 15 Assistant Sub-Inspectors of J&K Police Executive Cadre and 04 HCs of J&K Police Ministerial Executive Cadre to the next rank under different orders.

In-situ promotion in favor of 04 Sub-Inspectors of J&K Police Ministerial Executive Cadre was also sanctioned.

As recommended by the Departmental Promotion Committee and after thorough scrutiny

of the service records, promotion in respect of 15 Assistant Sub-Inspectors of Jammu and Kashmir Police Executive Cadre to the rank of Sub-Inspectors and 04 Head Constables of Jammu and Kashmir Police Ministerial Executive Cadre has been promoted to the rank of Assistant Sub-Inspectors (M) vide two different orders of PHQ J&K.

The Director General of Police J&K Dilbag Singh has congratulated the promoted officers & their families and hoped that the officers would continue to work with zeal and zest.

TAAK Facilitates KCCI President

Observer News Service

SRINAGAR: Travel Agents Association of Kashmir (TAAK) Saturday felicitated newly elected President of Kashmir Chamber of Commerce and Industry (KCCI) Javed Ahmad Tenga and its Secretary General Faiz Ahmad Bakshi.

In a simple ceremony here at TAAK Office, Tenga hailed the contribution of TAAK in the tourism sector, saying the association has earned a good name and faith owing to its impeccable services it has rendered for the growth of the tourism sector in the Valley.

Tenga said tourism is one of the mainstays of the economy and all the issues it is facing will be taken up with the higher authorities.

On the occasion, Faiz Bakshi said the new KCCI body formed

after a gap of four years has many unfinished tasks which they will take up on priority basis.

He also assured his all out support to TAAK for all its promotional activities in advance to highlight the issues.

Earlier, President TAAK Farooq A Kuthoo felicitated and congratulated Tenga and Bakshi for their landslide victory in the KCCI elections.

Kuthoo, who also won election, and is elected EC to the newly constituted body of the KCCI, said the Chamber has a great role to play in the development of all economic sectors especially tourism in the Valley.

Former Presidents of TAAK Rauf A Trambo and Peerzada Fiaz, Ashfaq Siddiq Dug, Secretary General Sajad A Kralyari besides other Executive Members were present at the facilitation ceremony.

LG Calls For Causative Analysis Of Road Accidents; Reviews Road Safety in J&K



Observer News Service

JAMMU: Lieutenant Governor Manoj Sinha Saturday directed the concerned departments to conduct causative analysis of road accidents for multi-pronged road safety strategy. He also issued directions to complete the works of crash barriers installation at the identified spots.

LG issued directions during a high-level meeting to review the Road Safety measures in J&K, at the Civil Secretariat.

During the meeting, the Lt Governor took an appraisal of the implementation of directions issued with regard to improving the Road Safety in the UT and steps taken since the previous meeting.

While reviewing the enforcement activities being undertaken by the Traffic and Motor Vehicle Department, the Lt Governor directed for taking strict action against the violators who temper with speed limit devices installed in their Vehicles.

The Lt Governor also enquired about the completion of works related to identifying black spots along highways and utilization of the road safety fund.

The chair was informed that 100 unauthorized cuts have been plugged; besides crash barriers along 98.65 Kms and 3104 speed limit signage have also been erected since April 2022.

Appreciating the efforts of

MVD Jammu Realizes 4.22 Lakh Fine From Violators

JAMMU: A team of Motor Vehicles Department, headed by RTO, Jammu Pankaj Bhagotra, on Saturday laid special naka at different locations of Jammu-Pathankot and Jammu Srinagar National Highway to check the visible offences under Motor Vehicles Act, 1988 and Central Motor Vehicles Rules 1989.

The enforcement drive was carried out at different locations on National Highway from 02.00 am. More than 300 vehicles were checked and 84 vehicles were compounded/Challaned with Rs 4.22 lakh fine for various violations such as diversion of route permit, fare overcharging, carrying excess passengers, plying without fitness, without Permit, without Speed Limiting Device and protruding of rods. The main focus on today's drive is on overcharging from passengers, Violation of Route on National highways and overloading.

The enforcement team consisted of Mohammad Saleem ARTO (HQ), Jammu, Tara Mani Sharma, ARTO (Flying Squad), Motor vehicles Inspectors Rajeev Kundal, Anupam Gandotra, Ranjeev Bhasin and other staff.

all stakeholders for their commendable efforts towards improving road safety in UT, the Lt Governor asked them to develop a robust mechanism to check the health status of drivers.

"All stakeholders work towards the common goal of road safety & reducing road fatalities," the Lt Governor said.

Reviewing the process of installation of CCTVs along roads on National Highways, the Lt Governor asked the concerned agencies to complete the work well within the stipulated time frame.

He further stressed on addressing the issues of old ve-

hicles, if any, running on roads, checking overloading and unauthorized hoardings.

Directions were also issued for completing Inspection and Certification Centre (ICC), Samba, Institute of Driving, Training and Research (IDTR), Kot Bhalwal, Jammu and Intelligent Traffic Management Systems at JMC & SMC and making them functional at the earliest. The Lt Governor stressed upon active cooperation of all the stakeholders and effective measures for road safety and appropriate interventions to reduce road accidents.

India's G20 Presidency: VC KU Chairs 'Interactive Session With Women-20 Delegates

Observer News Service

SRINAGAR: Vice-Chancellor University of Kashmir Prof Nilofer Khan on Saturday chaired an interactive session with delegates of 'Women20', an official G20 engagement group focussing on gender equity, at Panjab University, Chandigarh.

Eminent women delegates of national and international repute, associated with W20, attended the interaction session at the varsity's Centre for Women's Studies and Development, a statement reads.

In her presidential remarks, Prof Nilofer called for inclusive consultations and action-oriented recommendations, in line with the country's W20 Goals, to achieve gender equality and create an enabling environment for women to excel and transform their lives.

She said five key priorities of W20 have been appropri-



ately chosen for deliberations in view of their critical importance to understanding and addressing newer challenges in the way of gender equality.

"A lot of recommendations have to focus on the needs and requirements of women from underprivileged sections of the society. It is here that the W20 platform can step in with possible interventions and see how best we can help make a difference at grassroots," the Vice-Chancellor said.

She informed the gathering that the University of Kashmir recently hosted the Civil20 Working Group Meeting on Gender Equality and Disability

which evolved a slew of recommendations for further deliberations at the G20 platform.

"The W20 priorities include women's entrepreneurship, grassroots women leadership and bridging the gender digital divide. In this context, the W20 platform is one of the best opportunities to put our heads together to see how best these goals can be achieved with practical solutions," Prof Nilofer said.

Notably, besides hosting the Civil G20 Working Group Meeting on Gender Equality and Disability, the University of Kashmir has been chosen among 15 institutions in the country to host Youth20 events as part of the country's G20 Presidency. The Youth20 event at the University, scheduled in May 2023, will focus on climate change and mitigation in view of the climate change which is reported to be impacting the Indian Himalayan Region (IHR).

Property Tax Being Meager Won't 'Burden' Masses: DC Pulwama

Observer News Service

PULWAMA: Deputy Commissioner (DC), Basser-ul-Haq Choudhary today said the property tax levied would be meager that would not burden common masses.

DC Pulwama said the Property tax will be levied by Municipalities to augment their resources for the development and improvement of infrastructure and services in the town.

"Tax collected shall be deposited in the Bank Account of the concerned Municipality. The income collected from property tax will remain one of the main revenue generation sources for Municipalities," Choudhary said during an awareness program held at Town Hall Awantipora to dispel and clarify the misconceptions regarding the matter.

The DC assured the people that with the ULB development, their lives will be improved to a great extent besides the quality and level of services provided by the



ULB. Tax to be added annually and not monthly, he added.

Further, the DC said that more awareness camps and seminars will be held across the District to sensitize the masses about the Property Tax.

The awareness program was attended by the officers from various Departments, members of civil society and trade unions.

During the program, people were sensitized about the property tax and the benefits besides the misconceptions revolving around the property tax were also cleared. The officers also explained the Property Tax provisions in detail to the audiences.

Speaking on the occasion, Officers said there is a lot of factually incorrect and misleading information circulating in the media with regard to Property Tax. So it is important that the general public is made aware of the correct information and facts of the matter.

The people were sensitized that the Property tax is progressive in nature with minimal implications to small households and businesses. The officers informed the gathering that houses and apartment's up to 1000 sqft and agricultural land are completely exempted from the tax. All places of worship, including temples, masjids, gurudwaras, churches, ziarats and cremation/ Burial grounds are also exempted, they added.



LG Hands Over Appointment Letter To Slain KPs Wife

Observer News Service

JAMMU: Lieutenant Governor Manoj Sinha Saturday handed over an appointment letter to Suneeta Pandit, wife of slain Suneel Pandit.

Suneel Pandith was killed by

militants in Shopian.

The Lt Governor assured all possible assistance from the UT Administration to the family of the martyred civilian.

The family members of Suneel Pandit were also present at the Raj Bhawan.

Rs 5.45 Lakh Penalty Imposed On 07 Erring FBOs In Anantnag

ANANTNAG: The Additional Deputy Commissioner (ADC) Anantnag, Dr Sheikh Mohd Ashraf (Adjudicating Officer) today imposed a penalty of Rs 545000 on 07 Food Business Operators including some prominent Companies for contravention of the Food Safety And Standards Act.

The penalty has been imposed in exercise of the powers vested with the Additional Deputy Commissioner under section-68.

The accused during the trial of the cases filed by the Food Safety Department were convicted as they were found violating the regulatory provisions of law on the subject.

The statutory samples procured by the Food Safety Officers of the District on analysis at National Food Laboratory Ghaziabad and Food Laboratory Kashmir were declared as of Sub-Standard and Misbranded Quality.

The ADC after considering the complaints filed by the Food Safety Department and the submissions made by the authorized counsels on behalf of the Accused came to the conclusion that the charges of contravention of aforementioned provisions of Food Safety and Standards act were substantiated and warranted imposition of penalty on the accused to the extent of the provisions of Food Safety and Standards Act.

DIG-Traffic Reviews Measures For Smooth Traffic Flow On Jammu-Srinagar NH

Press Trust Of India

RAMBAN/JAMMU: Jammu DIG (Traffic) Shridhar Patil on Saturday during a visit to the strategic 270-km Jammu-Srinagar National Highway was briefed about the condition of the road that has seen frequent closures over the past few weeks due to landslides and shooting stones.

The highway is the only all-weather road linking Kashmir with the rest of the country.

Patil, who recently assumed the charge of DIG (Traffic), Jammu, travelled from Nashri to Banihal, and Ramban Senior Superintendent of Police (SSP) Mohita Sharma apprised him about the problems being faced, an official said.

Sharma also holds the charge of SSP-Traffic National Highway and he briefed Patil about the condition of the road, black spots and bottlenecks hindering smooth movement of vehicles.

She also briefed the DIG about on ground difficulties

faced by the traffic police.

Patil assessed the ground situation by visiting the landslide and shooting stones prone areas of the highway, including Dalwas, Mehar, Panthyal and Sherbibi, the official said.

In a meeting with the project director for the national highway and on-ground officials, the DIG said that "our priority is to make the highway incident and congestion free for the safety of commuters".

He directed the officers to make the highway congestion free by penalizing vehicles obstructing free flow of traffic by wrong overtaking.

Patil also called for strict action against overloading, over-speeding and drunken driving and asked officers to use technology and e-challans.

The officer appreciated the efforts of personnel performing duties in difficult stretches of Dalwas, Mehar, Panthyal and Shal-gari and sanctioned rewards in their favor to boost their morale.

Effort On To Reopen Snow-Bound Sgr-Sonamarg-Leh Road



Observer News Service

GANDERBAL: Officials and workers are making every effort to clear the Srinagar-Sonamarg-Leh road, spanning 430 kilometers, which was closed on January 7 due to heavy snowfall.

An official said the task of clearing the road of snow at such high altitudes is "no easy feat".

"Men and equipment have been pressed into service at 11,500 feet, particularly at the challenging Zojila Top, and the road would be opened as soon as possible," the official said, adding despite the bone-

chilling cold and harsh snowstorms, the snow clearance teams continued their work.

The Ladakh UT has remained cut off from the rest of the country since January 7 after heavy snowfall which led to the blockade of the Zojila on the strategic highway.

The road connecting Ladakh with the rest of India is not just a stretch of asphalt and concrete, but a lifeline for the people living in this remote region. For centuries, Ladakh has relied on this road to transport essential goods and supplies, and to connect with the outside world.

LG's Rolling Trophy Cricket: Anantnag Enters Final



Observer News Service

ANANTNAG: In the first semi-final of LG's Rolling Trophy, host District Anantnag defeated District Ganderbal by 5 wickets at Govt. Higher Secondary School Bhijbehra on Saturday to enter the competition's final.

Anantnag won the toss and elected to field first. Ganderbal scored 152 for the loss of 8 wickets in the allotted 20 overs. Sayyar Sofi was the highest scorer with 63 runs from 44 balls. For Anantnag, Umar Farooq bowled a spell of 3 overs for 29 runs and 3 wickets, while Arif Ahmad took 2 wickets.

In response, Anantnag won the match by a comfortable margin of 5 wickets. Umar Farooq showed his all-round brilliance,

scoring 35 runs from 31 balls, while Zahid Naseer top scored with 43 runs of just 19 deliveries. Ganderbal's Shahid Khan claimed 3 wickets.

Earlier, the inauguration ceremony saw Dr. Shahid Iqbal Choudhary, Chief Executive Officer Mission Youth J&K, along with Dr. Basharat Qayoom, Deputy Commissioner, Anantnag, among the guests, which also included renowned J&K cricketer Parvaiz Rasool.

Joint Director Youth Services & Sports Kashmir, Bashir Ahmad, SDM Bhijbehra and District Youth Services & Sports Officer, Anantnag, Mushtaq Pampori, DYSSO Srinagar, Balbir Singh and Sports Officer Ganderbal Shiekh Shafat were also present on the occasion.

The other semi-final is being played at MAM Stadium in Jammu.

Real Kashmir Take On TRAU Away From Home Today

Observer News Service

SRINAGAR: Real Kashmir FC is all set to take on TRAU FC in 2022-23 I-League at Khuman Lampak Main Stadium in Imphal, Manipur today.

Both teams are mid-table in the I-League standings. Real Kashmir are sixth with 26 points in 18 games, while TRAU is one place above in fifth with 29 points from 18. A win would put Real Kashmir level on points with TRAU, but the Manipur-based team has superior goal difference, 1, compared to the Snow Leopard's -1.

Real Kashmir is coming into the match on the back of two successive come-from-behind wins. However, both those wins came at home, and the Srinagar-based football club has struggled for form in away games for the most part of 2023.

It will be interesting to see whether Gifton Noel-Williams' men will ride their luck once again. The match is slated for a 2:00 PM kick off.



Dhoni Was The Only One Who Reached Out To Me: Kohli



Press Trust of India

NEW DELHI: MS Dhoni was the only person who reached out to Virat Kohli when the latter was going through a lean patch last year.

Kohli has overcome that phase and last month scored his third hundred in four ODIs.

The Indian superstar had ended a long wait for his first hundred in close to three years with a ton in the Asia Cup T20 tournament in September.

Kohli shares a strong bond with Dhoni and that reflects in the manner in which he talks about India's World Cup-winning skipper.

"What is interesting is that throughout this phase apart from Anushka, who has been the biggest source of strength for me because she has been with me throughout this whole time and she has seen me very closely as how have I felt, things that I have gone through, the kind of things that have happened..."

"...The only person who, apart from my childhood coach and family...genuinely reached out to me has been MS Dhoni," Kohli said on the RCB podcast.

Kohli shared the dressing room with Dhoni for 11 years between 2008 and 2019 and calls the charismatic cricketer from Ranchi his 'captain forever'.

"He reached out to me and you can rarely get in touch with him. If I call him on any random day, 99 percent he will not pick up (the phone), because he just does not look at the phone."

"So, for him to reach out to me...twice it has happened now and one of the things that he'd mentioned in the message while reaching out to me was that: 'when you are expected to be strong and looked at as a strong individual people forget to ask how are you doing?'"

"So, it (Dhoni's words) hit home for me because I have always been looked at as someone who is very confident, mentally very strong, who can endure any circumstances and find a way and show us the way. "Sometimes, what you realise is that at any given point of time in life as a human being you need to take a couple of steps backwards, understand how you are doing, how your wellbeing is placed," Kohli added.

When Kohli suddenly quit Test captaincy following the tour of South Africa in the January 2022, he had revealed that Dhoni was the only one who had messaged him.

Anantnag Bat Manufacturer Signs MOUs With Int'l Leagues

Press Trust of India

ANANTNAG: A Kashmir-based cricket bat manufacturing company has signed Memorandum of Understandings (MoUs) with various international boards and leagues, in order to help them to scout young talent in the valley.

The company, 'Gr8 Sports', is the first bat manufacturing company to introduce the Kashmir willow bats in international cricket. Bats manufactured by the company were used during the T20 World Cup by cricketers from Oman.

"We have signed MoUs with different nations to give opportunities and exposure to the budding cricketers," Fawzul Kabir, managing director of the company, told reporters here. He said the company is providing local players a "huge opportunity" to make it big in the world of cricket.

"Our aim is to give raw talent to the world and provide cricketers with opportunities in the international teams and leagues, rather than sponsorship," he said.

Kabir said the company wants to make a database of cricketers from across the country and provide them opportunities. "Till now, the players did not have the framework to move forward in the career and the talent was being wasted. Now, they have the opportunity," he said.

"We have opened a talent management company 'Mobika Sports'. The budding cricketers below the age of 36 will create a profile on our website.

"They (players) will make the clips of their batting, bowling or wicket-keeping, then upload them on their profile on the website. They can also tag them to our social media accounts.

"This process will go on round the year and each player will have to upload at least 20 videos each of his batting or bowling at different times which we will assess and then select the potential candidates," he added.



Where To Watch EFL Cup Final MUN vs NEW In India?

Observer News Service

Manchester United will take on Newcastle United in the EFL Cup, also known as the Carabao Cup, on Sunday. The match will kick off at 10:00 PM.

The Red Devils last won the English Football League (EFL) Cup in 2017, where they defeated Southampton 3 goals to 2 for their fifth title.

Newcastle, on the other hand, haven't won a domestic title in over 65 years. But the team has seen a resurgence under new manager Eddie Howe this season, much like their Sunday's counterparts,



who have risen to new heights under manager Erik Ten Hag.

Unfortunately, for football fans in India, the EFL Cup final will not be televised in the region. However, the match can be live-streamed on FanCode app and website. Some reports suggest that the live telecast will require a one-time fee of Rs. 25.

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