

Article-370 Abrogation

Democracy Has Reached Grassroots Level In J&K: HM

Says Youth Now Carrying Books And Laptops In Kashmir Where Bomb Blasts, Strike And Stone Pelting Used To Happen

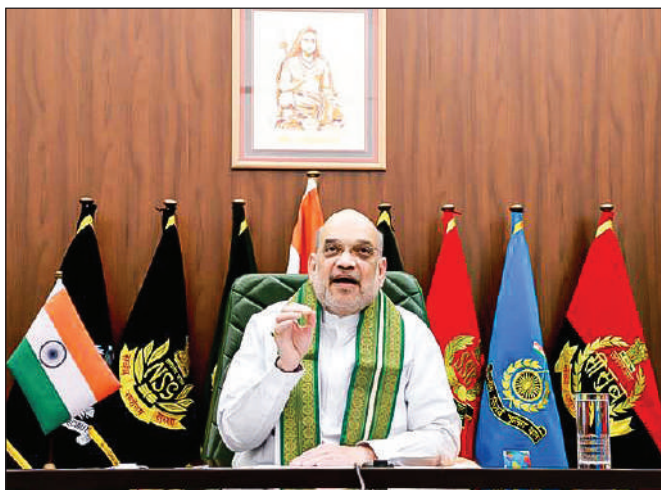
Observer News Service

New Delhi: Praising the leadership of Prime Minister Narendra Modi for bringing in positive changes in Jammu and Kashmir, the Union Home Minister, Amit Shah said on Thursday that in Kashmir where bomb blasts, strikes and stone pelting used to happen, the youth now are seen carrying books and laptops in their hands.

"Kashmir is the melting-pot of many cultures and a jewel in the crown of Mother India. The changes taking place in Kashmir are important not only for the children of Kashmir, but also for the entire youth of the country," Shah said.

He made these remarks while virtually addressing Kashmir Mahotsav, organized by the Indian Institute of Sustainability, Gujarat on Thursday. Several dignitaries including Union Minister Dr. Jitendra Singh were present on the occasion.

Last year, Shah said, around



1.80 crore tourists visited Kashmir and got to know Kashmiriyat and Kashmir culture and returned with a good message.

"There was a time when bomb blasts, strike and stone pelting used to happen in Kashmir, but today due to the changes brought under the leadership of Shri Modi, the

youth of Kashmir have books and laptops in their hands, they also have a new thinking for start-ups and potential to challenge the youth of the world," the Home Minister said.

He said that after the removal of Article-370 and 35-A from Kashmir, for the first time democracy has reached the grassroots level.

"Today more than 30,000 elected representatives of the people are working in the Panchayat system of Kashmir. The entire nation is happy with these changes brought by Prime Minister Narendra Modi in the last 9 years," he added.

Earlier, Shah, who is also Minister of Cooperation, said that India has been moving forward through coexistence for centuries and PM has given the mulmantra of 'Ken Bharat Shreshtha Bharat' along with several initiatives to strengthen coexistence in a country full of diversities.

Maintaining that PM has provided many platforms for the youth across the country, Shah said that 'Skill India', one such platform provides a global platform to the power and talent inside the youth.

He said that 4000 seats have been created in many new ITIs, more than 20 lakh youth have been trained in 126 streams in 15,000 ITIs.

'Start-up India is one such initiative under [More on P6](#)

NIA Attaches Al-Umar Chief's Srinagar House

Press Trust Of India

Srinagar: The National Investigation Agency (NIA) on Thursday attached property of Mushtaq Ahmad Zargar, who along with two other militants was released in exchange of passengers of the hijacked Indian Airlines plane in 1999, officials said here.

An NIA spokesperson said that Zargar alias 'Latram' was wanted in several cases, including the kidnapping of daughter of the then Union Home Minister Mufti Mohammed Sayeed in 1989.

Terming it as a "major offensive" against militants operating from the Pakistani soil, the spokesperson said that Zargar's two marlas (544 sq feet) house (Khasra No. 182) at Ganai Mohalla, Jamia Masjid, Nowhatta, Srinagar, has been attached under the provisions of stringent Unlawful Activities (Prevention) Act (UAPA).

"The procedure was carried out today by a team of the NIA along with the representative of district administration and local police. Zargar is a 'Designated Individual Terrorist' under the UAPA and has been operating from Pakistan ever since his release and funding terror activities in the valley," the spokesperson said. [More on P6](#)

Prepared To Meet Border Challenges: Army Commander

Press Trust Of India

Jammu: Northern Army Commander Lt Gen Upendra Dwivedi on Thursday said the Army was always prepared to meet any challenge and will spare no effort in ensuring the integrity of national borders.

He was speaking at the northern command investiture ceremony organised at the Mathura military station with military precision and detail, the Army said in a statement here.

It said 66 awardees received gallantry and distinguished service awards at the event presided by the General Officer Commanding-in-chief, northern command.

This included 49 Sena Medals (Gallantry), one Bar to Sena Medal (Gallantry), one Yudh Seva Medal, four Sena Medals for Distinguished Service, 10 Vishisht Seva Medals and one Bar to Vishisht Seva Medal, the statement said.

The Army said a total of 33 officers, three junior commissioned officers and 29 other ranks were awarded and recognised for various acts of valour and



distinguished services.

One Sena Medal (Gallantry) was received on behalf of rifleman Hussain Khan, who is in coma after being injured in an operation, by his father.

Lt Gen Dwivedi congratulated all awardees for their conspicuous bravery and dedication to duty, and urged all those present to emulate their achievements.

He also highlighted the extremely challenging conditions along the borders and reiterated that the Indian Army was always prepared to meet any challenge and spare no effort in ensuring a peaceful internal security situation and the integrity of the national borders.

Hi-Tech Gadgets Help CRPF In Precision-Based Ops: IG

Press Trust Of India

Srinagar- Bullet-proof vehicles, wall-through radars and drones are some of the new gadgets inducted by CRPF into its counter-insurgency operations in Kashmir, leading to precision-based actions against militants.

Several of these high-tech equipment were used in Tuesday's operation in Pulwama against two militants of the TRF allegedly involved in killing of Kashmiri Pandit Sanjay Sharma, who worked as a bank guard.

"In yesterday's (Tuesday's) encounter, we used a Critical Situation Response Vehicle (CSRV) that is bullet proof and it can be used for room intervention or to engage the enemy which is holed up inside a house. It has very little turning radius. It's bulletproof and can be used to ram the walls. We also have bullet-proof JCBs that are similar in purpose," IG CPRF (Kashmir Operations) M S Bhatia told PTL.



The CSRV and the JCBs have a bullet-proof cabin mounted on a forklift for security personnel to gain advantage of height against the adversary without being exposed to danger.

The CSRV cabin provides 180-degree protection while the JCBs have 360-degree protection for the soldiers inside the bullet-proof cabin.

Bhatia said drones were also being used by the force and they have played a vital role in counter-insurgency operations in the valley.

"Drones are [More on P6](#)

LG Asks Banks To Ensure Govt Benefits Directly Reach People

Calls For Increase Lending To Promote Entrepreneurship Amongst Youth

Observer News Service

Jammu: Terming banking sector as the backbone of Jammu and Kashmir's growing economy, the Union Territory Lieutenant Governor, Manoj Sinha said on Thursday that banks need to cooperate and complement government's efforts in reaching out to beneficiaries of all flagship schemes.

"Banking sector is the backbone of J&K's growing economy and collective efforts should be made to facilitate common man, farmers, industries, SHGs and young entrepreneurs.



Banks need to cooperate & complement government's efforts in reaching out to beneficiaries of all flagship schemes," Sinha said.

He made these remarks while chairing a high-level meeting of public sector banks,

administrative departments & other financial institutions at the Civil Secretariat here on Thursday.

The LG reviewed the action taken on the directions passed in the previous meeting on seamless credit to potential entrepreneurs [More on P6](#)

Chairs Meeting On Widening Of Amarnath Yatra Tracks

Jammu: Lieutenant Governor, Manoj Sinha on Thursday sought details of the scope of work to be undertaken for the widening, restoration and maintenance of the road to the holy cave of Amarnath shrine.

He sought these details while chairing a meeting of the officers from the Union Territory administration and Border Roads Organization (BRO) at Raj Bhavan here. K N Rai, Member of Shri Amarnathji Shrine Board; [More on P6](#)

Srinagar Man Sets Up Forest Area For Birds In Mother's Memory

Press Trust Of India

Srinagar- Mohammad Yasin was living a cozy life in Switzerland before an urge to realise his late mother's dream brought him back to Srinagar, where he set up a forest area for birds in the middle of the famous Dal Lake.

A traveller, Yasin's passion took him to several places before he ended up in Switzerland. However, the passion for birds, inculcated in him during his childhood as he watched his mother feed them, brought Yasin back to Kashmir as he tried to reconnect with her following her death.

"My mother was a big inspiration as I used to watch her feed the birds that came here. I



came back to set up this forest area, which, I feel, was a dream of my mother... it is the most important thing for me now," Yasin said.

"I fell in love with the birds

and I am happy to carry forward her work. She is not with us now but I am sure her soul is watching us," he added.

Yasin was in Ukraine for work last year when the war with

Russia broke out.

He said, "There I realised that in every country, people received us with open arms. We were like migratory birds — they also come from far-off places — and I understand that they need the same welcome."

While a significant number of local bird species have nested in the forest area preserved by Yasin, many winged visitors use it as a stopover.

Common moran, pond heron, malad, kingfisher, woodpecker and Siberian malad are some species that can be easily spotted in the forest area.

Yasin's father Abdul Raheem is proud of his son's effort.

"My wife started this... my son returned from Switzerland

to take care of it. Early morning, birds used to come to this place and my wife would feed them. She would say it is important to feed birds to get the blessings (of the almighty)," Raheem said.

In view of the growing number of birds and the forest area's popularity, Raheem wants the government to chip in for its upkeep.

"We don't need money from the government but it should take measures to take care of the birds," he said.

The bird forest story is getting traction on social media, bringing in curious people to this mini reserve.

"I came to know about this bird forest area from social media, although my showroom is nearby. I like it as [More on P6](#)

Pulwama Civic Body Chief Booked For Abusing Docs

Press Trust Of India

Srinagar: Police have registered an FIR against the Pulwama Municipal Council's chairperson for allegedly misbehaving with doctors at the Pulwama district hospital, officials said on Thursday.

The incident took place on February 27 and videos of it went viral on social media.

The FIR has been registered against Bilal Ahmad Rather based on a complaint from doctors and paramedical staff of the Pulwama district hospital, the officials said.

They have accused Rather of misbehaving with on-duty



staff of the hospital, hurling abuses on them and obstructing them from discharging their duties, leading to disturbance in patient care, the officials said. The matter is being probed, they said. [More on P6](#)

S H O R T T A K E S

Two Dead As Mini Bus Overturns

A mini bus overturned in Rajouri district of Jammu and Kashmir on Thursday, leaving two passengers dead and 12 others injured, officials said.

The private passenger vehicle was on its way to Kandil from Budhal when the accident took place near Phani Tran village around 11.30 am, they said. Block Medical Officer, Kandil, Dr Iqbal Malik said the injured were brought to community [More on P6](#)

Prof Tanvir Is Principal GMC Srinagar

The Jammu and Kashmir administration on Thursday appointed Prof Dr Masood Tanvir as Principal of the Government Medical College (GMC) Srinagar. According to an order, Dr. Masood Tanvir Bhat, Professor & HoD Medicine, Government Medical College, Srinagar has been appointed as Principal, Government Medical College, Srinagar, [More on P6](#)

ACB Traps Policeman In Bribe Case

The sleuths of Anti Corruption Bureau (ACB) on Thursday trapped a policeman for demanding and accepting a bribe from a person for releasing his son from police custody. The ACB Jammu received a written complaint on Thursday from a man alleging that his son Sahil Mehra has been arrested in a false and frivolous case on the [More on P6](#)

Teen Girl Hangs Herself

In a shocking incident, a teenage girl hanged herself to death on Thursday in Pattan area of north Kashmir's Baramulla district. 14-year-old girl (name withheld) was found hanging inside her home in Ugaur village of Goshugh on Thursday afternoon by her family members, reports said. The girl was immediately rushed to nearby Trauma hospital in [More on P6](#)

Two Gamblers Held In Kulgam

Police on Thursday claimed to have arrested two gamblers in an input driven raid in South Kashmir's Pulwama district. Mohammad Arif Khan and Bilal Ahmad Shah were arrested by a police party led by SHO Police Station Kulgam during a raid at a specific spot near Laroo bypass, a police spokesperson said. Besides playing cards, he said, an amount [More on P6](#)

Banihal Highway To Remain Closed Today

The Srinagar-Jammu highway will remain closed for the movement of vehicular traffic on Friday due to repair and maintenance works between Nashri and the NAVYUG tunnel, officials said Thursday. "NHAI has been directed by the Govt. to repair and maintenance works on NH-44 between Nashri and NAVYUG Tunnel. Because of this necessary repair work, traffic [More on P6](#)

از نیابت سری وار پورہ

درخواست متناہب جانہ بیگم بیوہ مرحوم غلام محمد بٹ ساکنہ سریر گیوہہ ڈانگر پورہ
برادہ عطائی Death Certificate بقیہ شوہر

اشتہار برادر آگاہی ہر خاص و عام

معاملہ مندرجہ عنوان الصدر میں ساکنہ نے ایک درخواست پیش کی ہے مطابق

درخواست ساکنہ جانہ بیگم بیوہ مرحوم غلام محمد بٹ ساکنہ سریر گیوہہ ڈانگر پورہ
تحصیل پیش کی سکونت دار ہے ساکنہ نے بھی ترک سکونت نہیں کی ہے سائل کا

شوہر مورخہ 28-12-2020 کو فوت ہو چکا ہے

سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا اشخاص کو کوئی عذر یا اعتراض

ہو تو وہ سات دن کے اندر دفتر نمائش پیش کریں معیار گذرنے بعد کوئی بھی عذر

یا اعتراض قابل قبول نہیں ہوگا۔

نائب تحصیلدار fko

PUBLIC NOTICE

I Padmavathi, mother of JC-571664A Sub Clk (SD) Mohan Lai presently residing at Vill : Aletty PO : Aramboor Teh : Sullia Dist : Dakshina Kannada State : Karnataka
Pin : 574314 have changed my Name P Padmavathi to Padmavathi and Date of Birth 01 Mar 1953 to 12 Jul 1952. It is true and verified as per documents.

fko

From The Principal District Judge, Srinagar

Present : Mr. Jawad Ahmad

Junaid Ahmad Rather S/o Late Gulam Mohammad Rather R/o Dara, Harwan Srinagar
1. Mehmooda W/o Late Gulam Mohammad Rather R/o Dara Harwan Srinagar
2. Muzamil Akhtar
3. Zahid Gul
daughter and son of Gh Mohammad Rather Residents of Dara Harwan Srinagar
In the matter of
Application for issuance of Succession certificate in favour of the petitioner(s)

Notice To Public At Large

Where the petitioners (s) Filed Above Titled Petition Before This Court Of Issuance Of Succession certificate in favour of Petitioner(s) in respect of Rs 4,03,721 as debits and securities in name of Deceased Namely: Late Gulam Mohammad Rather S/o Gulam Rasool Rather R/o Dara Harwan Srinagar who died on 26-05-2022. The petition is pending disposal before this court and the next date of hearing is fixed on 16-03-2023 Public Notice is hereby issued, informing all and sundry through the drom of this proclamation that at any anyone has any objection for issuance of succession certificate, he/she / they shall appear before this court either personally or through counsel or any authorized agent and file objections on or before 16-03-2023. Failing which the petition will be taken up and appropriate orders will be passed in the same In case, the date fixed is declared as holiday the matter shall be taken on the next working day.

Given under my hand and seal of this court on
Jawad Ahmad
Principal District Judge,
Srinagar

nj

University of Kashmir, Srinagar

Notice

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

Name: Showkat Ahmad Malla
Paretnage:- Nazir Ahmad Malla
Residence:-
Registration No : 631-MG-2013
Certificate/s lost:-
Roll No/s:- 7646
Session/ Year Dec 2015 -Jan 2016
Before University will consider issuance of Duplicate Certificate/s in favour of the candidate, any person having any objection shall report to the undersigned within one week from the date of issuance of this notice. The original certificate/s issued to the candidate be treated as cancelled
No: F(Duplicate/) KU)
Assistant Controller
bmg of Examinations (PG/UG/Prof



PUBLIC NOTICE

I want to change the name on Electricity Bill of band saw machine from Hajra Begum D/o Mohd Ismail Sheikh to Ab Gani Sheikh S/o Gh Mohi Din Sheikh R/o Palhalan Tantray Pora. If anybody having any objection in this regard he/she may file his/her objection in the office of the AWE Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Ab Gani Sheikh
S/o Gh Mohi Din Sheikh
R/o Palhalan Tantray Pora

fko

PUBLIC NOTICE

My name in the university records is mistaken entered as Sajad Muneer S/O Ab Hamid Rather while as my actual name as per records is Sajad Muneer S/O Ab Hamid Rather. Now I am applying for correction of the particulars. Anyone having any objection in this regard may please contact Islamic University of Science and Technology Awantipora in seven days no objection will be entertained after the expiry of the designated time period.

Sajad Muneer
S/O Ab Hamid Rather
R/O Aarath Budgam

fko

PUBLIC NOTICE

I have lost my 10th pass Discharge Certificate issued by Govt Boys Secondary School Sanoor Kalipora Budgam. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the above mentioned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Yasmeena Bano
D/o Ab Samad Sheikh
R/o Razwan Tehsil Beerwah

bmg

WhatsApp Rolling Out 'Report Status Updates' Feature On Android Beta

IANs

Meta-owned messaging platform WhatsApp is rolling out a new feature, which will allow users to report status updates, on Android beta.

Beta testers will see a new "report" action within the status options, reports WABetaInfo.

With the new feature, users can report any status update that might violate the Terms of Service, which will then be sent to the company's moderation team.

Also, the feature makes sure that the messages, media, location sharing, calls and status updates are all protected by end-to-end encryption

on all devices.

This means that no one else, not even WhatsApp, Meta and a proxy provider, can read the users' personal messages and listen to their private calls.

The new feature is useful as it will make the platform safe and secure for all users.

The ability to report status updates is available for some beta testers after installing the latest update of WhatsApp beta for Android on the Play Store, and is expected to roll out to more users over the coming days, the report said.

In January, it was reported that the messaging platform was working on this feature for Android beta.



Vitamin D Supplements May Help Prevent Dementia, Study Finds

Press Trust Of India

Taking vitamin D supplements may help ward off dementia, according to a large-scale study.

Researchers at the University of Calgary in Canada and the University of Exeter in the UK explored the relationship between vitamin D supplementation and dementia in more than 12,388 participants of the US National Alzheimer's Coordinating Center.

The participants had a mean age of 71 and were dementia-free when they signed up. Of the group, 37 per cent (4,637) took vitamin D supplements.

The study, published in the journal Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring, found that taking vitamin D was associated with living dementia-free for longer.

The team also found 40 per cent fewer dementia diagnoses in the group who took supplements.

Across the entire sample, 2,696 participants progressed to dementia over ten years; amongst

them, 2,017 (75 per cent) had no exposure to vitamin D throughout all visits prior to dementia diagnosis, and 679 (25 per cent) had baseline exposure.

"We know that vitamin D has some effects in the brain that could have implications for reducing dementia, however so far, research has yielded conflicting results," said Professor Zahinoor Ismail, of the University of Calgary and University of Exeter, who led the research.

"Our findings give key insights into groups who might be specifically targeted for vitamin D supplementation. Overall, we found evidence to suggest that earlier supplementation might be particularly beneficial, before the onset of cognitive decline," Ismail said.

While Vitamin D was effective in all groups, the researchers found that effects were significantly greater in females, compared to males.

Similarly, effects were greater in people with normal cognition, compared to those who reported signs of mild cognitive impair-

ment -- changes to cognition which have been linked to a higher risk of dementia.

The effects of vitamin D were also significantly greater in people who did not carry the APOEε4 gene, known to present a higher risk for Alzheimer's dementia, compared to non-carriers.

The study authors suggest that people who carry the APOEε4 gene absorb vitamin D better from their intestine, which might reduce the vitamin D supplementation effect. However, no blood vessels were drawn to test this hypothesis.

Previous research has found that low levels of vitamin D are linked to higher dementia risk.

Vitamin D is involved in the clearance of amyloid in the brain, the accumulation of which is one of the hallmarks of Alzheimer's disease.

Studies have also found that vitamin D may provide help to protect the brain against build-up of tau, another protein involved in the development of dementia.



UNIVERSITY OF KASHMIR

Office of the Executive Engineer, Construction Division

NOTICE INVITING E-TENDER

For and on behalf of the University of Kashmir, e-tenders (In single cover system) are invited on **Percentage (%age) basis** from approved and eligible Civil Contractors registered with J&K Govt., CPWD, Railways and other State/U.T/ Central Governments for the following works

S.No	Name of Work	Est. Cost (Rs. In Lacs)	Cost of T/Doc in shape of E-Challan (in Rs.)	Earnest Money in Rs.	Time and Date for Submission of E-Tender.	Date & Time of Opening of Bid	Class of Contractor
1	2	3	4	5	6	7	8
1.	Renovation of Chamber of Controller, P.A to Controller, Office of the Controller Examinations in Examination Block at Main Campus.	9.47Lacs	Rs.600/-	18,940/-	02-03-2023 to 09-03-2023 (6.00 PM)	10-03-2023 (11.30 AM)	“BEE” “CEE” & “DEE”

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Leopard Caught On Cam, Search Operation ‘Minimized’ In Uptown City

Observer News Service

Srinagar: Department of Wildlife on Thursday claimed to have received some vital clues, which could lead to the ‘capturing’ of a leopard found roaming in uptown Srinagar.

An official supervising the operation said they have captured some pictures of the leopard in camera and the same would help them track down the wild beast.

“Search operation has been minimized to some particular location as the leopard which was found roaming in uptown Srinagar has been caught on camera. I hope this vital clue would help us in tracking down the leopard, he said.

Officials said the team has also identified the track, where the leopard was often seen roaming and that the efforts to track down the wild beast are on at multiple

fronts.

He urged people to take precautions and avoid movement of children during morning or evening hours, stating that the animal is roaming around the human habitat.

“Wanibal area has a history of witnessing the movement of wild animals as last year we captured one Leopard from the area. People in the area should move in peers and should avoid keeping their pets in the lawns as the same attracts the animal”, he remarked.

He said the number of trap cages have also been increased in specified areas.

Pertinently, a leopard was spotted in Srinagar’s Rawalpura area, around mid of February, after which the wildlife department mobilized its teams and permanently deputized two teams in the areas to capture the animal.

Police Solves Two Theft Cases In Srinagar, Two Held

Observer News Service

Srinagar: Police on Thursday claimed to have solved a theft case and a massive consignment of stolen goods was recovered and seized in the downtown area of Srinagar.

“In connection with the reported incidents of theft in and around downtown Srinagar since the last several weeks, Police Post Bannohalla of Police Station MR Gunj today on 02-03-23 met with massive success when two thieves were apprehended by the police and huge storage of stolen goods worth lakhs were recovered,” a police spokesman said in a statement.

The stolen goods include blankets, electronic gadgets and other items including eatables, the statement said,

adding efforts to crack these incidents of thefts were on and after analysis of CCTV footage and leads by traders, police finally managed to nab the thieves.

The accused thieves have been identified as Farooq Ahmad Peer, son of Ghulam Hassan Peer of Chokkibal Kupwara and Mukhtar Ahmad Bhat, son of Ghulam Ahmad Bhat of Qaziyar Zainakadal.

The investigation has been set into motion while more recoveries and arrests are expected in the coming days, spokesman added.

Meanwhile, police said that citizens who can afford are kindly requested to install CCTVs at their shops, business establishments and residences as the same would help in solving crimes like thefts.

DC Srinagar Reviews Functioning Of Youth Clubs

Observer News Service

Srinagar: To review the functioning of Youth Clubs in Srinagar District, a meeting of concerned Officers was held under the Chairmanship of Deputy Commissioner (DC), Srinagar Mohammad Aijaz Asad today at the DC Office Conference Hall here.

Superintendent of Police, SP Traffic, Nodal Principal Colleges, Chief Planning Officer, Chief Medical Officer, Assistant Commissioner Development, District youth Services & Sports Officer, Deputy Chief Education officer, Principal ITI, Bagh-i-Dilawar Khan, Principal Polytechnic Goglibagh, Principal Women’s Polytechnic, Bemina,

& Sports and NYK to immediately complete the process for establishment and operationalization of District Youth Centre in Srinagar which will be a specially designed center, intended to present a safe youth-appealing environment covering four fundamental contours of youth engagement and empowerment viz. Inform, Inspire, Interact & Innovate.

The DC called for finalizing the lists of young innovators and achievers in the District to identify young talent. He also stressed for holding workshops in Colleges and Schools, ITIs and Poly-Technique Institutions to sensitize students/youth about different youth centric



na, Superintendent Women’s ITI, Nodal Officer Mission Youth, District Coordinator, NYK and other concerned were present in the meeting.

At the outset, the Deputy Commissioner took a detailed review about the functioning of all Youth Clubs in the District and measures undertaken for youth engagement and outreach programs in the District under Mission Youth initiative.

On the occasion, the Deputy Commissioner asked Departments of Youth Services

Skill Development and Livelihood generation schemes under Mission Youth initiatives like PARVAZ, MUMKIN, TEJASWANI etc.

Similarly, the Culture Department was asked to organize recreational and social engagement programs under the Mission youth program.

With regard to available sports field’s facilities in Srinagar, the DC asked for conducting Tehsil and Ward wise mapping of sports grounds so that facility is made available in such areas having no sports fields.



Radio Mirchi 98.3 ‘Sun Siren Sun’

Obey SC Guidelines On ‘Right Of Way’ To Ambulances: SSP Traffic to Motorists

Majid Nabi

Srinagar: Senior Superintendent of Police (SSP) Traffic City Srinagar, Muzaffar Ahmad Shah Thursday asked motorists to adhere to the Apex Court guidelines and ensure hassle free movement of ambulances carrying critically ill patients to hospitals.

Addressing media, after culmination of month long ‘Sun Siren Sun’ campaign launched by Radio 98.3 Mirchi, SSP Traffic said, most of the people in Srinagar, despite being well aware of the importance of ‘right of way’ to ambulance, does not give free passage to it on roads, thus leaving a critical patient in ‘jeopardy’.

He said the Supreme Court of India has made it amply clear that stringent actions warranted under law will be initiated against those who do not give free passage to the ambulances in emergency situations.

“It’s a moral responsibility

of every citizen to give free passage to ambulances on roads in emergency situations, don’t wait for an ambulance to blow a siren as your negligence might cost someone’s life. Right of way has to be given and everyone has a role to play,” he added.

He said most of the people in Srinagar do not obey traffic rules, when it comes to ambulances ferrying critically ill pa-

tients to hospitals. SSP Traffic urged motorists to ensure safe passage to ambulances so that precious lives are saved.

It may be in place to mention that 98.3 Mirchi Srinagar ran a month-long campaign, ‘Sun Siren Sun’ on the right of way to ambulances. The campaign was successfully concluded at Traffic Police headquarters, Residency Road here this afternoon.

“We raise this issue every now and then so that awareness and a sense of responsibility is created among the masses. We organize live programs while our volunteers spread awareness on traffic signals across the city in this direction” said RJ Mehak.

Those present on the occasion include Mirchi Group Head Deeba Khan, Program Head Mirchi, Yasir Majid, along with the entire Mirchi team. They also spoke about the sense of urgency that needs to be instilled among one and all.

It’s a moral responsibility of every citizen to give free passage to ambulances on roads in emergency situations, don’t wait for an ambulance to blow a siren as your negligence might cost someone’s life. Right of way has to be given and everyone has a role to play



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• 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
• BUBHERA: 01932-228243
• PAMPORE: 01933-294132
• PATTAN: 01954-293507
• QAZIGUND: 01951-296153



HIGHWAY STATUS

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



PRAYERS

FAJR	5:36
ZUHR	12:43
ASR	4:48
Magrib	6:33
ISHA	7:51

This Day In History

- 1969 - Apollo 9 launched for 151 Earth orbits (10 days)
- 1974 - Turkish Airlines Flight 981 crashes in the Ermenonville Forest outside Paris, killing all 346 people onboard
- 1977 - Libyan Socialist Arabs People's Republic forms
- 1980 - France performs nuclear test at Mururoa atoll
- 1980 - 1st nuclear submarine, USS Nautilus is decommissioned.
- 1980 - Pierre Trudeau sworn in, for the second time, as the 17th Prime Minister of Canada
- 1989 - Robert McFarlane gets \$20,000 fine, 2 yrs probation for Iran-Contra.
- 1991 - Iraqi generals and US general "Stormin' Norman" Schwarzkopf meet to discuss Gulf War cease fire
- 1991 - Latvia & Estonia vote to become independent of the USSR
- 1991 - Switzerland votes on lowering voting age from 20 to 18
- 1991 - United Airlines 737 crashes near Colorado Springs, kills 25
- 1992 - Gas explodes in coal mine at Zonguldak Turkey, 263 die
- 1992 - Republic of Bosnia and Herzegovina established.
- 1997 - The tallest free-standing structure in the Southern Hemisphere, Sky Tower in downtown Auckland, New Zealand, opens after two-and-a-half years of construction.
- 1998 - Bill Gates testifies at Senate Judiciary Committee about Microsoft's dominant position in the software industry
- 2002 - Citizens of Switzerland narrowly vote in favor of their country becoming a member of the United Nations.
- 2002 - 33rd NAACP Image Awards: "Ali" wins Outstanding Motion Picture
- 2005 - Steve Fossett becomes the first person to fly an airplane around the world solo without any stops without refueling - a journey of 40,234 km/25,000 mi completed in 67 hours and 2 minutes.
- 2009 - The Sri Lankan cricket team is attacked while on their way to the Gaddafi Stadium, Lahore for a Test match against Pakistan.
- 2013 - 45 people are killed by a bomb blast in Karachi, Pakistan

From KO Archives

Counter-Insurgents Form Joint Front In J&K

Observer News Service

JAMMU - In a bid to counter the growing menace of foreign militants of yesteryears under eleven different counter insurgency groups have joined hands and formed Muttahida Quomi Mahaz (Joint National front).

This group will give a befitting reply to Pakistan's Inter service Intelligence (ISI) and militants and agents in the state, chairman of the front and National Conference MLC Javed Hussain Shah told reporters here yesterday.

Shah, who also heads a counter insurgency group, national security organisation, said efforts were also on to bring J&K Awami League supremo Jamshed Shirazi alias Kukka Parrey and Liaquat alias Hilal Haider in the new front.

He said the Centre should not be soft toward the Hurriyat Conference and demanded arrest of the Hurriyat leaders who he alleged are involved in anti-national activities.

Besides holding rallies and mass contact programmes, the Mahaz would appeal to people to come to the streets against the Hurriyat and ISI.

Organisations which have joined the Muttahida Quomi Mahaz front include National Security Organisation of Javed Hussain Shah, all J&K People's Patriotic Front of Nabi Azad, Jammu Kashmir Welfare Forum of Sammad Khan, Militancy Mukhalif Morcha of Ch. Jalal-u-Din, Sada-i-Kashmir of Shabnum Shafiq, Aman Conference of Majid Khan, Muslim Mujahideen of Mukhtar-ul-Aziz, Kashmir Liberation Council of Mushtaq Ahmed Lone, Secular Awami Tehreek of Abdul Ahad, J&K Ikhwani of Bashir Ahmed Khan and Awami Tehreek headed by Wali Mohammad Wani.

(Kashmir Observer, 03 March, 2001)

KASHMIR OBSERVER

Friday | 03-03-2023

Congress Plenary
Takeaway

Congress in its 85th plenary session at Raipur in Chhattisgarh outlined a strategy for the 2024 Lok Sabha election. The Congress made a strong pitch for unity and expressed its willingness to work with like-minded secular parties and set forth a social justice agenda, a departure from its previous welfare agenda. The new agenda promises a dedicated ministry for the empowerment of the Other Backward Classes, the creation of a National Council for Social Justice, the publication of an annual “State of Social Justice” report, reservation in higher judiciary for Scheduled Castes, Scheduled Tribes, and OBCs, and a Rohit Vemula Act for students of disadvantaged sections if the party is elected to power.

The party has, in fact, tried to resurrect its social justice agenda from early 2019 which had then started resonating with people. But the BJP somehow managed to shore up its political standing around the general elections in the year. And Congress could just win over 50 seats. Today, Congress, in its shrunken state seems no match for the BJP. And that too at a time when Congress faces tough competition even from the AAP which is trying to step into the political space vacated by the party. With its landslide victory in Punjab last year, the AAP looks set to go from strength to strength. It hopes to replicate the performance in other states. Arvind Kejriwal has exhibited political smarts to enter any political arena and make it his own.

But there is still one year to go before the general elections are held, and much can change during this period. One year is a long time in politics. As things stand, only a combined opposition could be expected to take on the BJP. Gandhi has also been trying to forge opposition unity but there are only feeble indications that he has had any success in the endeavour. It won't be easy to bring all the opposition parties together on one platform, more so, with several regional leaders nursing their personal ambitions. But for now Congress can take heart from Gandhi's successful yatra and hope to build on it. And hope that some sort a loose political alliance comes along in the near future.

The plenary made all the right noises with Rahul Gandhi at the forefront. The party outlined a political agenda also but it remains to be seen whether the party can carry it through to the people. Unlike the BJP, the Congress over the past nine years has singularly failed to convey a political message, let alone create a narrative. Can the party do it over the following year? The coming weeks and months will make things clear on this score.

OTHER OPINION

Growth pangs

While it comes off a growth of 10.8% in Q3FY22, we must remember that the growth in Q3FY21 was just 1.5%. Even if one compares this with the performance in the corresponding pre-Covid quarter, it is poor. Since consumption accounts for more than 55% of the economy, the implications are many. Not only will businesses be under pressure to rein in costs and to limit fresh hiring, companies could postpone capacity addition until there is better visibility. The other worrying aspect of the economy's report card for the December 2022 quarter is the contraction in the government consumption expenditure—this is the second straight quarter of contraction. If the increase in the gross fixed capital formation (GFCF) at 8.3% appears encouraging, it must be noted that this comes off increases of just 1.2% and 2.6% in Q3FY22 and Q3FY21, respectively. Equally, the contraction in manufacturing for the second straight quarter is disturbing and certainly doesn't augur well for employment.

In fact, it is surprising that the second advance estimate for the current fiscal year leaves the growth unchanged at 7% even though the growth of exports have been revised downwards. It is possible some of this has to do with the discrepancies and also the revisions in FY22 data. But, going by the commentary of consumption-facing companies, and also the limitations of the government to spend meaningfully over the next few months, a 5% growth in the last quarter of this fiscal year seems unachievable.

It is evident now that high interest rates are beginning to hurt the economy. The Reserve Bank of India (RBI) needs to rethink its monetary policy approach at a time when aggregate demand is weak and exports are slowing. The rate hikes have been very steep and given effect over a short period. The full impact of the hikes, which is felt with a lag of at least three quarters, needs to be assessed. At this point, if the data points to inflation trending lower, say, six to eight months ahead, that should be good enough for the RBI to pause, even if inflation itself doesn't fall to 4% or even 5%. As one member of the MPC has pointed out, measured against the forecast for 3-4 quarters ahead, the real interest rate is positive and, quite likely, large enough to moderate demand and keep inflation in control. Speedy transmission of hikes in policy rates could choke demand for retail credit. The central bank must pause; it is time to shift focus to growth.

Financial Express

Neglected Burden of
Tuberculosis in Kashmir

Ateeb Ahmad Parray

Tuberculosis (TB) remains a major public health issue, causing an estimated 1.4 million deaths globally. Despite being preventable and curable, TB continues to be a major public health challenge, particularly in low and middle-income countries. In India, the situation is particularly concerning with the country accounting for a quarter (about 27%) of the global TB burden. In Kashmir, the situation is even more concerning with high rates of TB incidence and prevalence. This op-ed aims to shed light on the ongoing health crisis and the challenges faced by the healthcare system in addressing the neglected burden of TB in Kashmir.

One of the major hurdles to effectively controlling and treating TB in Kashmir is a lack of awareness about the disease among the general population. This leads to late diagnoses, delayed treatments, and ultimately, the spread of the disease. Compounding this issue are the inadequate diagnostic facilities and poor health infrastructure in the region, making it difficult for those in need to access proper care and treatment. People affected by TB also face significant stigma and discrimination, further preventing them from seeking help and exacerbating the spread of the disease. Studies show that the burden of TB in Kashmir is particularly high among women and children, with a higher incidence and prevalence of the disease among these groups compared to men. This is due to a combination of factors, including poor living conditions, limited access to healthcare services, and stigma and discrimination.

The consequences of tuberculosis can be significant, affecting both individuals and the wider community. Some of the potential consequences of tuberculosis in Kashmir include:

Morbidity and Mortality: One of the most significant consequences of TB in Kashmir is the impact on individual health. The disease can cause serious health complications and can be fatal if left untreated. It can also lead to long-term health problems and disabilities, which can affect a person's quality of life and overall wellbeing. The symptoms of TB include persistent coughing, fever, weight loss, and night sweats, and in severe cases, the disease can cause lung damage and other organ failures.

Economic Burden: Another significant consequence of TB in Kashmir is the economic burden it places on individuals and families. The medical expenses associated with treating TB can be substantial, and individuals with the disease may need to take time off work, resulting in loss of income. Furthermore, the reduced productivity of those affected by TB can also have a significant impact on their financial wellbeing, as well as the wider economy. The economic costs associated with TB can also be exacerbated by the social stigma and discrimination that people with TB often experience, leading to further financial hardship.

Stigma and Discrimination: Stigma and discrimination are also major consequences of TB in Kashmir. People affected by the disease may experience stigma and discrimination, which can lead to social isolation and reduced quality of life. This stigma can also discourage individuals from seeking medical treatment, further exacerbating the impact of the disease on the community. In addition, people with TB may face discrimination in the workplace, making it difficult for them to earn a living and support themselves and their families.

Spread of the Disease: The disease is highly contagious and can spread easily from person to person through the air when an infected person talks, coughs, or sneezes. This increases the risk of a TB outbreak and exacerbates the impact of the disease on the community. In addition, the lack of effective preventive measures and limited access to medical care



Feature image: Photo for representational purposes only. UNICEF/Vinay Panjwani

can make it difficult to control the spread of TB in Kashmir.

Impact on the Healthcare System: The burden of TB can strain the already limited healthcare resources in Kashmir, reducing the overall effectiveness of the healthcare system and limiting access to other essential health services. The healthcare system in Kashmir is facing significant challenges, including limited funding, inadequate infrastructure, and shortage of healthcare professionals. The burden of TB can further increase the strain on the healthcare system, making it difficult for people to access the medical care they need.

These consequences highlight the importance of addressing the neglected burden of tuberculosis in Kashmir, and the need for effective TB control and treatment programs to reduce the impact of the disease on the region. To effectively address this neglected burden, a comprehensive and integrated approach is required, encompassing several key areas of intervention.

Strengthened Awareness: One of the major challenges in addressing the neglected burden of TB in Kashmir is the lack of awareness among the population. This lack of awareness is driven by a number of factors, including the stigma and discrimination associated with the disease, as well as the limited access to information and education on the symptoms, causes, and treatment of TB. To overcome these challenges, it is essential to launch a comprehensive awareness-raising campaign, utilizing various platforms such as mass media, community-based activities, and health education programs.

Improved Diagnostic Facilities: The inadequate diagnostic facilities in Kashmir are another major challenge in addressing the neglected burden of TB. To overcome this, the healthcare system needs to invest in improving the diagnostic capacity of existing health facilities and increasing the availability of

rapid and reliable diagnostic tools, such as the Xpert MTB/RIF test. Additionally, it is important to ensure that these diagnostic facilities are accessible to all, including those in remote and underserved areas.

Strengthened Health Infrastructure: The poor health infrastructure in Kashmir is a significant barrier to addressing the neglected burden of TB. This includes a lack of adequately trained healthcare workers, inadequate numbers of healthcare facilities, and limited access to essential medicines and treatments. To overcome these challenges, the healthcare system needs to invest in strengthening the health infrastructure, including increasing the number of trained healthcare workers, expanding the number and accessibility of healthcare facilities, and improving the supply chain for essential medicines and treatments.

Effective TB Control and Treatment Programs: To effectively address the neglected burden of TB in Kashmir, it is essential to implement effective TB control and treatment programs. This includes providing adequate and appropriate TB care and treatment, including the use of the Directly Observed Treatment Short Course (DOTS) strategy, as well as increasing the number of patients who are initiated on TB treatment and completing their treatment. Additionally, it is important to ensure that patients have access to care and treatment, even in remote and underserved areas.

Research and Monitoring: Finally, to effectively address the neglected burden of TB in Kashmir, it is essential to conduct research and monitoring, to better understand the underlying causes of the disease, and to assess the impact of interventions. This includes conducting epidemiological studies, evaluating the impact of interventions, and monitoring the incidence and prevalence of TB.

In conclusion, a comprehensive and integrated approach, encompassing several key areas of intervention, is required to effectively address this neglected burden. By strengthening awareness, improving diagnostic facilities, strengthening health infrastructure, implementing effective TB control and treatment programs, and conducting research and monitoring, it is possible to effectively address the neglected burden of TB in Kashmir and reduce the impact of the disease on the healthcare system and the general population. The findings of this review highlight the need for further research and action to address the burden of TB in the region, including increased public awareness, improved diagnostic facilities, strengthened health infrastructure, and effective TB control and treatment programs.

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

Dr. Ateeb Ahmad Parray is a
Global Health Researcher

One of the major hurdles to effectively controlling and treating TB in Kashmir is a lack of awareness about the disease among the general population. This leads to late diagnoses, delayed treatments, and ultimately, the spread of the disease. Compounding this issue are the inadequate diagnostic facilities and poor health infrastructure



OBSERVER
MAIL

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Teaching Practices in Kashmir

In a recent meeting with senior administrators of the Union Territory, Dr Arun Mehta, the Chief Secretary of Jammu and Kashmir, emphasized updating the school curriculum by August 31. It is good to update books and keep track of the emerging facts, but in Kashmir, the use of obsolete books is not the only factor that hinders the education of school-going children. In essence, in most schools of the valley, teaching methods are a problem in itself.

Unfortunately, Kashmiri students are not motivated to think critically; they are expected to remember

things. Yes, to remember things for exams and getting grades. Rarely are they encouraged to question the validity and production of facts that books carry. And sadly enough, a cross-question to a teacher is taken as an insult to him or her. There's a cliché that teachers in Kashmir use "Don't argue." What is the problem with argumentation? If a student disagrees with a view that a teacher proposes, then (s)he has every right to contest the idea of his/her teacher. In other words, every student should be able to argue. Argumentation on literary issues is a step towards critical

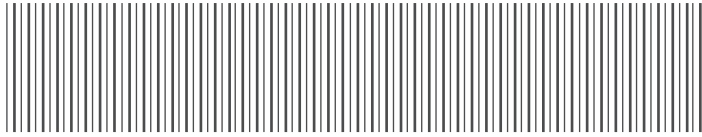
thinking. And that's what school-going children should be trained in from a certain point, to think critically.

Now, here's another example to understand methods of teaching in schools of Kashmir. Most students in Kashmir learn about the "grammar" of the English language. Students most commonly learn about nouns, pronouns, articles, verbs, adjectives, tenses, and forms of sentences. What they grasp through grammar training is how to remember different parts of speech than how to use them during communication. The true essence of

learning grammar is to improve communication skills, but here in Kashmir, it is taught to pass exams.

Until reflective thinking is not encouraged in schools of Kashmir and students are not allowed to argue on literary issues with their teachers, updating books will not have much of an impact. Thus, steps should be taken to improve teaching practices in the valley.

Suhail Ahmad Khan
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Mindful Fridays

Unleashing Mental Toughness

The Islamic-Psychological Perspective on Finding Strength Through Vulnerability

Wasim Kakroo

And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient (Qur'an: 2:155)

"Vulnerability is the key to building strong relationships and achieving true intimacy." - Daring Greatly by Brené Brown

Mental toughness refers to a psychological trait that describes an individual's ability to cope with and perform efficiently under pressure, stress, or hardship. This quality is characterized by having a resolute and optimistic mindset that enables individuals to overcome obstacles, concentrate on their objectives, and withstand difficult circumstances without giving up. People with mental toughness possess the ability to regulate their emotions and thoughts, remain motivated, and maintain a realistic outlook in challenging situations. They are not discouraged by setbacks or failures, but instead use them as opportunities to learn and develop.

WHAT IS VULNERABILITY?

Vulnerability refers to a state of being open or exposed to potential harm, whether it's physical or emotional. This feeling of weakness arises when our defenses are down and we're susceptible to criticism or danger. Emotionally, vulnerability involves expressing our true thoughts, feelings, and emotions to others without fearing rejection or judgment. This requires us to accept our imperfections as a natural part of being human.

Although it may be difficult to embrace vulnerability, it is a crucial element in building strong relationships and connections with others. By being vulnerable, we can deepen our relationships, foster greater trust and understanding, and create a sense of intimacy. Brené Brown, a research professor and author, has extensively studied vulnerability and believes that it is the source of innovation, creativity, and change. She encourages individuals to embrace vulnerability as a means of personal growth and fulfillment.

HOW IS VULNERABILITY AN ESSENTIAL PART OF MENTAL TOUGHNESS?

It may seem counterintuitive, but vulnerability is an essential part of mental toughness.

Being vulnerable means accepting our limitations and understanding our limitations is the first step towards building mental toughness. We must be honest with ourselves about our abilities and acknowledge where we fall short. When we recognize our limitations, we can develop strategies to work around them and find solutions to overcome challenges. However, it takes vulnerability to admit that we cannot do something, that we need help or that we may have made a mistake. Acknowledging our limitations requires us to be open to feedback and receptive to criticism, which can be uncomfortable. But when we embrace our limitations and vulnerabilities, we can work towards personal growth and development.

Accepting our weaknesses is another aspect of vulnerability that is essential for mental toughness. Everyone has weaknesses, and no one is perfect. By accepting our weaknesses, we can handle self-judgment and criticism. We can also become more compassionate and understanding towards others when they make mistakes. However, accepting our weaknesses requires us to be vulnerable because it means exposing our imperfections. It means admitting that we are not always in control, and sometimes things do not go according to plan. But accepting our weaknesses and vulnerabilities can also help us build resilience, adaptability, and perseverance.

Learning from our mistakes is perhaps the most critical aspect of vulnerability and mental toughness. Mistakes are inevitable, and they provide an opportunity for growth and learning. However, it takes vulnerability to acknowledge our mistakes and take responsibility for them. It can be challenging to admit that we have made a mistake, especially when we fear judgment or criticism. But when we own our



WHEN WE EMBRACE VULNERABILITY, WE CAN DEVELOP THE RESILIENCE, PERSEVERANCE, AND ADAPTABILITY NECESSARY FOR MENTAL TOUGHNESS. We can also become more compassionate and understanding towards ourselves and others. So, the next time you feel vulnerable, remember that vulnerability is not a weakness

mistakes, we can learn from them, and we can avoid making the same mistake twice. By learning from our mistakes, we can develop a growth mindset, which is essential for mental toughness.

When we embrace vulnerability, we can develop the resilience, perseverance, and adaptability necessary for mental toughness. We can also become more compassionate and understanding towards ourselves and others. So, the next time you feel vulnerable, remember that vulnerability is not a weakness. It is an opportunity for growth and development.

WHAT DOES ISLAM SAY ABOUT THE IMPORTANCE OF ACCEPTING VULNERABILITY IN DEVELOPING MENTAL TOUGHNESS?

The Quran and Hadith emphasize the importance of resilience and mental toughness in dealing with the challenges of life. Here are some teachings from the Quran and Hadith that highlight the importance of vulnerability in developing mental toughness:

- Acknowledge your weaknesses:** The Quran instructs us that being flawed and weak is a natural aspect of being human, and we should acknowledge our shortcomings. In Surah al-Nissa, verse 28, Allah says, **"And Man was created weak."** This verse reminds us that humans are inherently weak and vulnerable, and we should not be ashamed of our limitations.
- Embrace vulnerability:** Prophet Muhammad (peace be upon him) was renowned for his modesty and openness to seeking counsel from his companions. This demonstrates that being vulnerable is not a flaw, but rather a characteristic of strength. In one Hadith, the Prophet Muhammad (peace be upon him) said, **"The strong believer is better and more beloved to Allah than the weak believer, but there is good in both."** The Hadith implies that displaying vulnerability can actually demonstrate one's strength and faith.
- Trust in Allah:** According to the Quran, we should believe in Allah and have confidence in His design. In Surah al-Baqarah, verse 216, Allah says, **"But perhaps you hate a thing and it is good for you; and perhaps you love a**

thing and it is bad for you. And Allah knows, while you know not." This verse reminds us that we must trust in Allah's plan, even when we face difficulties or challenges.

- Seek support:** The Quran advises us to seek assistance from others when we encounter difficulties. In Surah al-Isra, verse 23, Allah says, **"Your Lord has decreed that you worship none but Him, and that you be kind to parents. Whether one or both of them attain old age in your life, say not to them a word of contempt, nor repel them, but address them in terms of honor."** This verse highlights the significance of seeking assistance from our relatives and close associates, particularly when facing challenging situations. In Surah Al-Baqarah, Allah says, **"And cooperate in righteousness and piety, but do not cooperate in sin and aggression"** (2:189). This verse emphasizes the significance of seeking assistance from individuals who are virtuous and devout.
- Prophet Muhammad (peace be upon him) said, "A believer to another believer is like a building whose different parts support each other" (Bukhari). This Hadith emphasizes the significance of receiving assistance from others as we strive to develop resilience in our mental state.
- Patience and perseverance:** The Qur'an highlights the significance of patience and perseverance in the face of hardships. In Surah Al-Baqarah, Allah says, **"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient"** (2:155). This verse reminds us that challenges and hardships are a part of life, and we need to have patience and perseverance to overcome them.
- Self-reflection:** The Quran inspires self-reflection as a way of personal growth and development. Allah says in the Quran, **"And those who, when they have committed a shameful deed or have wronged themselves, remember Allah and ask forgiveness for their sins - and who can forgive sins except Allah? - and [who]**

do not persist in what they have done while they know" (Quran 3:135). Being vulnerable can lead to self-reflection and personal growth, which can ultimately lead to greater mental toughness.

- Positive thinking:** Prophet Muhammad (peace be upon him) said, **"How wonderful is the affair of the believer, for his affairs are all good, and this applies to no one but the believer. If something good happens to him, he is thankful for it and that is good for him. If something bad happens to him, he bears it with patience and that is good for him"** (Muslim). This Hadith reminds us that accepting our vulnerability in hard times and thinking positively while having faith in Allah's plan is essential in developing mental toughness.

HOW TO DEVELOP MENTAL TOUGHNESS THROUGH VULNERABILITY IN LIGHT OF PSYCHOLOGY?

Mental toughness is a crucial trait that enables individuals to persevere through difficult situations and achieve their goals. Developing mental toughness requires a willingness to confront one's vulnerabilities and embrace them as opportunities for growth. By cultivating vulnerability, individuals can develop the skills necessary to become more resilient, adaptable, and self-aware.

Following are the ways through which we can develop mental toughness through vulnerability:

- Embracing change and new challenges:** Many individuals are resistant to change because it can be uncomfortable and even scary. However, to develop mental toughness, it is essential to embrace change and take on new challenges. Doing so requires individuals to step out of their comfort zones and confront their fears head-on. When individuals take on new challenges, they learn to adapt to new situations, develop problem-solving skills, and become more resilient. By embracing change and new challenges, individuals can develop the mental toughness necessary to overcome obstacles and achieve their goals.
- Practicing self-compassion:** Developing mental toughness requires individuals to confront their

vulnerabilities, which can be a difficult and emotionally taxing process. Practicing self-compassion can help individuals be kinder and more forgiving of themselves, which can, in turn, make the process of developing mental toughness more manageable. Self-compassion involves acknowledging one's mistakes and weaknesses without judgment, and treating oneself with the same kindness and understanding that one would offer to a friend. When individuals practice self-compassion, they learn to be more accepting of themselves and their limitations, which can help them build the resilience and mental toughness needed to face challenges and overcome obstacles.

- Cultivating self-awareness:** Developing mental toughness requires individuals to be aware of their thoughts, feelings, and behaviors. Self-awareness involves being honest with oneself about one's strengths, weaknesses, and areas for growth. Cultivating self-awareness requires individuals to reflect on their experiences, thoughts, and feelings, and to examine how these factors affect their behavior. When individuals cultivate self-awareness, they learn to recognize their patterns of thought and behavior, which can help them identify areas for improvement and develop strategies to overcome obstacles. By cultivating self-awareness, individuals can develop the mental toughness necessary to persevere through difficult situations and achieve their goals.

In conclusion, developing mental toughness through vulnerability requires individuals to embrace change and new challenges, practice self-compassion, and cultivate self-awareness. By doing so, individuals can develop the resilience and adaptability necessary to face obstacles and achieve their goals. Developing mental toughness is not easy, but it is a skill that can be learned and developed with time and practice. Through vulnerability, individuals can unlock their full potential and become the best versions of themselves.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a consultant clinical psychologist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196.

Chief Secretary Chairs 9th UT-Level Bankers' Committee Meeting

Directed Banks To Saturate Self-Employment To Bring The Unemployment Rate In J&K To Its Lowest

Observer News Service

Jammu: J&K Government is committed to bring down the unemployment in J&K to below 5% and for this banks need to put a well drilled mechanism for saturating the self-employment. This was stated by Chief Secretary, Dr Arun Kumar Mehta while chairing the 9th Union Territory Level Bankers' Committee meeting in Jammu to review achievements of banks and financial institutions operating in Jammu and Kashmir for the quarter ended December 2022.

Principal Secretary, Industries & Commerce, Prashant Goyal, MD & CEO, J&K Bank (Convenor J&K UTLBC) Baldev Prakash, Chief General Manager, NABARD, Dr. A. K. Sood, General Manager RBI Neeraj Kumar and other senior functionaries of the Government, RBI, NABARD, Banks, line departments, insurance companies and Lead District Managers were also present on the occasion.

In his opening remarks, the Chief Secretary, Dr Arun Kumar Mehta while applauding the efforts made by J&K Bank in



providing coverage and credit to people under various employment generation schemes, urged other banks to follow the suit. He stated that employment generation is the major challenge the Government is facing and it was collective responsibility of all stakeholders to address the issue.

"Banks need to come forward and provide financial assistance to the unemployed youth who genuinely need it for achieving the gainful employment. We need to show empathy towards

the unemployed youth in guiding them towards the path of prosperity and self-sufficiency through various credit facilities tailored in accordance to their entrepreneurial aspirations.

Chief Secretary impressed upon the banks to improve the ease of availing banking facilities so that the common people do not shy away to come under the ambit of banking.

Earlier in his welcome address MD & CEO J&K Bank, Baldev Prakash assured J&K Government that banks operating in J&K will extend

with population over 3000.

While hailing J&K's performance under PM SVANidhi, he impressed upon banks to expedite disbursal under second and third tranche to the eligible beneficiaries in a time bound manner."

Earlier General Manager J&K Bank, Syed Rais Maqbool while making presentation on the financial achievements of various banks in different sectors during the first three quarters of Financial year 2022-23 informed that banks in J&K have achieved 66% of the Target under Annual Credit Plan by disbursing credit of Rs.33,363.47 Crore to 10,69,626 beneficiaries.

It was informed that against the Annual Target to cover 30,410 beneficiaries, banks have sanctioned loans to the tune of Rs 1735.61 Crore to 42,354 beneficiaries under major employment generation schemes during current financial year.

He informed that under the 'Back To Village' and 'My Town My Pride' programmes of J&K Government banks have sourced 66,883 applications of which 58,446 applications have been sanctioned and amount of Rs.1099.88 Crore has been disbursed.

Union Minister Reviews Implementation Of Centrally Sponsored Schemes In Bla

Observer News Service

Baramulla: Union Minister of Fisheries, Animal Husbandry and Dairying, Parshottam Rupala, on Thursday visited Baramulla and reviewed implementation of Centrally Sponsored Schemes in the district.

Union Minister was informed that district Baramulla produces 19.50 crore litres of milk annually which makes the district milk surplus. It was given out that 368 cases were sponsored under Integrated Dairy Development Scheme (IDDS) in the current financial year, of which, 270 units have been sanctioned thereby generating employment avenues for 286 youth of the district.

Union Minister said that norms have been relaxed so that more youth could avail the benefits under IDDS. Also, ample employment avenues are being created besides scaling up the livestock production in the Union Territory of Jammu and Kashmir, he added.

While highlighting the achievements made under Dairying and Sheep Husbandry, it was given out that 20.05 lakh kg of mutton was produced against the target of 20.13 lakh kgs in the district.

The meeting was informed that district has scaled up the fish

production from 915 tonnes in 2020-21 to 1685 tonnes in 2022-23.

Union Minister lauded the efforts of district administration for successful implementation of centrally sponsored schemes in the district. He said that livestock is the most important sectors in the economy of Jammu and Kashmir with huge potential of employment generation.

Meanwhile, Union Minister inaugurated three mobile Veterinary Clinic Vans and six Bikes for carrying out Artificial Insemination and other treatment of the livestock at the doorsteps of the beneficiaries. On the occasion, Union Minister distributed sanction letters among the beneficiaries of fisheries, dairy and sheep farming units.

Later, Union Minister held interaction with the District Development Council, Municipal Council and other PRIs of the district.

Deputy Commissioner Baramulla, Dr Syed Sehrih Asgar, briefed about the profile of the district.

DDC Chairperson, Safina Beigh, apprised the Union Minister of the ongoing development works in the district and put forward several demands including reconstruction of Trout rearing unit at Bella Boniyar.

CONTD. FROM FRONT PAGE

Democracy Has

which more than 70,000 start-ups are strengthening their ecosystem, whereas in 2016 their number was only 724," he said.

He said after the launch of the 'Start-up India' scheme by PM, over 70,000 start-ups have been formed and 44 percent of these start-ups are run by girls and women.

"Apart from this, more than 100 start-ups have joined the unicorn club and 45 percent of the start-ups are in tier-2 and tier-3 cities," the Home Minister said.

He called upon the youth to take forward the start-up movement in Kashmir as well.

NIA Attacks

The NIA team pasted the notice of attachment on his house in presence of the sisters of the absconding militant. After the NIA and police teams departed, the sisters unsuccessfully attempted to create a commotion but returned to their houses after no one joined them.

Zargar, after breaking ranks with banned JKLF in late 1990, had formed Al-Umar Mujahideen that was responsible for several killings in downtown Srinagar.

Hailing from the downtown city and a copersmith by profession before joining militant ranks, Zargar was arrested in 1992. His name was found in the list of militants to be exchanged for passengers of 1999 IC-814 hijacking of Indian Airlines plane and he was subsequently released and taken by the then External Affairs Minister of BJP-led government Jaswant Singh to Kandahar in Afghanistan on December 31, 1999.

The others released included Masood Azhar, one of the founders of Harkat-ul-Ansar terror group and now heading Jaish-e-Mohammed terror group, and Sheikh Omar, who is at present on a death row in Pakistan for killing American journalist Daniel Pearl.

Zargar, after being exchanged at Kandahar airport, shifted his base to Pakistan controlled Kashmir's Muzaffarabad town from where he attempted to revive Al-Umar Mujahideen.

He has also been involved in other heinous crimes, including murders, and has close association with other terror outfits such as Al-Qaeda and Jaish-e-Mohammed.

Zargar was designated as a terrorist under the UAPA in April last year, a move which enabled the security agencies to attach his property.

The home ministry notification last year said Zargar is a threat to peace, not only to India but around the world, with his contacts and

proximity to radical terrorist groups like the Al-Qaeda and Jaish-e-Mohammed and the Central government believes that he is involved in terrorism.

Hi-Tech Gadgets

something which is increasingly used by us for the surveillance of national highways during the movement of our convoys. The drones are used extensively during the Amarnath Yatra also. We also use drones in developing encounter situations in operational scenarios, to see where the enemy is hiding or whether he has been neutralised or not," he added.

Wall-through radars (WTR) and hand-held thermal imagers (HHTI) are the other gadgets that have reduced the risk for jawans in complex operations.

"HHTI are also used. We have them in every battalion especially in south Kashmir which is more affected as far as terrorism is concerned. They are also acting as force multipliers while approaching jungles and hideouts. While shooting in the dark, it helps to know exact focus," he added.

Bhatia said the CRPF has used technology in the valley like CCTV surveillance along the entire national highway after the Pulwama suicide attack in 2019.

"We have set up 14 nakas on NH, all are equipped with CCTV cameras and footage is examined and analysed round-the-clock by officers," he said.

Bhatia said the bullet proofing of the vehicles used by CRPF has been taken up in a big way. "We have launched bullet-proof vehicles on a large scale. Some of them are done in factories while some are locally fabricated. We have introduced mine-proof vehicles and medium bullet-proof vehicles in the valley. They are also acting like multipliers so that our jawans feel secure," he said.

Asked if MP-5 rifles were used by the force in the valley, Bhatia replied in the affirmative.

"We have procured MP-5 rifles but there is use of certain weapons in certain scenarios. So MP-5 weapons are definitely there in the valley with us but used only depending on the situation. We use our telescopic guns also but the general stock of weapons we use in the valley is AK-47," he added.

LG Asks Banks

and saturation of other government schemes aimed to facilitate the dreams of aspiring society.

Sinha directed the Public Sector Banks and

other financial institutions for dedicated measures to ensure government benefits directly reach the people and put greater emphasis on lending for potential entrepreneurs, farmers, SHGs and rural development.

The LG observed that during the Back to Village-4 and My Town My Pride Programme, J&K Bank ensured a major share of 90% in extending the financial support to 75,000 youth recently, while other banks had merely 10 % contribution.

"This situation needs to change. All the banks must increase lending to promote entrepreneurship amongst youth, women and people from marginalised sections of society," he added.

Reviewing the progress achieved to extend the benefits of Kisan Credit Cards to all the eligible farmers, the LG instructed the banks to follow the delivery channels of RBI and saturate the distribution of Smart Cards to the KCC account holders by June, 2023.

Emphasizing on support and guidance to the farmers in preparing project reports required by the banks through nodal agencies, the LG stressed on holding regular meetings at the district level with mission youth & other government departments to understand requirements of diverse sectors.

In the meeting, the LG was briefed on the upcoming 'Citizen's portal for Government Sponsored Schemes'. He was told that the soon to be launched portal, prepared by J&K Bank will ensure that all the banks operating in Jammu Kashmir seamlessly extend all the benefits of government schemes to the eligible beneficiaries.

The portal will enable a citizen to apply for a Government Sponsored Schemes directly online with OTP Authentication and check the status of his/her application online.

It will forward/route the applications from citizens to appropriate departments & teams in an integrated workflow and enable departments & teams to process and forward/route these applications to the concerned financing agencies.

Further the financing agencies can update status for these applications post processing. It will also facilitate generation of MIS/Reporting Dashboards, it was informed.

Chairs Meeting

Shailendra Kumar, Principal Secretary, Public Works (R&B) Department; Brig Saket Singh, Chief Engineer, BRO; Akshay Labroo, Additional Secretary to Lt Governor, Rahul Singh, Additional Chief Executive Officer, SASB were present.

During the meeting, Sinha sought the details of the scope of work to be undertaken for the widening, restoration and maintenance of both the stretch of yatra track that has been handed over to BRO.

The LG was apprised on the scope of work, surveyed via drone.

Sinha impressed upon the BRO to complete the works within the specified timeframe.

More Snowfall

recorded a low of 7.0°C against 6.4°C on the previous night and it was above normal by 4.8°C for the summer capital.

Qazigund, he said, recorded a low of 5.5°C against 5.0°C on the previous night while Pahalgam recorded a low of 2.4°C against 0.6°C on the last night.

Kokernag recorded a low of 5.0°C against 3.4°C on the previous night and it was 4.1°C above normal for the place, the officials said.

Gulmarg recorded a low of minus 0.6°C against minus 2.0°C on the previous night and it was 3.9°C above normal for the world famous skiing resort in north Kashmir's Baramulla district, he said.

In Kupwara town, he said, the mercury settled at 5.1°C against 4.2°C on the previous night and it was 6.1°C above normal for the north Kashmir area.

Jammu recorded a low of 15.5°C against 14.2°C on the previous night. It was 3.2°C above normal for J&K's winter capital, he said.

Banihal, he said, recorded a low of 6.3°C (above normal by 3.3°C), Batote 7.7°C (above normal by 1.9°C), Katra 14.6°C (4.1°C above normal) and Bhadarwah 6.8°C (4.7°C above normal).

Ladakh's Leh and Kargil recorded a low of minus 3.4°C respectively, the official added.

Srinagar Man Sets Up

this is a nice concept. This really is inspirational for any bird lover," said Mudassir Ahmad, a visitor.

Two Dead As

health centre, Kandi and two of them Shakil Ahmad of Kewal and Badar Hussain of Kandi succumbed to injuries.

Meanwhile, the Lieutenant Governor, Manoj Sinha, has expressed shock and grief over the loss of lives in the tragic road accident.

In a condolence message, the Lt Governor said: "I send my heartfelt condolences to the members of the bereaved families and wish those injured a speedy recovery. I have issued

instructions to the district administration to provide all necessary assistance to the affected persons."

Prof Tanvir Is

w.e.f. 03.11.2022.

Notably, in November 2022, Dr Masood Tanvir was given charge of Principal GMC Srinagar on temporary basis after superannuation of former Principal Samia Rashid.

ACB Traps

complaint of a local resident of Chinore, a Bureau spokesperson said. Mohd Sultan, SgCt of Chinore Police Post Jammu, he said, had demanded Rs. 8,000 as bribe for release of his son from Police custody.

The complainant, he said, had also stated that Munshi was demanding Rs 4000 from the complainant for releasing his son, despite taking Rs 4000 earlier for the same purpose.

"The complainant stated that he didn't want to pay the bribe but the said official compelled him to pay the bribe and under compelled circumstances he is going to pay the balance bribe of Rs. 4000/- to said Munshi and requested for taking action under law," the ACB spokesperson added.

Teen Girl

Pattan for treatment. However, the doctors there declared her dead, reports said.

Meanwhile, police have filed a case and started further investigations in this regard.

Two Gamblers

of Rs 2,900 was also seized from the spot.

"Accordingly, a case vide FIR No. 20/2023 under relevant sections of law has been registered in Police Station Kulgam and further investigation has been initiated," he added.

Banihal Highway

will remain suspended from Nashri towards NAVYUG Tunnel and vice versa from 06:00 am on 3rd March to 06:00 am on 4th March 2023," reads a Tweet posted by J&K Traffic Police on its official Twitter handle.

"Moreover, a similar dry day on NH-44 will also be observed on 10th March 2023," it added.

It further said that the highway remained blocked for nearly three hours on Thursday due to shooting stones at Mehar- Cafeteria and closure of NAVYUG Tunnel

"There was slow movement on NH-44 due to the breakdown of 06 HMVs between Nashri and NAVYUG Tunnel," the Tweet added.

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
OBSERVER

KO PODCAST

DC Ramban Directs Scrutiny Of Records To Ensure PF, Insurance Cover To Labourers

Press Trust Of India

JAMMU: Authorities in Jammu and Kashmir's Ramban district have started a process to identify all construction workers not yet brought under provident fund and insurance cover in accordance with labour laws.

The move comes as a major relief for labourers engaged in national projects in the district.

Ramban Deputy Commissioner Mussarat Islam issued the order after taking serious note of protests by the labourers for implementation of labour laws and disbursement of full wages.

In a communication to the assistant commissioner (provident fund), Islam said it was brought to his notice that several labourers/construction workers engaged in various concessionaire companies executing national projects -- such as the Udhampur-Srinagar-Baramulla Rail Link, Sawalkote Hydro Electric Project and four-laning of the Jammu-Srinagar National Highway -- have not been brought under the ambit of provident fund and insurance cover, as enshrined in the labour laws.

"It has also been learnt that while concessionaire companies pay full dues to the labourers/construction workers, the same benefits are reportedly not extended by the PRW contractors (sub-contractors) of the concessionaire companies to the labourers/construction

workers, as per their skill category, which is a matter of serious concern," he said.

The deputy commissioner said there have also been reports that the PRW contractors have maintained no record and these labourers and construction workers are generally referred to as "contractor khata".

"In order to identify the scale at which the labourers/construction workers are duped of their duly earned wages, you are directed to submit a comprehensive list with findings from all the concessionaire companies engaged in execution of national projects and reconcile the same with the PRW contractors' lists so that it is ensured that PF, insurance cover and other benefits which accrue to the labour community are not siphoned away," the communication stated.

There are several instances when a labourer or construction worker from a PRW contractor is injured or dies in an accident at any site, he or his kin is denied rightful compensation or any financial assistance since his PF and insurance cover have not been maintained, Islam said.

He directed the officer to ensure collection of the PF number of the PRWs and list of labourers/construction workers to help scrutinise those who may be deprived of their full wages while obtaining the lists from the concessionaire companies.

Pir Panjal Community Radio Team Calls On LG



Observer News Service

JAMMU: Lieutenant Governor Manoj Sinha met and interacted with a team of young Radio Jockeys of Radio Pir Panjal 90.4 FM, a Community Radio Station established at Surankote, Poonch, at the Raj Bhavan here on Thursday.

The RJs Ab, Majid, ohd Qasim, Faieza Tabasum and Sara Fatima accompanied by Brigadier M P Singh and Lt Col. Vivek Singh apprised the Lt Governor of the work and contribution of the radio station to the local community through its informative and entertaining programmes.

The Lt Governor appreciated their efforts to inform people on all matters of public interest, educate and entertain its audiences. He further asked

the RJs to create awareness about youth and women's issues through their community Radio.

The Radio station has been set up by the Indian Army with an aim to preserve and promote the culture of twin border districts of Rajouri & Poonch. The Community Radio Station broadcasts programmes in different languages including Gojri, Pahari and Urdu apart from Hindi and Punjabi, informing the listeners on social welfare issues, women empowerment, youth employment and tourism.

The Radio Pri Panjal has recently been awarded for 'Best Use of Radio in Public Service' by the outreach programme held at 9th International Radio fair, Bhubaneswar, Odisha on the world radio day.

Fee Fixation Panel Headless Amid Re-Opening Of Schools

Agencies

SRINAGAR: Amid the reopening of the schools, the Fee Fixation and Regulation Committee (FFRC) continue to remain headless, raising concerns among the stakeholders about the issue of fee hike in private schools.

According to reports, with the reopening of the schools in Valley, the private schools are likely to go ahead with the new admission process for the kindergarten classes wherein they collect hefty amounts as donation and annual charge from the parents.

The move has raised the concerns among the stakeholders over the government's intention to put a check on the private schools for collecting donation and annual fees from the parents, in violation of the set norms. The private schools are accused of collecting the capitation fees as per their own sweet will.

Notably, the FFRC is headless after the tenure of its chairman Justice (Retd) Muzaffar Husain Attar ended on November 13 last year. Justice Attar has served on the post since November 9, 2020.

However, despite the passage of more than three months, there is no headway in the appointment of the Chairman for

the FFRC which has left the parents at the receiving end.

"The delay by the government to appoint the new chairman of the FFRC has put the parents at the receiving end as there is nobody to listen to our grievances. All the complaints registered with FFRC are gathering dust as there is no one to dispose of our complaints," said a parent.

The complaints have already started pouring in against some private educational institutions over some issues related to the hike in fees and collection of annual charges.

Recently, the Private Schools Association Jammu and Kashmir issued a cap on fees while indirectly hinting about the 10 percent hike in the fees.

The PSAJK has issued directions to all of its member schools to cap any fee hike at a maximum of 10 percent. The 10 percent hike has been decided till new directions of the FFRC which is currently headless.

"How can any school hike the fees unless it is approved by the Chairman of the FFRC? No school has any right to take a decision regarding the fee hike. We will not allow any school to take any such decision till the directions are given by the fee panel," said another parent.



GARDENERS TAKE A SHORT BREAK to keep themselves warm on a rainy day Thursday inside Srinagar's Tulip Garden. .

KO PHOTO, ABID BHAT

‘Proper Investigation’ Started In Kupwara Man’s Death: Police

Observer News Service

SRINAGAR: A day after the body of Kupwara man was found, nearly three months after he went missing after being allegedly detained by the Army, the police on Thursday said that it has started "proper investigation" in the case.

"On 1-03-2023, Police Station Trehgam received information that one dead body is lying in the forest area of Zurhama-PK Gali," a police spokesperson said.

Accordingly, he said, the Police party rushed to the spot and recovered the body which was later on identified to be of Abdul Rashid Dar son of Mohammad Sadeeq Dar of Kunan Poshpora against whom a missing report was lodged in Police station Trehgam.

"Pertinently, the family members of the deceased had alleged that on 15-12-2022 the said person was taken by some army personnel from his house at Kunan. However, at the same time, the army had revealed that although he was taken for some

questioning and subsequent identification of a particular place in the forest of Laderwan-Zurhama area but he jumped over and fled taking advantage of the darkness and topography," he said, adding, "The Army further informed that they have launched a search to trace Abdul Rashid Dar and requested local police to further take necessary action as per law."

In the given circumstances, he said, a proper missing report was lodged in the concerned Police Station and efforts to trace the missing person was on.

"During the course of investigation besides other procedural formalities, Post mortem was also got conducted through a designated team of doctors and after conducting medico legal formalities the body was handed over to his legal heirs for last rites," he said, adding, "The Police has started proper investigation in the case to ascertain all facts and circumstances leading to his death. He said further details shall follow with the progress of the investigations."

Meanwhile, PDP president Mehbooba Mufti Thursday demanded a genuine probe" into the incident

"Extremely disturbed to see pictures of the mutilated body of Abdul Rashid from Kunan Poshpora. Wasn't allowed to visit the family under the pretext of security. What transpired after the Army picked him up for questioning months ago is anybody's guess," Mufti wrote on Twitter.

The former Jammu and Kashmir chief minister said "in the absence of any accountability such incidents have been normalised after 2019".

"Probes & inquiries fail to nail culprits & deliver justice," she added.

Mufti, however, said "a genuine probe" needs to be ordered into the incident.

"Until then the least LG administration & Army can do is to take steps by providing a government job & financial assistance to the victim's family who have lost their sole breadwinner," she said. (With agency inputs)

NIA Court Issues Warrants Against 13 Militants Hiding In Pakistan

Press Trust Of India

JAMMU: A special NIA court here issued non-bailable warrants against 13 militants, hailing from Jammu and Kashmir's Kishtwar district, who are presently operating from across the border, police said on Thursday.

Senior Superintendent of Police, Kishtwar, Khalil Poswal said the warrants have been issued in a terror-related case registered last year under various sections of the Indian Penal Code and the Unlawful Activities (Prevention) Act at police station Kishtwar.

The chief investigation officer of Kishtwar Police approached the special NIA court for issuance of non-bailable warrants against the accused for their active involvement in militant activities and creating unrest in the Chenab valley and other parts of Jammu and Kashmir, he said.

"After the eruption of terrorism in 1990, many terrorists were killed but one group com-

prising 36 members affiliated with Hizbul Mujahideen and Lashkar-e-Taiba (LeT), all residents of Kishtwar, were settled in different parts of Pakistan and Pakistan occupied Kashmir and engaged in disruptive activities," the officer said.

He said two cases were registered against them and in one of the cases, non-bailable open-ended warrants have been issued by the special NIA court Jammu, while similar action is being taken against others as well in the coming days.

"We are forwarding a red corner notice to Interpol and a process has also been initiated to identify their properties to get them sealed. Based on electronic and other evidence, we will pursue these two cases in the court of law and with the help of Interpol will arrest the terrorists and bring them back to face the law," Poswal said.

Besides luring the youth into militancy, the officer said, the Pak-

istan-based militants mobilised sleeper cells and pushed them into J-K in connivance with secessionist and separatist leaders for waging war against the government of India with the nefarious design of seceding Jammu and Kashmir.

In nearby Doda, police said a total of 118 terrorists belonging to different parts of the district have exfiltrated into Pakistan and 10 among them are most active and making continuous attempts to recruit youth into militancy and disturb peace in J-K.

Senior Superintendent of Police, Doda, Abdul Qayoom said while property of one of the terrorists was recently seized, appropriate action is being taken against the rest of the others.

"Two of the terrorists have already been declared as individual terrorists' and two others as proclaimed offenders," he said, adding dossiers are being prepared against active militants and the details of their properties are also being collected.

J&K Cong Stages Protest Against Imposition Of Property Tax

Press Trust Of India

JAMMU: Scores of Congress workers on Thursday protested here against the imposition of property tax in Jammu and Kashmir, with senior party leader Vikar Rasool Wani accusing the Union Territory administration of being "anti-poor".

The workers led by Wani, who is the Congress' J&K unit president, assembled outside the party's headquarters at Shaheedi Chowk and tried to take out a march. However, they were stopped by police.

The Jammu and Kashmir administration recently notified

ernor administration was bent upon to destroy the people economically.

"First, it introduced an anti-encroachment drive to raise down the houses of the poor and now imposed property tax," he said, rejecting the Lt Governor Manoj Sinha's assertion that the rates of property tax are lowest in the country and the majority of the population had to pay below Rs 1,000 annually.

"The same remarks were made when toll posts (on highways) were introduced and today, people are paying three to four times of the toll fixed originally. It will happen with the property tax as



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.

"The (BJP) government (at the Centre) is anti-poor which is evident from its policies over the past nine years. It divided J&K into two Union Territories (UTs) and is afraid of holding assembly elections, knowing fully that the distressed people will throw it out of J&K," Wani told reporters.

In 2019, the Centre abrogated Article 370, which granted special status to the erstwhile state of Jammu and Kashmir and bifurcated it into UTs of Jammu and Kashmir and Ladakh.

Wani alleged that the Lt Gov-

well," he claimed.

The Congress leader said his party will continue its protest against the "anti-people" policies of the J&K administration and the BJP.

He also attacked the BJP-led central government for increasing the prices of domestic gas cylinders and said the rates were nearly three times less when the Congress-led UPA was in power at the Centre.

J&K Congress working president Raman Bhalla and chief spokesperson Ravinder Sharma were also part of the protest.

Members of the Apni Party also staged a protest in Udhampur against the property tax and demanded immediate revocation of the notification.

Renovation Of Shankaracharya Temple To Commence Soon

Press Trust Of India

JAMMU: Renovation of the Shankaracharya temple in Jammu and Kashmir's Reasi district will commence soon, an official of the Shri Mata Vaishno Devi Shrine Board (SMVDSB) said on Thursday.

A team of the SMVDSB, including its Chief Executive Officer Anshul Garg and technical experts, visited the temple near the Mata Vaishno Devi shrine and reviewed its condition in the presence of local stakeholders.

In addition to renovating the temple, located on the hillock at the eastern side of Katra town, the SMVDSB is 'aspiring' to establish a grand 'shivling' there while ensuring that the ecology of the area is not disturbed, Garg said.

The renovation work, which was initiated in 1990 but had to be stopped subsequently owing to several issues, is being spearheaded by the SMVDSB in a bid to develop a religious circuit in Katra and surrounding areas.

"The renovation of the temple will commence soon as per

the directions of Lt Governor Manoj Sinha and in tune with the aspirations of the local residents," Garg said.

Sinha, who is also the chairman of the SMVDSB, recently passed directions for rejuvenation and development of the temple complex in the interest of pilgrims and overall development of Katra and adjacent areas.

Garg said the temple would not only act as any other spiritual destination for pilgrims visiting the holy shrine of Mata Vaishno Devi but would also boost the economy of Katra. He said a glimpse of Dogra folk art and culture will also be seen in the construction of the temple complex.

Besides, laying of tiles on the track leading to the temple and the installation of LED lights with poles, the condition of the access road and track leading to the temple will be improved, another board official said.

Basic infrastructure development shall include provision of viewpoints, adequate, safe and clean drinking water, hygienic food, and medical and sanitation facilities, the official said.

J&K BJP Celebrates Assembly Election Results In NE States

Press Trust Of India

Jammu: The Jammu and Kashmir BJP on Thursday celebrated the assembly election results in north-eastern states of Tripura, Nagaland and Meghalaya and expressed confidence the party winning the next assembly polls in the Union Territory with a thumping majority.

J-K BJP president Ravinder Raina, who led the victory celebrations at Trikuta Nagar party headquarters, said the election results have justified the policies of the Prime Minister Narendra Modi-led central government.

Accompanied by party workers and supporters, Raina along with former minister Sat Sharma, former mayor Chander Mohan Gupta and other senior leaders distributed sweets and congratulated each other to celebrate the victory of the BJP and its alliance partners in Tripura, Nagaland and Meghalaya assembly elections.

Thanking the people of the three



states for their love, faith and support to the BJP, Raina said, "The lotus (symbol of BJP) has bloomed again in these regions and the party will also win J-K in the next assembly elections."

"The election victories in all the regions have justified the policies of the BJP, especially of Modi who only can run this country with nationalist and progressive ideas," he said.

He said the Modi-led government has done a number of developmental works for the betterment of the common masses across the country.



GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER PMGSY (JKRRDA) DIVISION PULWAMA.

E-mail id: executiveengineerpulwama@yahoo.co.in

Phone / Fax 01933242120

INVITATION OF PUBLIC COMMENT

Subject: Application through online mode for Permission of laying of Optical Fiber Cable District: Shopian.

The authorized signatory Additional Deputy Commissioner Shopian Vide Letter No: DCS/ADC-PS/22-23/4304-08 Dated: - 23-02-2023 has submitted a proposal in this office for seeking of permission for Right of Way/ for the purpose of laying of fiber utility on road side. After joint visit the details of ROW is as under:

S.NO	Name of road	Chainage		Length in Mtrs	Width in Mtrs
		From KM	To KM		
1.	Upgradation and Maintenance of road from L084-Mastpora to Banpora Road, Package No. JK10-184, Phase-XII.	0	2.75	2750.0	1

The above proposal for seeking of permission for laying of fiber utility on above roads is published for public comments within seven days in the interest of general public.

In view of above the comments of public are invited on captioned proposal on executiveengineerpulwama@yahoo.co.in or below mentioned address.

Office of Executive Engineer PMGSY (JKRRDA) Division Pulwama.

DIPK-18106-22
DT: 02/03/2023

Executive Engineer
PMGSY (JKRRDA)
Division Pulwam

Real Kashmir Concede In Added Time To Draw 1-1 With Mumbai Kenkre



Observer News Service

SRINAGAR: Real Kashmir FC was sunk by a late equaliser on Thursday as the team suffered a 1-1 draw against relegation-threatened Mumbai Kenkre FC in I-League at Synthetic Turf TRC here.

Playing at their home turf and with a winning momentum on their backs, Real Kashmir would have expected to take full three points against Mumbai Kenkre. But the Snow Leopards were in for a disappointment.

Real Kashmir goalkeeper Subhashish Roy Chowdhury made a number of quality saves to keep his team in the tie before forward Samuel Kynshi gave Real Kashmir the lead in the 68th minute. However, the Srinagar-based football club conceded via a corner kick in the 90+6 minute of extra time to end the game 1-1.

Real Kashmir will now play the final match of their 2022-23 I-League campaign away from home against second-placed Sreenidi Deccan FC on Sunday, March 5.

13 Lives Sign Bilal Ahmad Rah As Brand Ambassador



Observer News Service

SRINAGAR: Australian supplement brand, 13 Lives, have signed Mr. Kashmir 2022 Bilal Ahmad Rah as its brand ambassador.

The company's founder Vlad made the announcement at a "Meet & Greet" event organised by MuscUP "The Nutrition House" at Hotel Palm Spring in Wazir Bagh on Thursday.

"I want to welcome Mr. Kashmir.

He's going to be our first athlete in this wonderful region of Kashmir. So, from the bottom of my heart I want to say thank you and welcome to the family," Vlad said.

"We are starting with him, but we are looking for more," the event organisers added.

Bilal Ahmad Rah, a resident of Bemina, Srinagar, won the Mr. Kashmir Overall title at the recently concluded bodybuilding championship.

Lyon Devours Indian Batters As Australia Eye Rare Win



Press Trust of India

INDORE: India were staring at a rare defeat at home despite Cheteshwar Pujara's plucky half-century as veteran Australian off-spinner Nathan Lyon flattened the hosts with his eight-wicket haul on day two of the third Test here Thursday.

India did well to end Australia's first innings at 197, conceding a 88-run first innings lead after Steve Smith's side began at 156 for 4 but negotiating quality spin in favourable conditions remained a challenge for them. The hosts were bowled out for 163 in their second innings, which means that Australia need just 76 runs to cherish a rare Test win in India, who have lost only two Tests at home in the last 10 years.

India have lost to only England (February 2021) and Australia (February 2017) in the past decade and both were crushing defeats. Australia had won by a massive 333-run margin in Pune

while England had hammered India by 227 runs in Chennai.

Australia bring the best out of Pujara (59 off 142) and that was on full display at the Holkar Stadium but he did not get the support that was needed from the other batters as India came up with another underwhelming batting performance on a rank turner. India were in the game as long as Pujara was there but a sensational catch from Steve Smith at leg-slip towards close of play put the visitors on cusp of a memorable victory.

Lyon ended with remarkable figures of eight for 64 in 23.3 overs. Siraj getting bowled while attempting a wild slog brought stumps on day four with India's innings lasting 60.3 overs. Besides being impressive with the ball, the Australians were brilliant in the field, especially with the momentum-changing catches of Pujara and Shreyas Iyer (26 off 27).

The shot selection of Shubman Gill and Virat Kohli left a

lot to be desired as Lyon bossed over the home team.

After being reduced to 79 for four at tea, Pujara and Iyer's counter attacking 35-run stand raised hopes of a fighting second innings lead but a flying Usman Khawaja took a stunning catch at mid-wicket to send back the latter.

Iyer went for horizontal shots against spinners, especially Kuhnemann, and executed them well until a moment of brilliance from Khawaja got the better of him.

Gill (5), coming into the side in place of K.L. Rahul, suffered his second failure of the game after getting beaten in the flight by Lyon. He went for an ugly hoick but ended up getting castled. Lyon also got rid of India skipper Rohit (12), who was trapped in front after misjudging the length of the ball.

Kohli's (13) was adjudged LBW after attempting a pull off left-arm spinner Matthew Kuhnemann on a track offering spin and uneven bounce.

Amid Barcelona Scandal, Spanish Referees Defend Themselves



Agencies

BARCELONA: Spain's referees gathered in Madrid on Thursday to defend their profession in the wake of a scandal involving Barcelona's payment of millions of dollars over several years to a former referee then acting as their vice president.

Barcelona denies any wrongdoing and says the money was for reports on referees and youth players, but a Spanish state prosecutor is probing the venture after the country's tax officials got involved.

"We want to make clear that no one has more at stake than we do in assuring that justice is served," referee José Sánchez read from manifesto in the name of the entire body of soccer match officials.

The manifesto hoped that the "alleged acts by a person that in his time formed part of this house won't stain our image and the honor of this great body."

Several hundred active and former referees and referee assistants attended the first news conference given by the Spanish soccer federation since the scandal was broken by a Spain's Cadena SER radio station on Feb. 15.

The referee body tried to distance itself from the relationship between Barcelona and former referee José María Enriquez Negreira, who was a part of the Spanish soccer federation's refereeing committee from 1994-2018. Local media reports say Barcelona's payments to Enriquez reached 7 million euros (\$7.5 million) between 2001 and 2018, when they stopped.

While not confirming the exact figures, Barcelona has acknowledged the regular payment to Enriquez during those years. The club has hired an independent firm to carry out its own investigation and is expected to give its more detailed account of the relationship with Enriquez once that is concluded.

Santosh Trophy: Meghalaya To Play Karnataka In Final

Press Trust of India

RIYADH: Meghalaya and Karnataka on Wednesday stunned the former champions Punjab and Services respectively to set up a summit clash between themselves in the Santosh Trophy national football championships here.

Meghalaya made a spirited fightback as they rallied from a goal deficit to beat eight-time champions Punjab 2-1 in the first semi-

nals and enter their maiden final. Karnataka then beat Services, who have won five titles in the last 10 years, 3-1 in the second semifinals to enter their first final in 37 years.

The final between Meghalaya and Karnataka will be played on Saturday, while the third-place play-off between Punjab and Services will also be staged earlier on the same day.



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