

## J&K Anticipates Rs 60,000 Cr Investment: MoS Home

Says Investment Worth Rs. 1924.64 Crore Has Come On The Ground

Observer News Service

**New Delhi:** The Union Territory administration has received Rs 1924.64 crore investments since the introduction of Jammu and Kashmir Industrial Policy, 2021, while the anticipated investment has now touched Rs. 66,000 crore, the Minister of State for Home Affairs, Nityanand Rai said Thursday.

Quoting the information provided by the J&K government, Rai in a written reply to a question in the Rajya Sabha said that since the announcement of New Industrial Policy, 2021, a total of 5327 applications, investment proposals have been received so far.

He said that the anticipated investment which was worth Rs. 64,058 crore in December, last year has now touched Rs. 66,000 crore.

"After the introduction of J&K Industrial Policy, 2021, investment worth Rs. 1924.64 crore (Rs. 376.76 crore in 2021-22 and Rs. 1547.88 crore in 2022-23 (up to January, 2023) has come on ground. The investment during the current financial year is the highest ever compared to any other previous financial years," the Minister said.

"Out of 5327 proposals received, land has been allotted in respect of 1854 units and 854



have paid the premium. 560 units have signed lease deeds and have taken over the possession of the land allotted. 129 units have started work on ground. In addition, 350 existing units have also come into production after the announcement of New Industrial Policy, 2021," he added.

The Minister further informed the Rajya Sabha that J&K government of Jammu and Kashmir has taken several steps such as Business Reforms Action Plan (BRAP)- Ease of Doing Business (EoDB), development of new industrial estates, development of basic infrastructure including roads, power, water, drainage, sewerage treatment and handholding of investors to

encourage investments and to create employment opportunities for the youth coupled with income generation.

Giving further details in his written reply, Rai said to boost industrial growth, the government is strategically working on Implementation of BRAP. He said 352 BRAP points have been complied and 3188 burden compliances have been reduced under BRAP.

"167 services of 18 departments have been provided on a single window portal. The BRAP score of J&K has improved from 0.30% to 79.67%," he said.

About the Single Window Clearance System, the Minister said to provide seamless services to the prospective

## LS Passes Rs 45 Lakh Cr Budget Without Debate

Press Trust Of India

**New Delhi:** Lok Sabha on Thursday approved the Union Budget envisaging an expenditure of around Rs 45 lakh crore for the fiscal year starting April 1 without any discussion, as the Opposition continued to create ruckus over demand for a JPC probe into allegations against the Adani Group.

The Lower House of Parliament took up the Demands for Grants and Appropriation Bills after two adjournments as the ruling and Opposition MPs engaged in a matching duet over demands for an apology by Rahul Gandhi and the Adani issue.

Most of the second leg of the Budget Session has been washed out due to the protest by both sides and it was one of the rare occasions when the Budget was passed without any discussion.

Soon after the **More on P6**

## 'Modi Surname' Case

# Rahul Gandhi Gets 2-Year Jail, 30 Days To Appeal

Press Trust Of India

**Surat:** Congress leader Rahul Gandhi was on Thursday sentenced to two years in jail by a Surat court in a 2019 criminal defamation case over his "Modi surname" remark, in a setback to the Lok Sabha MP who faces the risk of disqualification.

The court of Chief Judicial Magistrate HH Varma, which held 52-year-old Gandhi guilty under Indian Penal



Code(IPC) sections 499 and 500, also granted him bail and suspended the sentence

for 30 days to allow him to appeal in a higher court. Gandhi can escape immediate disqualification as a member of parliament if the appellate court suspends the conviction as well as the two-year jail term.

As the conviction ahead of the 2024 Lok Sabha elections set off a political slugfest and posed another challenge to Gandhi with a bearing on his political future, the Congress said he will file **More on P6**

## Conviction Triggers Political Slugfest

**R**ahul Gandhi's conviction in a 2019 criminal defamation case by a Surat court on Thursday triggered a political slugfest between the BJP and opposition parties, including AAP, which rallied behind the former

Congress chief and accused the ruling party of "hatching a conspiracy to eliminate" its political opponents by prosecuting them. The Congress claimed that the court verdict was "infirm, erroneous and **More on P6**

## Court Refuses Bail To Gujarati Conman

Directs Police To Conduct Thorough Probe

Majid Nabi

**Srinagar:** A local court on Thursday dismissed bail application of Gujarati conman Kiran Jagdish Bhai Patel on the grounds that granting bail to the accused at this stage would 'undermine' the integrity of the probe.

Chief Judicial Magistrate (CJM) Srinagar, Raja Mohammad

Tasleem while dismissing the bail plea of the imposter asked the police to conduct a thorough investigation in the case again, so as to ascertain what could be the other possible connections of the accused, which can be checked, scanned at the earliest.

"I am of the considered opinion that arguments advanced by Ld. **More on P6**



## India Slams Pak For Raising Kashmir At UN

'World Does Not Need Lessons On Democracy And Human Rights From Pakistan'

Press Trust Of India

**Geneva:** India on Thursday said the world does not need lessons on democracy and human rights from Pakistan whose contribution as a leading exporter of terror and violence is unparalleled and where terrorists thrive and roam its streets with impunity. Exercising India's Right of



Reply at the 52nd Session of Human Rights Council General Debate, Under **More on P6**

**6** OUT OF 5327 PROPOSALS RECEIVED, LAND HAS BEEN ALLOTTED IN RESPECT OF 1854 UNITS AND 854 have paid the premium. 560 units have signed lease deeds and have taken over the possession of the land allotted. 129 units have started work on ground. In addition, 350 existing units have also come into production after the announcement of New Industrial Policy, 2021."



## India is leading the way towards ending TB globally

Launch of Key TB Initiatives During One World TB Summit, Varanasi 2023 by

**Shri Narendra Modi, Hon'ble Prime Minister**

**World TB Day | March 24<sup>th</sup>, 2023 | 10:30 AM**

Rudraksh International Cooperation and Convention Centre

### Key TB initiatives being launched today:

- India TB Report 2023 • TB Mukht Panchayat Abhiyaan • Training module for Extra Pulmonary Tuberculosis • Nation-wide rollout of Shorter TB Preventive Treatment
- Family Caregiver Model • Foundation stone for BSL lab, NCDC branch and unveiling of site for Metropolitan Surveillance Unit, Varanasi

### India is committed to end TB by 2025, five years ahead of the global target



**TB patient registrations improved by 56%** from 15.5 lakh in 2014 to 24.22 lakh in 2022



**Rapid Molecular Diagnostic Machines** scaled up from 40 in 2014 to **5,090** in 2022



**2.55 lakh additional TB cases** diagnosed via Active Case Finding since 2018



**7.3 lakh TB cases, highest-ever registrations from Private Sector** in 2022



More than **₹ 2,102 crore** disbursed to over **79 lakh** TB patients since April 2018 till date



**Pradhan Mantri TB Mukht Bharat Abhiyaan** enabled over 71,000 Ni-kshay Mitras to provide additional support to over 9.87 lakh consented TB patients

# Benefits Of Watermelon On Your Skin

Shahnaz Husain

When you're incredibly thirsty and need to replenish fluids in your body, watermelon is the ideal summer go-to. Nothing can beat a juicy slice of watermelon when the summer heat is burning you down. This luscious summer fruit is not only a delicious summer snack, but it also has several advantages for the skin. This succulent fruit is high in Vitamin C, magnesium, calcium, potassium, protein, fiber, and a variety of other nutrients that are useful to our overall health. Let's look at some of the skin perks of watermelon.

Benefits of Watermelon for skin

**Hydrates your skin**

Watermelon is high in water and organic substances, which are believed to help with skin health. Whether you apply a watermelon face mask or consume a fresh slice, it has a huge influence on keeping your skin hydrated.

At home, you may make your own moisturizing facemask using watermelon and honey. Honey is a humectant that replenishes moisture and works quickly to give you smooth, bright skin. It hydrates and cures dry skin.

Combine two tablespoons of watermelon juice and one tablespoon of honey in a mixing dish. On your face, apply the mixture. Allow it to sit for 10-12 minutes before washing it off. For the best results, do this once a week.

**Prevent oily skin**

Watermelon is an excellent skin component, particularly for individuals with oily skin. The delicious red fruit reduces pores and has unparalleled moisturizing effects. It treats oily skin by controlling the oil-producing glands called sebaceous glands, allowing your face to be free of oil and acne.

Watermelon is beneficial for eliminating excess oil from your skin, while bananas have anti-pigmentation and anti-acne properties. Because acne is



caused by oily skin, this is the finest watermelon face mask for those who suffer from acne and pigmentation. Mix one tablespoon of watermelon

pulp and one tablespoon of banana pulp in a bowl with a spatula and apply to the face and neck. Allow 20 to 25 minutes for the face pack to dry. After

that, wash it with warm water.

it appear weary and exhausted.

**A natural skin toner**

Vitamin C and antioxidants present in watermelon help to regenerate skin cells and protect them from injury. To tone your skin, gently apply fresh watermelon juice to it and rinse it off.

**Natural Exfoliator**

Watermelon is rich in vitamin C, which brightens your skin quickly. The gritty particles in the fruit assist in gently exfoliating the skin while also moisturizing it. To naturally scrub off dead skin cells, apply a teaspoon of mashed watermelon to your skin.

**An Anti-Ager**

Watermelons are enriched with antioxidants and vitamins, which all involve offering you glowing skin. Antioxidants help combat free radical damage and enhance suppleness, which reduces the appearance of fine lines and wrinkles and makes skin appear tighter. Vitamins brighten dull skin and remove the layer that makes

**Cure sunburn**

Applying a watermelon and cucumber face pack to cure sunburn is recommended. Both watermelon and cucumber are excellent for your skin. Cucumber is a cooling substance that aids in the removal of tan. Watermelon has various aesthetic advantages, including moisturizing and soothing inflammation and itching. It also contains lycopene, protecting the skin from sunburn and skin cancer. It blocks UV rays at least twice as well as an antioxidant.

Mix a spoonful of cucumber pulp with watermelon juice to make the face mask. Apply the pack evenly to your face and leave it on for 15-20 minutes before washing it off.

Watermelon is a delightful treat that is good for your skin during the summer and the rest of the year. Grab a piece of this succulent fruit for yourself and enjoy both the taste and the health benefits.

**GOVERNMENT OF JAMMU & KASHMIR**  
**KASHMIR POWER DISTRIBUTION CORPORATION LIMITED**  
**Office Of The Executive Engineer Electric Division-IV Khanyar Srinagar**  
 Email: emre.ediv@gmail.com Tel No. 0194-2477608 Fax No.0194-2470276

**short Abbreviated Notice**  
**E-NIT No. 45/EDIV of 2022-23, dated: 16.03.2023**

For and on behalf of the Lt. Governor Jammu and Kashmir UT, Executive Engineer, Electric Division-IV Srinagar invites online e-bids from registered A-Class Contractors/firms Notice for Creation of 250 Kva Substation along with HT/LT network and installation of HT Metering Unit at Sheep breeding Khimber falling within the jurisdiction of Sub Division Zakura as under

S.No	Particulars	Quantity	Estimated cost
1	Creation of 250 Kva Substation along with HT/LT network and installation of HT Metering Unit at Sheep breeding Khimber	1 Job	17.33 lacs

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

i)	Date and Time of downloading/ Sale (Start) of Tender Document	23.03.2023 ; 10:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	11.04.2023 ; 16:00 Hrs
iii)	Date & Time of Bidding Queries/Clearifications	24.04.2023:11.00 Hrs to 24.04.2023 :16:00 Hrs
iv)	Date & Time of Bid Uploading (Start/End)	25.04.2023 :10.00 Hrs to 11.04.2023 :16:00 Hrs
v)	Submission of Hard Copy (end) Date & Time	Shall be communicated later
vi)	Commercial/Technical Bid Opening Date & Time	12.04.2023 upto 14:00 Hrs
vii)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
viii)	Venue of Commercial/ Technical Bid Opening	Soft Copy Electronically and Hard Copy in the office of Executive Engineer, Electric Division IV., Srinagar
ix)	Cost of e-Bid document	Rs.1000.00 (Rupees One thousand Only) (Non-refundable)
x)	Amount of Earnest Money Deposit	Rs 34700.00 (Rupees Thirty Thousand seven hundred Only)

Executive Engineer  
 Electric Division IV, Srinagar

**DIPK-NB-6924/22 dated: 23-03-2023**

**ASF ENTERPRISES**

Sale and Services of Computers 2nd. Floor Munir Manzil Regal Chowk Srinagar [J&K] , Ph.0194-24 77949 , 9419001176, 9419776235

Sale and Sende of Laptops. Desktops. Printers, Photocopiers. Faxes, CCTV Cameras, Security System and Refilling of all Types of Cartridges, Toners Registered Government order Suppliers.

**Before The Hon'ble Court Of Principal District & Session Judge Ganderbal**  
 Application No. /2022 In Caveat No. /2022

IN THE CASE OF:  
 Asma and another

V/s  
 Public at Large

...Caveators

...Non-Caveators

IN THE MATTER OF: Application seeking dispensation of the prior notice to the Non-Caveator(s).  
**MAY IT PLEASE YOUR LORDSHIP:**  
 The Applicant most humbly submits as under:  
 1. That the present application is being filed for seeking the dispensation of the prior notice to the Non-Caveator(s).  
 2. That since the case of the applicant is emergent in nature, therefore, the publication of the prior notice to the General Public also demands to be awaited for sometime, which can well, cause great prejudice to the applicant. Hence applicant craves leave of this Hon'ble court for dispensation of the prior recommendation of the Caveator.  
 3. That this application is supported by an affidavit duly sworn by the applicant.  
 IN THE PREMISES, it is, therefore, prayed that this application be accepted and prior recommendations for filing of caveat petition enclosed with this application may kindly be dispensed as same would be in consonance of law and justice.

**NJ**  
 Caveator In Person

**YARDIMCI MULTI-VENTURE**  
 Deals with clothing and home appliances at whole sale rates.  
 Contact-0194-3550112  
 G-mail- yardimcunique92@gmail.com  
 I.G: yardimci\_multi\_venture\_  
 F.B: yardimci multiVenture

**Plumbing Jobs**

AH Tube wells-	9419006446
Amriz Services-	7947411032
Valley Plumbers -	7947130027
Shah Constructions-	7947130111
Electric & Plumbing -	7947130256
Ajaz Plumber-	6008402994

**Carpenter Jobs**

Manpreet Singh-	9988612761
Mohammad Yaseen-	9419502845
Mohammad Ishfaq -	6064850094
Wasta Aashiq-	606480982
Kuljit Singh-	9906480421
Najjar Furniture Works-	9906598910
Umaid & Company-	7889686402
Suraj Joinery Works-	9906698804

**ازعدالت سیشن موبائل مجسٹریٹ پینچرکس کشمیر ہڈی وینس سرینگر**  
**سائل اسانلہ: بشیر احمد** بنام رجسٹرار برٹس اینڈ ڈپٹی سیشن جج

درخواست بفرج اندراج تاریخ وفات نام: عبدالرحیم

تاریخ وفات: 24-06-1977

معاہدہ مندرجہ عنوان الصد میں سائل اسانلہ نے عدالت ہڈی وینس ایک درخواست بشمول طغنی بفرج اندراج تاریخ وفات عبدالرحیم بٹ رجسٹرار برٹس سائلہ خالد کالونی صومرہ سرینگر مورہ 20-03-2023 پیش کی ہے۔ لہذا انعام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی مذریعہ اعتراض ہونے کی صورت میں اپنے عدالت اشاعت اشتہار کے اندر ہی ہم عدالت میں آکر پیش کرے۔ بعد گزرنے معیاد کوئی مذریعہ اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہڈی وینس 12-04-2023 کو مقرر ہے۔

تحریر الصد nj

**ازعدالت سبج میڈیٹل مجسٹریٹ سرینگر**  
**باجلاس مہرین مشتاق**

رجسٹرار برٹس اینڈ ڈپٹی سیشن جج ایس۔ ایم۔ سی۔ سرینگر (سبیل)

**Nazir Ahmad Malik**  
 سائل اسانلہ

درخواست بفرج اندراج تاریخ پیدائش اوقات نام: Ghulam Ahmad Malik

تاریخ وفات: 02-03-1967

معاہدہ مندرجہ عنوان الصد میں سائل اسانلہ نے عدالت ہڈی وینس ایک درخواست بشمول طغنی بفرج اندراج تاریخ پیدائش اوقات نام: Ghulam Ahmad Malik S/o Fatah Malik

مورہ 11-03-2023 R/o Zadi Masjid Kant Paristan Sgr A/P Khal Mulla Alastang

بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی مذریعہ اعتراض ہونے کی صورت میں اپنے عدالت اشاعت اشتہار کے اندر ہی ہم عدالت میں آکر پیش کرے۔ بعد گزرنے معیاد کوئی مذریعہ اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہڈی وینس 25-03-2023 کو مقرر ہے۔

تحریر الصد nj

**ازعدالت چیف جوڈیشل مجسٹریٹ سبج سرینگر**  
**باجلاس راجا محمد سلیم**

رجسٹرار برٹس اینڈ ڈپٹی سیشن جج ایس۔ ایم۔ سی۔ سرینگر (سبیل)

**Nazir Ahmad Malik**  
 سائل اسانلہ

درخواست بفرج اندراج تاریخ پیدائش اوقات نام: Ghulam Ahmad Malik S/o Fatah Malik

مورہ 11-03-2023 R/o Zadi Masjid Kant Paristan Sgr A/P Khal Mulla Alastang

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تحریر الصد nj

**ازعدالت سیشن موبائل مجسٹریٹ پینچرکس کشمیر ہڈی وینس سرینگر**  
**سائل اسانلہ: محمد اسلم ڈار** بنام رجسٹرار برٹس اینڈ ڈپٹی سیشن جج

درخواست بفرج اندراج تاریخ پیدائش نام: نبیل اسلم

تاریخ پیدائش: 25-02-2008

معاہدہ مندرجہ عنوان الصد میں سائل اسانلہ نے عدالت ہڈی وینس ایک درخواست بشمول طغنی بفرج اندراج تاریخ پیدائش نام: نبیل اسلم ڈار سائلہ خالد کالونی صومرہ سرینگر مورہ 18-03-2023 پیش کی ہے۔ لہذا انعام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست کوئی مذریعہ اعتراض ہونے کی صورت میں اپنے عدالت اشاعت اشتہار کے اندر ہی ہم عدالت میں آکر پیش کرے۔ بعد گزرنے معیاد کوئی مذریعہ اعتراض قابل قبول نہیں ہوگا۔ تاریخ آئندہ عدالت ہڈی وینس 10-04-2023 کو مقرر ہے۔

تحریر الصد nj

**ازعدالت سیشن موبائل مجسٹریٹ پینچرکس کشمیر ہڈی وینس سرینگر**  
**سائل اسانلہ: محمد اسلم ڈار** بنام رجسٹرار برٹس اینڈ ڈپٹی سیشن جج

درخواست بفرج اندراج تاریخ پیدائش نام: نبیل اسلم

تاریخ پیدائش: 25-02-2008

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تحریر الصد nj

**Office Of The Executive Engineer**  
**Sub Transmission Division-IInd, Rajbagh, Srinagar**

**Tender Notice**  
**eNIT No. STD-II / 01 of 2023-24 Dated 06-03-2023**

For and on behalf of the Lt. Governor of Jammu and Kashmir Union Territory, e-Tender (In Two Cover System) is hereby invited from A-class electrical contractors / registered firms enlisted with CPWD/MES/Railways/DGS&D and Inspection Agency to fix Annual rate contract for Repairs and Maintenance of 33KV lines (District Budget) falling under the jurisdiction of Sub Transmission Division-II, Rajbagh, Srinagar for the year 2023-24 or till next rate contract

SNO	Description of Work	Earnest Money (in Rs)	Last date of submission of e-bid
01	Annual rate contract for Repairs and Maintenance of 33KV lines (District Budget) falling under the jurisdiction of Sub Transmission Division-II, Rajbagh, Srinagar for the year 2023-24 or till next rate contract	Rs 20123.00	31-03-2023; 2:30pm

1. Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBD shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications by the bidder.

2. The tender document is available on website <http://jktenders.gov.in>. Interested bidders may view or download the e-Bid document, seek clarification and submit their e-Bid on line up to date as per the details mentioned in the table below:

A	Date & Time of downloading of Standard Bidding Document	The standard Bidding Document can be downloaded over <a href="http://jktenders.gov.in">http://jktenders.gov.in</a> from 10-03-2023; 11:00am
B <td>Sale of Bid Document (Start)</td> <td>10-03-2023; 11:00am</td>	Sale of Bid Document (Start)	10-03-2023; 11:00am
C <td>Sale of Bid Document (End)</td> <td>31-03-2023; 2:30pm</td>	Sale of Bid Document (End)	31-03-2023; 2:30pm
D <td>e-Bid submission (start) date and time (submission of e-tender fee, EMD and other supporting documents in PDF/XLS format)</td> <td>10-03-2023; 11:00am</td>	e-Bid submission (start) date and time (submission of e-tender fee, EMD and other supporting documents in PDF/XLS format)	10-03-2023; 11:00am
E <td>e-Bid submission (End) date and time (submission of e-tender fee, EMD and other supporting documents in PDF/XLS format)</td> <td>31-03-2023; 2:30pm</td>	e-Bid submission (End) date and time (submission of e-tender fee, EMD and other supporting documents in PDF/XLS format)	31-03-2023; 2:30pm
F <td>Online commercial and technical e-bid opening date and time</td> <td>03-04-2023; 2:30pm</td>	Online commercial and technical e-bid opening date and time	03-04-2023; 2:30pm
G <td>Online financial e-bid opening date &amp; time (only of the technically qualified bidders)</td> <td>Will be communicated to the technically qualified bidders</td>	Online financial e-bid opening date & time (only of the technically qualified bidders)	Will be communicated to the technically qualified bidders
H <td>Venue of opening of technical &amp; financial e-bids</td> <td>The office of Executive Engineer, STD-II, Rajbagh, Srinagar</td>	Venue of opening of technical & financial e-bids	The office of Executive Engineer, STD-II, Rajbagh, Srinagar
I <td>Cost of e-bid document</td> <td>Rs 1000.00 (Rupees One Thousand Only)</td>	Cost of e-bid document	Rs 1000.00 (Rupees One Thousand Only)
J <td>Amount of Earnest Money Deposit</td> <td>Rs 20123.00 (Rupees Twenty Thousand One Hundred &amp; Twenty Three Only)</td>	Amount of Earnest Money Deposit	Rs 20123.00 (Rupees Twenty Thousand One Hundred & Twenty Three Only)

3. The bidders need to submit the proof/Cost of e-Bid document as stated above through e-Challan/Treasury Receipt pledged to Executive Engineer, STD-II, Rajbagh, Srinagar to be credited to M.H-0801-Power payable at Srinagar. The scanned copy of the e-Challan/Treasury Receipt must be enclosed along with the e-Bids. No demand Draft shall be accepted.

4. All the e-Bids must be accompanied by the scanned copy of EMD in the form of CDR / FDR only, pledged to the Executive Engineer, STD-II, Rajbagh, Srinagar. No interest would be payable on Earnest Money deposited with the Department.

a. Hard Copy of e-bid (complete) shall have to be submitted to the office of the Executive Engineer, STD-II, Rajbagh, Srinagar only from the bidder who is declared LI after opening of financial bids.

b. The date and time of opening of financial bids shall be notified on web site <http://jktenders.gov.in>. This is conveyed to the qualified bidders automatically through an e-mail message on their e-mail address. The financial bids shall be opened accordingly online on the same web site at the office of the Executive Engineer, STD-II, Rajbagh, Srinagar.

5. The e-Bids will be electronically opened in the presence of bidder's representatives, who choose to attend at the identified venue on indicated date and time mentioned in the above table or any subsequent day to the convenience of the Tender Opening Committee. An authority letter of bidder representative will be required to be produced.

6. The Department reserves the right to cancel any or all the e-Bids/ the e-Bid process without assigning any reason thereof. The decision of department will be final and binding.

7. In the event of date specified for e-Bids opening being a holiday/closed day for department's office then the due date for opening of e-Bids shall be the following working day at the same time and place.

8. All the required documents including Price Schedule/BOQ should be uploaded by the e-Bidder electronically in the PDF format, whereas Price Schedule/BOQ should be up loaded electronically in the same BOQ sheet provided with the SBD.

9. To participate in e-bidding process, bidders have to get 'Digital Signature Certificate (DSC)' class III (b) As per Information Technology Act-2000, to participate in online bidding.

10. Hard Copy of requisite documents shall be required to be submitted only by the Lowest Tenderer along with original CDR and e-Challan/Treasury Receipt instantly after opening of e-NIT pledged to Executive Engineer, STD-II, Rajbagh, Srinagar.

11. The Name of the Work/Job along with e-NIT reference should be superscripted in bold letters on the envelope and the Name/Firm should be clearly written on the cover.

The name of the bidder and e-NIT no. shall be clearly written on the cover. Other details can be seen in the bidding documents. Any other information regarding e-tendering process can be had from the office of the Executive Engineer, STD-II, Rajbagh, Srinagar.

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## Markets Abuzz On First Day Of Ramadan As people stock on dates, fruits

Observer News Service

Srinagar: Markets across the valley witnessed a good rush on Thursday with the beginning of the holy month of Ramadan, while people were busy stocking up on fruits and dates.

Sajad Ahmad, a Srinagar resident said breaking the fast with dates is Sunnah (a Prophetic way) and Muslims across the world including Kashmir consume dates in this holy month in large quantities. "Apart from Sunnah, dates have many health benefits as well," he said.

Parvez Ahmad, a wholesale and retail dealer of dates in Srinagar said this year they have 50 to 60 varieties of dates on display, mostly Saudi dates.

"The prices of dates

range from Rs 250 to Rs 1,500 per kg, and the majority of the dates in the market are from Saudi Arabia," he said, adding, "We also have dates from other countries."

Parvez said there is a steep hike in rates compared to last year but that they are anticipating good sales as the holy month progresses. "Ideally, the first 10 to 15 days of the holy month record good sale of dates as people also purchase full boxes to make arrangements for Iftaars at Masjids and Darul-Uloom. We also make special baskets of dates as gift packs," he said.

Another date seller in Srinagar's Lal Chowk area said this year's sales are comparatively low due to rising prices. "But we are hopeful of making more sales as the month progresses," he said.



Wrrshippers offer prayers at a revered shrine in Srinagar on the first day of Ramadan on Thursday, KO Pic Abid Bhat

## Handwritten Quranic Manuscripts On Display At Srinagar's SPS Museum

Press Trust Of India

Srinagar: The SPS Museum in Srinagar on Thursday opened a week-long exhibition of rare Quranic manuscripts, some which date back to the 18th century, to coincide with the first day of Muslim fasting month of Ramzan.

While Muslims in Kashmir and Kerala are observing Ramzan from Thursday, those in other parts of the country will be observing it from Friday.

"This is the first time we are holding the exhibition of the manuscripts as the manuscript section is still closed. Since it is the beginning of the holy month of Ramzan, we wanted to make people aware about these manuscripts so that it increases their knowledge," the museum's curator Rabia Qureshi told PTI.

Qureshi said while the museum has manuscripts on diverse subjects, this exhibition was limited to Quranic manuscripts.

"One of the manuscripts is more than 230 years old and written on Kashmiri paper us-

ing pure gold and black ink. No chemicals were used," she said.

The other manuscripts on display include Tafseer Kabeeer, famous by the name of Tafseer Razi, which was written in 1209 Hijri (1795 AD), Qaseed-e-Burde Shareef 1316 Hijri (written in 1905 AD), and Imam Al Basri's manuscript.

manuscript exhibition. This department is doing these kinds of exhibitions on different occasions, which is encouraging. Calligraphy art has declined during the last 30 years but now a new generation is taking up this art again," Athar Samoon, a Calligraphy student, said.

Shahid Ahmad, a young

**This is the first time we are holding the exhibition of the manuscripts as the manuscript section is still closed. Since it is the beginning of the holy month of Ramzan, we wanted to make people aware about these manuscripts so that it increases their knowledge**

The curator said 'Dalailo Khairaat', a manuscript in praise of Prophet Muhammad, has also been displayed in addition to the Quranic manuscripts.

"This is a very good step that the Department of Archeology and Archives has taken to organise a week-long Quranic

visitor, said, "We are seeing old manuscripts here which were written by hand."

"At present, computer prints may have errors but these manuscripts don't have any. Through these exhibitions, we come to know about our history," Ahmad said.

## Night Bus Service In Srinagar Div Com Kashmir Directs For Immediate Induction Of Buses On Routes

Observer News Service

Srinagar: In a first, Night Bus Service to start in Srinagar on different routes to facilitate the general public.

In this regard, the Divisional Commissioner Kashmir Vijay Kumar Bidhuri today convened a meeting of officers to chalk out a plan for induction of SRTC Buses for night transport service.

The meeting was attended by Regional Transport Officer, Kashmir; Senior Superintendent of Traffic Police, City; General Manager JKSRTC and other officers.

Addressing the officers, Div Com directed JK SRTC to spare more than fourteen

buses which shall run on different routes of Srinagar to facilitate general public after dusk when public transport usually remains unavailable to commuters.

Div Com also directed RTO Kashmir to identify routes to ply SRTC buses besides he instructed him to frame the time schedule simultaneously and submit the same by today.

Also, Div Com instructed concerned Smart City officers to pace up the ongoing works and remove debris and material from roads to avoid bottleneck obstacles.

During the meeting, it was informed that the bus service will be available upto 10 PM in night.

## Rainawari Residents Hit Streets Against Installation of Smart-meters

Observer News Service

Srinagar: Scores of residents in Rainawari area in the old city hit streets against the installation of smart-meters in the area.

The protestors, mainly women folk, chanted slogans against PDD demanding immediate halt to installation of smart-meters in the area and restore the electricity, which according to them was snapped, a day earlier.

The protestors blocked the main road near JLNH Hospital that severely hampered traffic movement on the busy road for a few hours.

"We have already installed the meters in our houses and now they are asking us to install these in our shops", a woman protester said adding "We had protested against the move yesterday also, following which the authorities snapped the electricity to the area."

"We request the government not to install any more meters in our area and remove those already installed here", they said adding "We will pay as per our consumption but only want these smart meters to be removed from here."

"We have been protesting for a long time now, but

no one is listening to us", they lamented.

Few people from administration later on visited the site to pacify the protesters following which the latter dispersed peacefully.

When contacted, Chief Engineer KPDCCL said that the electricity will be restored once the inhabitants allow them to install smart meters. "The way these smart meters are to be installed across Kashmir, likewise will be installed in Rainawari also", he said.

Meanwhile, SHO Rainawari Syed Junaid said that the protestors dispersed peacefully after a police team visited the site.

## Srinagar Strikes Gold Medal At National Level TB Elimination

Observer News Service

Srinagar: In a significant achievement in the National TB Elimination Program (NTEP) District Srinagar has been selected for the Gold Award among few other Districts in the country.

The selection for Gold Award has been made by the Central TB Division, Ministry of Health and Family Welfare Government of India.

In its efforts to eliminate Tuberculosis globally, the United Nations & WHO kept 2030 as target year which has been revised by India to eliminate by year 2025 keeping in view the robust TB elimination mechanism in the country. In order to certify TB Elimination in the country, a sub national certification (SNC) mechanism was adopted involving the central TB division of the ministry of health and family welfare, WHO, ICMR-NIRT and IAPSM who worked on it since 2020.

who worked on it since 2020.

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- QAZIGUND: 01951-296153

**HIGHWAY STATUS**

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

🌙

**HIJRI**  
**CALENDAR**

**02 RAMAZAN**  
**1444**

PRAYERS	
FAJR	5 : 07
ZUHR	12 : 40
ASR	4 : 59
Magrib	6 : 49
ISHA	8 : 09

### This Day In History

- 1379 - End of Gelderse war victory
- 1545 - German Parliament opens in Worms
- 1550 France & England sign Peace of Boulogne
- 1603 - Scottish King James VI son of Mary Queen of Scots, becomes King James I of England in succession to Elizabeth I, thus joining the English and Scottish crowns.
- 1765 - Britain enacts Quartering Act, required colonists to provide temporary housing to British soldiers.
- 1837 - Canada gives its black citizens the right to vote
- 1878 - British frigate Eurydice sunk; 300 lost
- 1882 - German scientist Robert Koch discovers and describes the tubercle bacillus which causes tuberculosis (Mycobacterium tuberculosis)
- 1894 - 37 miners killed at Franklin, Washington
- 1905 - A group of Cretans dedicated to Crete's union with Greece led by Eleutherios Venizelos, meet at the village of Therisso and proclaim a union in defiance of the Great Powers
- 1913 - Netherlands soccer team's 1st victory over England
- 1916 - German submarines torpedo the unarmed French cross-channel packet 'Sussex'
- 1924 - Greece becomes a republic
- 1941 - British troops defeat British Somalia
- 1941 - German troops occupy El Agheila Libya
- 1945 - Largest one-day airborne drop, 600 transports & 1300 gliders
- 1959 - Iraq withdraws from the Baghdad Pact
- 1965 - US Ranger 9 strikes Moon, 10 miles (16 km) NE of crater Alphonsus
- 1972 - Great Britain imposes direct rule over Northern Ireland
- 1975 - Muhammad Ali TKOs Chuck Wepner in 15 for heavyweight boxing title
- 1981 - Bombay beat Delhi by innings & 46 to win Ranji Cricket Trophy
- 1981 - Colombia drops diplomatic relations with Cuba
- 1986 - US & Libya clash in Gulf of Sidra
- 1986 - NASA publishes "Strategy for Safely Returning the Space Shuttle to Flight Status".
- 1990 - Indian troops leave Sri Lanka
- 1991 - Banks reopen in liberated Kuwait
- 1992 - Space Shuttle STS-45 (Atlantis 11) launches into space.

### From KO Archives

## Omar, Soz Asked To Vote For BJP's 'Consensus' Candidate

Observer News Service

New Delhi : National Conference has directed its two members in the Lok Sabha, Omar Abdullah and Saifudin Soz, to vote for Ganta Mohan C Balayggi, TDP candidate for the Lok Sabha Speaker. Balayggi happens to be the "consensus" candidate of the ruling BJP alliance.

Farooq Abdullah, sources said, has personally spoken to his son Omar and Soz, asking them to be present at the time of Voting, which is scheduled for tomorrow.

The decision to support the BJP government in New Delhi, has been taken by Farooq Abdullah, despite reservations by a section of the party, which says "this will ruin the popular base" of the party in the state, especially Kashmir and other Muslim dominated areas of Jammu, supposed to be party's vote bank.

Today's decision of Farooq Abdullah gives a clear indication that National Conference, in future, is all set to become a part of the BJP led alliance government at the center.

Abdullah who attended the swearing in ceremony of Vajpayee government, last week, held a series of meetings with senior BJP leaders on the post poll scenario. Defence minister George Fernandes, Urban Development minister Ram Jethmalani, Parliamentary Affairs minister Madan Lai Khurana, besides Home minister L K Advani and Prime Minister Vajpayee, had long discussions on this issue, when Farooq was in New Delhi.

(Kashmir Observer, 24 March, 1998)

KASHMIR OBSERVER<sup>TM</sup>

Friday | 24-03-2023

## Xi-Putin Meeting

When Chinese President Xi Jinping and his Russian counterpart Vladimir Putin were saying warm goodbyes after their two-day meeting ended on Wednesday, China's leader told his host they were driving geopolitical change around the world, the like of which the world has not seen over the past 100 years. This was too ambitious a statement to make. But it carried conviction. And Russian president nodded in agreement. The two leaders called for "responsible dialogue" to resolve the Ukraine crisis. They also signed an agreement to usher their ties into a "new era" of cooperation. Their talks built upon the "no limits" partnership the two leaders announced last year, less than three weeks before Russia invaded Ukraine.

Xi also proposed a peace plan to end the Ukraine war and Russia has promised to cooperate. Putin said that the Chinese proposal could become the basis of a peace settlement. However, the west and Ukraine have been lukewarm to it. The United States has snorted at the peace plan saying a ceasefire would cement Russian territorial gains and give Russia time to prepare for a bigger offensive. But Xi seems to have made his point. He has reinforced his image as a peace builder on the world stage. More so, when his Ukraine peace bid follows China's recent brokering of rapprochement between Saudi Arabia and Iran. It showed that China could play a significant role in fostering a Middle East more characterized by cooperation and trade than conflict and weapons sales, which have been the norm in the region under US leadership. It also reflected China's growing clout in the region and the relative decline in the US influence.

That said, Xi-Putin summit signalled much more than their growing ties and the effort to resolve Ukraine crisis. Russia's increasing defiance of the West and China's inexorable rise have confronted the US and the EU with a new existential crisis. It is also altering global geopolitics and awakening the rest of the world to the reality of a declining US power. This is clear from how the nations and regional groupings have been balancing their relations with the US and China-Russia axis. Even though the US-led western coalition against Russia is holding up well, the rest of the world is increasingly asserting its autonomy in its response to the war. Where does the world go from here. The situation has become very fraught. The US-China tug-of-war has is at its peak. And the winner of this battle royale could potentially decide the next global super power. But for the world peace to hold, the US and China will need to learn to manage their rivalry.

### OTHER OPINION

## Sweet and sour

Every bilateral engagement between Indian and Japanese leaders, irrespective of their parties and identities, captures a bonhomie that is rare. So was the case with the recent visit by the Japanese prime minister, Fumio Kishida, to India. Mr Kishida and Prime Minister Narendra Modi shared golgappas, talked about the Indo-Pacific, and recommitted their nations to a strong partnership. In many ways, Mr Kishida's visit serves as a reminder of just how solid the bilateral relationship is: he is Japan's third prime minister in three years but that churn does not appear to have any significant impact on New Delhi's ties with Tokyo. Yet, the trip by Japan's leader also underscores the differences that exist between the two friends and the limitations that still curtail the full potential of their partnership. On the one hand, Mr Kishida emphasised in his public statements that in his view, India is a central part of the future of the broader Indo-Pacific region. He unveiled a new strategy for the region in New Delhi. Both nations view China as a principal threat, and are deepening ties through bilateral and multilateral military exercises as well as coordination in the Quad, a grouping that also includes the United States of America and Australia.

But at the same time, Japan's internal political debates have hobbled efforts by India to secure an amphibious aircraft from Tokyo nearly a decade after the countries began negotiations for that acquisition. The war in Ukraine is also emerging as a visible point of divergence between the nations. In New Delhi, Mr Kishida made it clear that he sees no reason for any country to be ambivalent about criticising Russia over its invasion. That the Japanese prime minister headed straight to Ukraine from India — he was the only G7 leader to have not travelled to Kyiv until now — added to the sense of dissonance between New Delhi and Tokyo. With Japan chairing the G7 and India the G20 this year, the two friends will need to navigate carefully any such differences. Once again, shared views on China should function as the glue that binds them, with Japan trying to get its companies to pull out from Chinese investments and transfer them to other Asian nations such as India. If India plays its cards well, the sweet chutney should overpower its spicier counterpart in the golgappa goodwill between the countries.

Telegraph India

# Earthquake Hazards Can Turn Monstrous in Kashmir, Act Now



Dr. Afroz Ahmad Shah

**The immediate need is to do the vulnerability mapping because we do not have time to wait. The reviewing of buildings should be prioritised to decide the need for reinforcement and rebuilding, which could involve shifting people to safer locations. The construction of new buildings should be adequately monitored to follow the standard seismic building codes**

Earthquake hazards in South and SE Asian regions are mainly related to the active tectonic encounter between the Indian and Eurasian Plates. The northward journey of India has caused the formation of faults through earthquakes, which is still ongoing. Therefore, the occurrence of earthquakes is genetic to the tectonic setup of the region, which means we cannot prevent them from coming in the future. There is no hope for prediction; it has never worked. Last evening, the earthquake that jolted Kashmir was sourced in northern Afghanistan. The quake originated at a depth of more than 180 km in a sparsely populated region, which is good news, because that will mean no level of damage in a well-prepared nation. However, more than three decades of war have made Afghanistan extremely vulnerable to all types of hazards due to a lack of resources to prepare, mitigate and adapt, which makes even ordinary risks monstrous. The magnitude 6.5 earthquake in Afghanistan nucleated at deeper levels of the crust, which should, ideally, not cause any harm. However, until now, the unfortunate loss of five people has been reported. The earthquake-induced shaking was felt in most neighbouring countries such as Pakistan, India, Tajikistan etc. It categorically suggests earthquake boundaries do not care about political boundaries and often cross them. It is because geological structures on which earthquakes originate are mega-structures related to the active tectonic plates.

The Main Himalayan Thrust (MHT) fault is the primary earthquake-causing fault that connects

most South Asian regions, such as Bangladesh, Nepal, Bhutan, India, and Pakistan. The megathrust fault threatens all these countries, which means they all share the burden of the hazards associated with the fault. Ideally, these countries should collaborate to minimize the risks to save lives and assets in future earthquake events. Such a large-scale collaboration is not in place, often because of political issues, which makes people more vulnerable to hazards.

The lessons we should learn from the Afghanistan earthquake are many. It shows that earthquakes are active, alive, and threatening. They are not dead; they are on their mission to rupture, which could, unfortunately, rupture our dreams if we do not understand the language of hazards and what to expect in the future. Earthquakes cause shaking of the foundations we live on, and we must know how to strengthen that foundation to withstand any incoming earthquake-induced shaking. The last evening's trembling was caused by a fault more than 100 km northwest of Kashmir and more than 180km deep. Image if the fault is under our feet. Unfortunately, that could happen soon. As a geologist, we have mapped active earthquake-causing faults in Kashmir, capable of producing earthquakes of much greater size than what caused last evening's shaking.

We are not prepared to face even a small earthquake of magnitude 6.5, and we expect that quakes on the active faults that shoulder the entire Kashmir region could be much more dangerous and ferocious because of the extent of un-

planned urbanization.

It is critical to understand what recently happened in a medium to developed country like Turkey, which lost more than 50,000 people during the February 2023 quake. We live in a developing country where things can do worse, requiring the administration of Kashmir to map the seismic vulnerability of buildings etc., to inform people of what to expect and how to improve so that earthquakes do not cause disasters. The immediate need is to do the vulnerability mapping because we do not have time to wait. The reviewing of buildings should be prioritized to decide the need for reinforcement and rebuilding, which could involve shifting people to safer locations. The construction of new buildings should be adequately monitored to follow the standard seismic building codes. The entire exercise will take longer if not initiated at the earliest; waiting for more means less time for earthquake hazards to turn into catastrophic events. Therefore, building people's resilience against risks is urgently needed by strengthening the buildings and foundations to face severe earthquake shaking. We still have time, but we do not know how much, which should worry us more.

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

The author is Sr. Assistant Professor, Structural Geology, Department of Geosciences, Faculty of Science, Universiti Brunei Darussalam



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## The Traffic Hellhole — Srinagar

THROUGH the column of this reputable paper, I want to bring to your attention the repercussions of traffic menace in Srinagar city. Through a commoner's view, the traffic system in the city seems haphazard, as if lacking any arrangement or organisation. Yesterday itself, almost every route in the city was blocked and jammed due to excessive traffic and no surveillance and lack of management. Recently, traffic lights have

been installed across the city but it is unfortunate how no one seems to adhere to them. It is even more tragic how no authority or members of the traffic police department are seen to be authorising and making sure traffic rules are followed.

Traffic jams result in wastage of time, and wastage of fuel especially when fuel prices are rocketing every other day, making it harder for common people to afford it.

When all routes in Srinagar were

jammed yesterday, almost no escort from the traffic police department was seen to be diverting the traffic to clear the jam. As a matter of fact, at most of the places it was the local boys who did the job. It is as if the traffic police department does not exist at all. People were stuck in the traffic jams for hours altogether, but no stern action was taken by the department which only portrays their incompetence in tackling such situations.

Adherence of traffic rules should be made sure by hook or by crook. The department must realise their responsibility and find ways to fill the loopholes. I hope you analyse the situation and act upon it.

Sarah Koul  
koulsarah@gmail.com



Mindful Fridays

# The Holistic Essence of Ramazan

## Biological, Neuropsychological, Social, and Spiritual Dimensions



Wasim Kakroo

Allah says in Qur'an:  
"Oh you who believe! Fasting is prescribed for you as it was prescribed for those before you, so that you may develop taqwa" (Qur'an 2:183).

Ramazan, the ninth month of the Islamic calendar, is a period of intense spiritual reflection, self-discipline, and self-purification for Muslims around the world. Fasting from dawn until sunset, abstaining from food, drink, and other worldly desires, is the primary aspect of Ramazan. However, the essence of Ramazan extends far beyond just abstaining from food and drink. It encompasses the biological, neuropsychological, and social aspects of human life and aims to improve them holistically.

In this article, I will explore the essence of Ramazan, focusing on the biological benefits of intermittent fasting, the neuropsychological effects of Ramadan, the social dimension of Ramadan, and the spiritual essence of Ramadan in the context of taqwa.

### BIOLOGICAL BENEFITS OF FASTING

Intermittent fasting, the practice of alternating periods of fasting with periods of eating, has been shown to have various health benefits, including weight loss, improved insulin sensitivity, reduced inflammation, and improved cognitive function. Ramazan, which involves abstaining from food and drink for 12-16 hours a day, is a form of intermittent fasting that can have similar benefits.

Several studies have shown that fasting during Ramazan can lead to weight loss, reduced body fat, and improved lipid profile. A study conducted in Iran found that fasting during Ramazan led to a significant reduction in body weight, body mass index, and waist circumference (Seyedian et al., 2014). Another study conducted in Saudi Arabia found that fasting during Ramazan led to a significant decrease in body fat percentage and an increase in lean body mass (Bahammam et al., 2010).

Intermittent fasting has also been shown to improve insulin sensitivity, which can reduce the risk of developing type 2 diabetes. A study conducted in Turkey found that fasting during Ramadan led to a significant improvement in insulin sensitivity and glucose tolerance (Aksoy et al., 2016).

Ramazan fasting has also been shown to have anti-inflammatory effects. A study conducted in Egypt found that fasting during Ramazan led to a significant reduction in levels of pro-inflammatory cytokines (Ghanem et al., 2018). Another study conducted in Saudi Arabia found that fasting during Ramazan led to a significant decrease in levels of C-reactive protein, a marker of inflammation (Alkahtani et al., 2014).

Finally, Ramazan fasting has been shown to improve cognitive function. A study conducted in Malaysia found that fasting during Ramazan led to significant improvements in attention and working memory (Haque et al., 2015). Another study conducted in Iran found that fasting during Ramazan led to a significant improvement in executive function (Golbidi et al., 2014).

### NEUROPSYCHOLOGICAL EFFECTS OF RAMAZAN:

Ramazan also has significant neuropsychological effects. Fasting has been shown to improve mood, increase alertness, and improve sleep quality. A study conducted in Turkey found that fasting during Ramazan led to a significant improvement in mood and a decrease in negative affect (Kul et al., 2014). Another study conducted in Iran found that fasting during Ramazan led to a significant improvement in sleep quality (Khazaie et al., 2013).

Ramazan also involves an increase in spiritual activity, such as prayer, Quranic recitation, and charitable acts. These spiritual practices have been shown to have positive psychological effects, such as reducing anxiety and depression and increasing well-being. A study conducted in Jordan found that Ramazan was associated with a significant reduction in anxiety and depression (Abdel et al., 2019).



**OVERALL, THE NEUROPSYCHOLOGICAL ESSENCE OF TAQWA CAN BE SEEN AS THE CULTIVATION OF SELF-AWARENESS AND SELF-REFLECTION THROUGH THE ACT OF FASTING. BY PRACTICING SELF-CONTROL AND REGULATING EMOTIONS, INDIVIDUALS CAN STRIVE TOWARDS A HIGHER STATE OF CONSCIOUSNESS AND BECOME MORE MINDFUL OF THEIR ACTIONS IN THEIR DAILY LIVES**

Another study conducted in Iran found that Ramadan was associated with a significant increase in well-being (Akrami et al., 2013).

The Quranic verse mentioned in the beginning of this article talks about one important essence of Ramazan and that is attainment of Taqwa. Taqwa is an Arabic term that refers to a state of consciousness where a person is aware of their actions and strives to improve their character, seeking to please God in their daily life.

From a neuropsychological perspective, the act of fasting can have significant effects on a person's brain function and behavior. The process of fasting requires self-control that is possible only when a person becomes conscious of their actions. This practicing of consciousness can activate the prefrontal cortex of the brain. The prefrontal cortex is responsible for executive functions such as self-awareness, self-reflection, and decision-making. Fasting during Ramazan can therefore strengthen these cognitive functions, as well as increase one's awareness of their thoughts and actions.

Furthermore, fasting can also have a positive impact on the limbic system, which is responsible for processing emotions. By fasting and practicing self-control, individuals can strengthen the executive function of their prefrontal cortex to regulate their emotions and better handle stressors that can otherwise trigger the limbic system.

Overall, the neuropsychological essence of taqwa can be seen as

the cultivation of self-awareness and self-reflection through the act of fasting. By practicing self-control and regulating emotions, individuals can strive towards a higher state of consciousness and become more mindful of their actions in their daily lives.

### THE SOCIAL DIMENSION

Ramazan is not just an individual act of worship but also a communal one. It is a time for families and communities to come together and share meals, break their fasts, and engage in acts of charity. Ramazan creates a sense of community and fosters social connections, which can have significant benefits for mental health and well-being.

Studies have shown that social support is a strong predictor of mental health and well-being (Cohen & Wills, 1985). Ramazan provides an opportunity for individuals to strengthen their social connections and increase social support. A study conducted in Saudi Arabia found that Ramazan was associated with a significant increase in social support (Al-Qahtani & Mahmoud, 2016).

Charitable acts are also a significant part of Ramazan. Muslims are encouraged to give to the poor and needy during Ramazan. This act of giving can have significant benefits for mental health and well-being. Studies have shown that giving to others is associated with increased happiness and well-being (Dunn et al., 2008). A study conducted in Malaysia found that Ramazan was associated with a significant increase in charitable giving (Rahman

et al., 2016).

Socially, taqwa refers to developing a deep sense of empathy and compassion for others, respecting human dignity, and being fair and just in all dealings. Muslims who observe Ramazan strive to cultivate these values throughout the month by engaging in acts of charity, community service, and refraining from negative behaviors such as gossip, lying, and backbiting.

The social effects of Ramazan are numerous, including a sense of unity and community spirit. Muslims worldwide come together to break their fast during iftar (the evening meal) and engage in communal prayer, creating a sense of togetherness that strengthens social bonds. Additionally, the emphasis on charity during Ramazan leads to increased philanthropic efforts, as Muslims are encouraged to give generously to those in need.

Overall, Ramazan provides an opportunity for Muslims to reflect on their individual and collective actions, develop a deeper sense of social responsibility, and strive towards the ultimate goal of taqwa, which is to achieve a state of God-consciousness in all aspects of life.

### THE SPIRITUAL ESSENCE

The primary aim of Ramazan is not just to improve physical health or social connections but to attain taqwa, a state of mindfulness and God-consciousness. The Quranic verse, "O you who believe, fasting has been prescribed for you as it has been prescribed for those before you, so that you may attain taqwa"

(2:183), highlights the spiritual essence of Ramazan.

Taqwa is a complex concept that encompasses mindfulness, God-consciousness, and obedience to God's commands. Ramazan provides an opportunity for Muslims to develop taqwa through increased acts of worship, such as prayer and Quranic recitation. It also involves self-reflection and self-discipline, which are necessary for developing taqwa.

The spiritual essence of Ramazan has also been shown to have benefits for mental health and well-being. Studies have shown that spirituality and religiosity are associated with increased well-being and decreased anxiety and depression (Koenig et al., 2012). Ramazan provides an opportunity for Muslims to increase their spirituality and religiosity, which can have significant benefits for mental health and well-being.

In conclusion, Ramazan is a month of intense spiritual reflection, self-discipline, and self-purification. It encompasses the biological, neuropsychological, social and spiritual dimensions of human life and aims to improve them holistically. Intermittent fasting during Ramazan has been shown to have various health benefits, including weight loss, improved insulin sensitivity, reduced inflammation, and improved cognitive function. Ramazan also has significant neuropsychological effects, including improved mood, increased alertness, and improved sleep quality. The social dimension of Ramazan creates a sense of community and fosters social connections, which can have significant benefits for mental health and well-being. The spiritual essence of Ramazan is to attain taqwa, a state of mindfulness and God-consciousness, through increased acts of worship.

*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*

## 'Conman' Patel Who Posed As PMO Official Booked For House Grab Bid Faces 4 FIRs In Gujarat

**Ahmedabad:** Alleged conman from Gujarat Kiran Patel, held in Jammu and Kashmir for posing as a top official of the Prime Minister Office (PMO), has been booked by the Ahmedabad cops on cheating and criminal conspiracy charges for trying to usurp a senior citizen's bungalow here using the same tactic, said an official on Thursday.

Patel, a resident of the Ghodasar area of the city, was arrested by the Jammu and Kashmir police earlier this month from a five-star hotel in Srinagar after the authorities grew suspicious about his activities.

On Wednesday, the Ahmedabad city crime branch lodged a case of cheating (Indian Penal Code section 420), criminal breach of trust (406), criminal conspiracy (120-b) and personating a public servant (170) against the alleged conman, said Deputy Commissioner of Police, Crime, Chaitanya Mandlik.

Patel's wife Malini Patel has

been shown as a co-accused in the FIR (first information report), he said.

"As per our information, four FIRs related to cheating have been registered against Kiran Patel in different police stations of Gujarat in the past. Since he is in judicial custody, we will try to bring him here through a transfer warrant," Mandlik said.

In the latest FIR, it is alleged that Patel tried to grab a bungalow in a posh locality in Ahmedabad by winning the trust of its owner through false claims of being a "Class I officer in the PMO" and having close relations with politicians.

The complainant, 63-year-old Jagdish Chavda, owns a bungalow in the Shilaj area but wanted to sell it because of personal reasons. Patel approached Chavda in February 2022, claiming to be a real estate agent, and told the owner his property would fetch a good price if it was renovated.

To win Chavda's trust, Patel then identified himself as a

"Class-1 officer in the PMO" as well as a partner in a cafe chain. When Chavda agreed for the bungalow's renovation, Patel, his wife Malini and an interior designer started the work and took Rs 35 lakh in installments from him, the FIR said.

As renovation was underway, Chavda shifted to his friend's residence in the Shela area. After some time, Chavda learnt that Patel and his wife had put their own name plate outside the bungalow and also did a house-warming ritual as if they were the owners.

When confronted, the Patel couple left the bungalow without finishing the renovation work, following which Chavda and his family moved back into the house, according to the police.

In August 2022, Chavda, through a court notice, learnt Patel had filed a civil suit claiming ownership of the property, said the FIR.

In August 2019, a city-based decorator had lodged a

complaint in Vadodara against Patel and two others for allegedly duping him of Rs 1 crore.

As per the FIR registered at the Raopura police station in 2019, Patel along with two event organisers - Dipesh Sheth and Dhara Sheth - had approached the complainant, Paritosh Shah, to decorate Navlakh ground in Vadodara for a Navratri event held in October 2018.

While the trio paid nearly Rs 50 lakh to Shah in various installments for the work done, they started giving excuses to clear the remaining bill of Rs 1 crore, as per the FIR.

At one point, Patel even threatened Shah with dire consequences claiming he was politically well connected. When the trio refused to pay the pending money, Shah lodged a complaint with the Raopura police in August 2019. A similar complaint of cheating and breach of trust was registered against Patel in Bayad town of Arvali district in August 2020.

## 2019 Jamia Violence: Trial Court Order Discharging 11 Persons Perverse, Delhi Police To HC

**New Delhi:** The Delhi Police Thursday contended before the Delhi High Court that a trial court order, discharging JNU student Sharjeel Imam and student activists Asif Iqbal Tanha and Safora Zargar in a 2019 Jamia Nagar violence case, was perverse and unsustainable in law as it cannot indulge in conducting mini trial at the stage of framing of charges.

The police said at the stage of framing of charges, a trial court cannot indulge in conducting a mini trial by determining the credibility of the evidence as to whether it would warrant a conviction or not. The submissions were made before Justice Swarana Kanta Sharma who reserved the verdict on the police's plea after hearing arguments of the lawyers for Delhi Police and 11 people, who were discharged by the trial court, for two-and-a-half hours.

The case concerns the violence that erupted after a clash between police and people protesting against the Citizenship Amendment Act (CAA) in the Jamia Nagar area

here in December 2019.

The trial court had in its February 4 order discharged 11 people in the case while holding that they were made "scapegoats" by police and that dissent has to be encouraged, not stifled.

Additional Solicitor General Sanjay Jain, representing the Delhi Police, argued that conviction can take place purely on testimony of police witness and as such the trial court is in error in holding that there is no evidence which can convict the respondent persons.

He said non-consideration or selective consideration of third charge sheet for the reasons stated in the order is fatal and makes the order perverse.

At the outset, the judge said, "They say this person was merely standing there. The trial court has basically said you couldn't bring anything on record for court to believe that these persons were part of crowd who committed offence. They also raised question that when there were so many people, why only picked up a few?"

Responding to the query, Jain said, there are 10 video clips available with the prosecution which were submitted before the trial court and reveal that seven of the discharged persons are seen indulging in acts as mentioned in the charge sheet.

He said out of the 11, seven persons are those who were identified through the video clips and added that the court can see in the video clips whether they were mere bystanders or indulging in some activities.

The police's plea was opposed by the counsel for the 11 persons who submitted that there was no error in the order passed by the trial court. While discharging the 11 accused, the trial court had ordered framing of charges against one of the accused Mohammad Ilyas. The 11 persons who were discharged in the case are Imam, Tanha, Zargar, Mohammad Qasim, Mahmood Anwar, Shahzar Raza Khan, Mohammad Abuzar, Mohammad Shoaib, Umair Ahmad, Bilal Nadeem and Chanda Yadav.

### CONTD. FROM FRONT PAGE

#### J&K Anticipates

investors, all the government to business services have been brought on Single Window System for convenience of both the Government departments and the investors.

For Development of new Industrial Estates and improvement of infrastructure, Rai said Investor Facilitation Cell is in place for necessary facilitation/ awareness, with the aim to connect the industries with global markets and further inviting investors to promote J&K as an ideal investment destination.

#### LS Passes

Lok Sabha reassembled at 6 pm after two adjournments. Speaker Om Birla put the Opposition's cut motion or amendments to the government pending plan to vote which was rejected by voice vote. This was followed by Finance Minister Nirmala Sitharman moving the demands for grants for 2023-24 and relevant Appropriation Bills for discussion and voting.

Birla applied guillotine and put demands for grants of all ministries for voting. The demands were passed as the Opposition MPs trooped into the Well of the House shouting slogans.

Prime Minister Narendra Modi was present during the passage of Budget for 2023-24. The entire exercise was over in 12 minutes completing two-third of the parliamentary approval for the Budget for 2023-24.

The Finance Bill 2023, which contains tax proposals that Sitharman had moved while presenting the Budget on February 1, will now be taken up by the Lok Sabha possibly on Friday.

All the budget-related bills will be transmitted to Rajya Sabha, which cannot make any changes but only return them to the Lok Sabha after discussion as they are classified as 'money bills' requiring approval of the Lower House only.

The current Parliament session is scheduled to end on April 6. There is speculation that the duration of the session may be curtailed after completion of the budgetary exercise.

Unlike the past, the Lok Sabha this time did not discuss the Demands for Grants of the identified ministries. The Business Advisory Committee had approved discussion on the ministries of railway, rural development, health and family welfare, Panchayati Raj, tribal affairs and, tourism and culture.

However, no discussion could take place because of continuous disruption of the House after it reassembled for the second leg of the Budget session.

According to the Budget papers, the total expenditure in 2023-24 is estimated at Rs 45,03,097 crore, of which total capital expenditure has been pegged at Rs 10,00,961 crore.

During the current financial year ending March 31, 2023, the total expenditure has been estimated at Rs 41,87,232 crore, which is more than the outlay of of 2021-22 by Rs 3,93,431 crore.

Besides other things, the Budget 2023-24 reflects continuing commitment of the Union government to boost economic growth by investing in infrastructure development and increasing capital expenditure by 37.4 per cent over revised estimate of 2022-23.

Effective capital expenditure has been estimated at Rs 13,70,949 crore in 2023-24 showing an increase of 30.1 per cent over RE 2022-23.

With regard to fiscal deficit, the Budget proposed to bring it down to 5.9 per cent of the GDP from 6.4 per cent likely in the current financial year.

To finance the fiscal deficit in 2023-24, the government plans the net market borrowings at Rs 11.8 lakh crore from dated securities.

#### Rahul Gandhi Gets

an appeal.

Gandhi could have limited his speech to Prime Minister Narendra Modi, Nirav Modi, Vijay Mallya, Mehul Choksi, and Anil Ambani, but he "intentionally" made a statement that hurt individuals carrying the Modi surname, and thereby committed criminal defamation, the court said in its 168-page order. Gandhi was present in the court when the verdict was pronounced.

Senior Congress leaders went into a huddle at its chief Mallikarjun Kharge's residence in Delhi in the evening to discuss the future strategy and the political fallout for the party in the wake of the verdict. Sources said a petition to

challenge the order is being prepared and will be filed in a District and Sessions court.

Gandhi took to Twitter to give his initial reaction by quoting Mahatma Gandhi in a tweet in Hindi about truth and non-violence.

"My religion is based on truth and non-violence. Truth is my God, non-violence the means to get it. -- Mahatma Gandhi."

In another tweet, he paid tributes to freedom fighters Bhagat Singh, Sukhdev and Rajguru on their martyrdom day, saying they have learnt fighting fearlessly for the country holding on to truth and courage from these brave sons of Mother India.

A host of Congress leaders including Kharge and general secretary Priyanka Gandhi Vadra attacked the BJP and its government at the Centre.

The BJP on its part asserted that the law has to take its course if Rahul Gandhi abuses people and slammed the Congress over its criticism of his conviction, asking whether the opposition party wants "complete freedom" for him to "abuse" others.

In its order, the court noted that the seriousness of the accused's crime increased because a speech delivered by a member of parliament has a "very wide impact on the public."

"And if the accused is given less punishment, then it sends a wrong message to the public and the purpose of defamation is not fulfilled and anybody will easily slander someone."

The court also said the Supreme Court had in the past asked the accused to remain alert in the future after he apologised in a 2018 case for his 'chowkidar chor hai' remark.

"Despite the Supreme Court alerting the accused, there appears to be no change in his conduct."

The defamation case was filed against Gandhi for his alleged remarks "How come all the thieves have Modi as the common surname?" on a complaint lodged by BJP MLA and former Gujarat minister Purnesh Modi.

The MP from Wayanad in Kerala made the remarks while addressing a rally at Kolar in Karnataka on April 13, 2019 during the Lok Sabha poll campaign. Purnesh Modi welcomed the verdict.

According to the Representation of the People Act, a person sentenced to imprisonment of two years or more shall be disqualified "from the date of such conviction" and remain disqualified for another six years after serving time.

P D T Achari, a former Lok Sabha Secretary General and Constitution expert, said if the appellate court stays the conviction and the sentence then the disqualification will remain suspended.

"The disqualification will last for eight years (in case he is disqualified)," he said, adding that a disqualified person can neither contest, poll or vote for a certain period.

Sources said after going through the judgment, the Lok Sabha Secretariat will take a call on issuing a notification announcing a vacancy in the lower house.

Parliamentary Affairs minister Pralhad Joshi said legal experts will examine the verdict and only after that the government will take a decision on the next step.

As opposition parties, notably the AAP, as well as the DMK and the JMM rallied behind Gandhi, Congress spokesperson Abhishek Singhvi dubbed the verdict as "infirm, erroneous and an unsustainable" that will be immediately challenged in a higher court.

"We believe that this is full of errors and legally unsustainable conclusions," he told reporters in Delhi.

"But make no mistake generally...all your (government's) efforts to create a chilling effect, a throttling effect, strangulating effect on open, fearless speech relating to public interest will not stop either Rahul Gandhi or the Congress party," Singhvi said targeting the BJP.

While Union Minister Piyush Goyal asked Gandhi to apologise for his series of "defamatory" comments, former law minister Ravi Shankar Prasad cautioned the former Congress chief, saying he will find himself facing "more troubles" if he doesn't refrain from making defamatory remarks.

"We are all in public life and have to choose our words wisely and maintain basic decorum and dignity in public discourse. Gandhi has disrespected people and every democratic institution be in Parliament or democracy. He should apologise for his series of defamatory statements," Goyal said.

Congress' Rajasthan Chief Minister Ashok Gehlot and his Chhattisgarh counterpart Bhupesh Baghel hailed Gandhi as one fighting for truth who would not succumb to government pressure.

In a tweet, Tamil Nadu Chief Minister M K Stalin said he spoke to "brother" Rahul Gandhi and conveyed his solidarity. The DMK chief, a key ally of the Congress, also accused the BJP of trampling democratic rights.

"It's highly deplorable & unprecedented that a leader like Thiru @RahulGandhi is convicted for a comment which he himself said it was not made with blameworthy mind," Stalin said, as Congress leaders and workers staged protests in Delhi, Chennai and Mumbai.

In what is seen as a shift in the AAP's stance towards the Congress, Delhi Chief Minister Arvind Kejriwal openly supported Rahul Gandhi and alleged a conspiracy was being hatched to "eliminate" non-BJP leaders and parties by prosecuting them. The Congress and the AAP have in the past avoided taking each other's side on various issues.

During the hearing on the quantum of sentence, Gandhi, when asked about the punishment, submitted before the court that he had delivered the speech as per his duty in the interest of the public.

The Congress leader also submitted that he has no discrimination against anybody and loves and cherishes all the people of his country.

Gandhi's lawyer argued for a lesser punishment claiming there was no intention to insult anyone.

Gandhi returned from Surat to the national capital in the evening and was accorded a reception at the domestic airport in Delhi on his arrival.

Some MPs and Congress leaders who were present at the Delhi airport to welcome him on his return, later held a meeting with their leader at his Tughlaq road residence, sources said.

#### Conviction Triggers

unsustainable", evoking a sharp reaction from the BJP which slammed it for its criticism of the order, asking whether the opposition party wants "complete freedom" for Gandhi to "abuse" others. The Congress also said that it would challenge the judgement in a higher court.

The court in Gujarat sentenced Gandhi to two years in the case filed against him over his "why all thieves have Modi surname" remarks. Gandhi, who was present in the court when the verdict was pronounced, reacted later by quoting Mahatma Gandhi in a tweet in Hindi about truth and non-violence.

"My religion is based on truth and non-violence. Truth is my God, (and) non-violence is the means to get it. -- Mahatma Gandhi," the Congress leader tweeted.

In a separate tweet, he paid tributes to freedom fighters Bhagat Singh, Sukhdev and Rajguru on their martyrdom day, saying they have learnt to fight fearlessly for the country holding on to truth and courage from these brave sons of Mother India.

With the court convicting the Congress leader and his disqualification from Lok Sabha becoming a possibility, party president Mallikarjun Kharge alleged that the BJP-led government wants to get him removed from the Lower House of Parliament through disqualification as he speaks the truth and exposes it.

Congress spokesperson Abhishek Singhvi said the Gujarat trial court has given a 170-page judgement which is still subject to translation and the party is working towards filing an appeal against it in a higher court.

"We believe that this is full of errors and legally unsustainable conclusions. But make no mistake generally...all your (government's) efforts to create a chilling effect, a throttling effect, strangulating effect on open, fearless speech relating to the public interest will not stop either Rahul Gandhi or the Congress party," he told reporters at a press conference here.

In a tweet in Hindi, Kharge alleged that the "cowardly, dictatorial BJP government is incensed at Rahul Gandhi and Opposition because we are exposing their misdeeds and demanding a JPC."

"Under its political bankruptcy, the Modi government sends police, ED and imposes cases on political speeches. We will appeal in the higher court," he said and also alleged that "they kept changing judges".

Launching a stinging attack, BJP leader and

former law minister Ravi Shankar Prasad cautioned Gandhi, saying he will find himself facing "more troubles" if he doesn't refrain from making defamatory remarks, while Union Minister Piyush Goyal asked the Congress leader to apologise for his series of "defamatory" comments.

Both the leaders also hit out at Kharge for questioning the court's order by noting that several judges hearing the matter were changed.

"They should come out of their dynastic mindset and realise that no one is above the law," Goyal told reporters, while Prasad accused Kharge of contempt of court at another presser.

It was "grossly unfair" on the part of Kharge to make such comments, Prasad said.

Asked whether Gandhi will be disqualified from Lok Sabha, Prasad cited the provisions made in the Representation of People Act in this regard and said it is for Speaker Om Birla to decide. "This is the Speaker's decision. I don't have to say anything about that," he said.

Apart from the Congress leaders, several Chief ministers of non-BJP-ruled states, including Jharkhand and Tamil Nadu also expressed solidarity with Gandhi.

Hinting at a shift in his stance, Delhi chief minister and AAP chief Arvind Kejriwal openly supported the Congress leader, saying "a conspiracy is being hatched to eliminate non-BJP leaders and parties by prosecuting them. We have differences with Congress, but it is not right to implicate Rahul Gandhi in a defamation case like this."

The Congress and the AAP have in the past avoided taking each other's side on various issues and the support for Gandhi has come amid Kejriwal's efforts to forge an alliance of "like-minded" parties ahead of the Lok Sabha polls next year.

Jharkhand Chief Minister Hemant Soren said the two-year sentence given to Rahul Gandhi is a "matter of concern for democracy", and alleged that non-BJP governments and leaders were being made "victims of conspiracies".

Expressing his solidarity, Tamil Nadu Chief Minister M K Stalin accused the BJP of "trampling of democratic rights" and said he spoke to "brother" Rahul Gandhi to convey his support.

"It's highly deplorable & unprecedented that a leader like Thiru @RahulGandhi is convicted for a comment which he himself said was not made with a blameworthy mind," Stalin tweeted.

Congress-ruled Rajasthan Chief Minister Ashok Gehlot and his Chhattisgarh counterpart Bhupesh Baghel hailed Rahul Gandhi as one fighting for truth who would not succumb to government pressure.

Baghel accused the BJP-led Centre of attempting to "threaten" and "suppress" constitutional institutions and said, "the court's decision is before everyone and bail has also been granted. The fight will continue further."

He also spoke of the barbs such as "Mir Jafar" used by the BJP leaders against Rahul Gandhi.

Meanwhile, sources said senior Congress leaders held a meeting after Gandhi's return from Gujarat and discussed immediate legal remedies to be taken to challenge the Surat trial court verdict and get it stayed from a higher court.

They said a petition to challenge the order is being prepared and will be filed in the District and Sessions Court.

The sources also said that there was a difference of opinion on whether Gandhi should go to Parliament on Friday as he faces possible disqualification from the Lok Sabha as per the Supreme Court judgement of July 2013.

Parliamentary Affairs Minister Pralhad Joshi, however, said that legal experts will examine the Surat court verdict against Rahul Gandhi and only after that the government will take a decision on the next step.

#### Court Refuses

APP are just, proper, appealing and carries more weight and on the other hand, I respectfully disagree with Ld counsel for the applicant because in case at this stage discretion of bail is exercised in favor of the accused, it shall definitely destroy the very fabric of the investigation," reads the court order, adding "In my considered opinion, the instant application is devoid of any merit which deserves to be rejected."

The CJM Srinagar had on the last date of hearing reserved orders on pail plea moved by the accused (applicant) through his counsel

Advocate Mir Tashveeq Gowhar. The accused is presently under the judicial remand at Srinagar Central Jail.

Patel was conferred with Z-plus security cover, a bulletproof SUV and official accommodation at a five-star hotel in Jammu and Kashmir. He was on his third visit to the Kashmir valley and was subsequently nabbed by alert security officials on 3 March.

Besides one case in Srinagar, Patel faces three cases under various sections of the Indian Penal Code, including cheating, forgery and breach of trust, dating back to 2017 registered against him in police stations in Ahmedabad and Baroda, police said.

Purported videos of Patel surveying the snow slopes of Gulmarg with a posse of armed security personnel around him and of a convoy of vehicles accompanying him weaving through a Valley town have been circulated widely across social media platforms.

He had even visited the last post at Uri in north Kashmir, posing for pictures at a bridge treated as a Line of Control between India and Pakistan.

Counsel for the accused in the plea had submitted that the accused was arrested by the police station Nishat on March 3 2023 without any rhyme or reason. The cases, counsel had said were registered by the police station concerned under concocted, false and frivolous charges.

"The accused is deemed to be innocent until his guilt is proven and in case the desecration of bail is not exercised in favor of the accused, it shall definitely deteriorate the health condition of the accused. Further desecration if exercised in favor of the accused, he shall comply with the directions of the bail and shall not hamper or temper with the prosecution witnesses. Lastly, it is prayed that the accused may be released on bail," reads the bail plea.

The court on presentation of the instant plea had sought a report from the concerned police station while the Additional Public Prosecutor also submitted detailed objections in this direction. (With PTI inputs)

#### India Slams

Secretary Dr. P R Thulasidass also called on Pakistan to focus on the safety, security and well-being of its minority communities instead of engaging in futile propaganda and attempting to foment communal disharmony in India.

"From a country where terrorists thrive and roam its streets with impunity, the world does not need lessons on democracy and human rights. Pakistan's contribution as a leading exporter of terror and violence is unparalleled," Thulasidass said.

He underlined that Pakistan is home to as many as 150 UN designated terrorists and terrorist entities listed by the UN, and these proscribed individuals have actively campaigned and contested in elections.

"Can Pakistan deny the fact that impunity reigns supreme in the country as perpetrators of the 26/11 Mumbai terror attacks continue to roam free?...Can Pakistan deny the fact that the world's most wanted terrorist Osama bin Laden was found living in Pakistan near a military academy, sheltered and protected by the deep State?" he asked.

Asserting that Jammu and Kashmir is, and shall forever remain an integral part of India, Thulasidass said that the union territory is marching towards peace and prosperity along with the rest of India.

"This is despite Pakistan's repeated attempts to derail the process, through its active and sustained support to terror groups and its malicious disinformation campaign against India. The delegate of Pakistan has voiced Pakistan's frustration due to its failure in its malicious propaganda against India," the Indian diplomat said.

Thulasidass said the pluralistic democracy of India is mature enough to address any issues including those instigated from outside.

"India is a secular State and safeguarding the rights of minorities forms an essential core of our polity. What minorities receive in Pakistan are blasphemy laws, systemic persecution, discrimination, denial of basic rights and freedoms, enforced disappearances and killings," he said.

Noting that the extent of religious discrimination is reflected in the loss of life, liberty and property on the mere accusations of blasphemy laws, the Indian diplomat said that Pakistan today stands out as the country having more cases of blasphemy than the rest of the world put together in the past few years.

## J&K's Oppn Parties Show Of Strength In Udhampur

Farooq Abdullah, Raman Bhalla Attend Panther's Party Rally

### Agencies

**JAMMU:** In another show of unity by Jammu & Kashmir's opposition parties, National Conference president Dr. Farooq Abdullah and Congress working president Raman Bhalla on Thursday turned up at a rally organized by the Panthers Party on its foundation day in its stronghold of Udhampur.

Reports said that National Conference president and former CM Dr. Farooq Abdullah and Congress working president Raman Bhalla attended the function organized by the Panthers Party to observe its 31st foundation day.

It was not known whether any Peoples Democratic Party leader was invited by the Panthers Party. The Panthers Party was founded on March 23, 1982 by Prof. Bhim Singh.

Addressing the rally, Dr Farooq hinted at a broader political alliance in Jammu & Kashmir. "Nobody will break our unity whether he will drop

from the sky or surface from the earth. We have decided that we will either safeguard its future or will die in that struggle," he said. The NC leader said that they have made a commitment that they will live and die for the people.

Asking people to strengthen the hands of Panthers Party president and former minister Harshdev Singh, the NC president said that attempts were made in the past to break the Panthers Party. "These attempts are still on but you should stand up with Harshdev Singh and strengthen his hands," he said.

The NC leader, who culminated his speech with slogans of 'Jai Hind, Jai Jammu, Jai Duggar, Jai, said that people shouldn't desist from rendering sacrifices of their lives for restoring their dignity and forming their own government. "If you want to form your own government and restore your dignity, you shouldn't desist from sacrificing your lives for that," he said—(KNO)

## Mehbooba Calls For Oppn Unity In 2024 LS Polls

**SRINAGAR:** PDP chief Mehbooba Mufti has said all opposition parties will have to unite to give a formidable fight to the BJP in the 2024 Lok Sabha elections but expressed doubts about such an alliance coming into existence.



In an interview with PTI here, the former Jammu and Kashmir chief minister said a grand opposition alliance needs to have Congress as its nucleus but the BJP is dividing the opposition camp to ensure that it does not happen.

She also questioned the silence of Samajwadi Party leader Akhilesh Yadav and Bahujan Samaj Party leader Mayawati.

"Unless and until opposition parties don't come together, I don't think there is going to be a formidable opposition to the BJP. (But), are they in a position to come together with this ED, NIA and other agencies at their throat? Look at Akhilesh Yadav, Mayawati. They are not saying anything. Why are they silent?" she said.

Mehbooba said the BJP government, which came with such a huge mandate, could have done wonders, but, "unfortunately, it seems, as (Delhi chief minister) (Arvind) Kejriwal said, they don't have any vision for the country".

"The only thing is it seems to be they are ruling this country like a mafia. If you can't get things done in your own way, then use all crooked ways," she added.

The PDP president said with agencies after various politicians, "I have my own doubts if the opposition parties can

come together".

"Look at Mamata Banerjee, KCR and Kejriwal on one way. They (BJP) don't want Congress to lead the opposition as Congress is the main nucleus. They want fragments," she said.

In response to a question on the state of minorities, Mehbooba said while the Muslims are allegedly the first target of the BJP-led government, it goes after everyone who opposes them.

"It is not about Muslims anymore. If you look at it, the people who are put in jail this time, they are not Muslims. Manish Sisodia is not Muslim, you have Sharad Pawar's people put behind bars, Sanjay Raut was in jail. Now they are going after Rahul Gandhi.

"So, it is not about Muslims only, but Muslims of course are the first target. It is going to be BJP versus all. Whosoever opposes them, tries to have a dissenting note, they are going to go after them," she said.

"That includes Hindus, Sikhs, Dalits everybody. You see what happened at Hathras, not only Bilkees Bano's rapists were unfortunately, Ram Rahim had raped and killed Hindu women but still, he is out," she added.

Referring to some right wing leaders demanding a Hindu rashtra, Mehbooba said they are trying to make it "BJP rashtra".

"Everyone talks about Hindu rashtra, but I do not think there is going to be a Hindu rashtra, there is going to be a BJP rashtra where either you are with us or you are against us," she said.



DEVOTEES OFFERING ZUHR PRAYERS inside a shrine on the first day of the holy month of Ramazan in Srinagar on Thursday. KO PHOTO, ABID BHAT

## India Emerged As 5th Largest Economic Power Of The World: LG



### Observer News Service

**GWALIOR:** The Jammu and Kashmir Lieutenant Governor, Manoj Sinha said on Thursday that the people-centric policies and schemes of the government have taken the form of mass movement and what seems to be unthinkable a decade ago has now become possible.

Sinha made these remarks while delivering keynote address for Dr. Ram Manohar Lohia Memorial Lecture at ITM, Gwalior on Thursday.

Remembering Dr. Ram Manohar Lohia, the LG said, as a freedom fighter, statesman and philosopher, Dr Lohia tirelessly worked for the equality, human dignity and social justice and gave new hope and aspirations to common man.

"As a leader of masses and untiring champion of social equality, Dr. Lohia's seven revolutions gave a new shape to social, economic and political ideas and strongly advocated equality between men and women," he added.

The LG threw light on the life and campaigns of Dr Lohia for establishing just & equitable society, and improving the living standards of the deprived sections.

"Dr. Lohia emphasized on new social structure to remove economic disparity and social injustice. He would have been proud of the progress made under the leadership of PM Narendra Modi in achieving economic equality, social equality and women empowerment," Sinha said.

"Today, all the policies and schemes of the government are people-centric, which have taken the form of mass movement. What seems to be unthinkable a decade ago has now become possible," he added.

In this Amrit Kaal, the LG said, India has emerged as the fifth largest economic power of the world and we are moving forward with the goal to become part of world's top 3 largest economies.

"Change in each and every individual is necessary for the complete transformation of society. We must rededicate

ourselves towards establishing an egalitarian and inclusive society as a befitting tribute to Dr Ram Manohar Lohia ji", the LG said.

On the occasion, the LG also conveyed his best wishes on the release of the second volume of the book titled "Dr Ram Manohar Lohia- Rachnakaron ki Nazar Mein".

He said the young generation must be told about the significant contribution of Dr Ram Manohar Lohia ji to India's freedom struggle and upliftment of downtrodden.

The LG invited the students to visit Jammu Kashmir and experience the new and transformed J&K UT. He also paid tributes to the revolutionary freedom fighters & great sons of Maa Bharti- Bhagat Singh, Sukhdev and Rajguru.

Rama Shankar Singh, Chancellor ITM; Prof Rajkumar Jain; Kumar Prashant, President of Gandhi Peace Foundation; KC Tyagi, Former MP; Prayag Shukla and large number of students and faculty of ITM, Gwalior were present.

## 600 Cams For Traffic Management To Be Installed In Jammu

### Press Trust Of India

**JAMMU:** Total 600 cameras will be installed as a part of the intelligent traffic management and surveillance system to monitor vehicular traffic and its violations here in Jammu and Kashmir.

ITMSS was made operational in the winter capital during its first phase to conduct efficiency trials.

Lieutenant Governor Manoj Sinha on March 13 inaugurated Integrated Command & Control Centre (ICCC) as a nerve centre of civic operations and traffic management.

"Six hundred cameras are being installed, mostly PTZ cameras and traffic management cameras for monitoring and managing vehicular traffic and recording traffic violations", Jammu Smart City CEO Rahul Yadav told PTI.

He said so far cameras have been installed at 37 junctions. "The trials have begun. We are receiving feed of traffic flow from 33 junctions. They are operational. On 12 junctions, analytics are fully functioning, under which we can detect any traffic violations", Yadav said.

Initiated in November 2022, the project will have a chain of 600 cameras mostly pan-tilt-zoom (PTZ) cameras watching traffic movement in the city.

The smart system will detect automatic vehicle number plate identification, red light violations, stolen vehicle identification and use of mobile phones while driving among other things, the officials said.

ITMSS, which has been made operational in Jammu partially, is a step that would help authorities better manage the vehicular flow and catch violators, they said.



According to officials, this intelligent traffic management system project is being implemented by a "master systems integrator" firm along with artificial intelligence software providers like Vehant Technologies that provide solutions to make roads safer.

The ITMSS automatically encrypts and transfers data of violation centralised server at the traffic police headquarters, they said.

The CEO said, "The phase is

under trial and tests are being carried out for any improvements that are needed."

Based on the information data received from these cameras, an adaptive traffic-control system alters traffic signal cycles in real-time to respond to changing traffic conditions. Once fully operational, the adaptive traffic control system (ATCS) is expected to cut down waiting time at traffic signals

by almost half, they said. They added that the new system, which would automatically detect violators like those jumping a red light and also generate an e-challan, is being implemented under the smart city project.

"Red Light Violation Detection System will allow traffic cops to keep a track on violators and generate e-challan, which would then be handed over to the violator", he said.

The system would consist of

camera-mounted sensors for better detection of traffic violations, which would relay the data to the central control room managed by the traffic department, officials said.

The system is connected to the control room and is monitored round-the-clock, they said.

"It also helps the police to detect and register cases against persons for not wearing helmets, over speeding, triple-riding, stop line violations, speaking over the phone while driving and other violations," he said.

These cameras also function effectively during night hours as recording takes place only if there is vehicle movement on the roads, he added.

The Lt Governor said ICC, as a nerve centre of civic operations, will bring together all different departments to manage the city's utilities and civic services.

ICCC will ensure quick response in the time of emergency, he added.

An intelligent traffic management system equipped with the latest traffic technology will make city traffic safer and more efficient. The technological solutions will improve integrated and networked mobility, increase road safety and congestion-free traffic flows on busy routes, Sinha said.

## Light To Moderate Afternoon Rain Forecast In J&K

### Agencies

**SRINAGAR:** Weatherman on Thursday forecast partly to generally cloudy with intermittent light to moderate rain with thunder accompanied by gusty winds at many places during late afternoon and evening of March 24 to 25 forenoon.

A meteorological department official here said that on 26th to 28th March, weather was likely to partly to generally cloudy and from 29th-31st March, it was expected to generally cloudy with intermittent very light rain towards evening.

Regarding temperature, he said, Srinagar recorded a low of 5.2°C against 4.0°C on the previous night and it was 0.2°C above normal for the summer capital.

Qazigund, he said, recorded a low of 3.2°C against 2.2°C on the previous night and it was 0.5°C below normal for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of minus 0.2°C against minus 0.9°C on the previous night and it was 0.6°C below normal for the famous tourist

resort in south Kashmir's Anantnag district.

Kokernag recorded a low of 4.5°C against 3.5°C on the previous night and it was 1.2°C above normal for the place, the officials said.

Gulmarg recorded a low of 0.0°C against minus 1.2°C on the previous night and it was 1.6°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 3.7°C against 4.9°C on the previous night and it was 0.5°C above normal for the north Kashmir area.

Jammu recorded a low of 13.8°C against 13.1°C on the previous night. It was 1.7°C below normal for J&K's winter capital, he said.

Banihal, he said, recorded a low of 4.2°C (below normal by 1.1°C), Batote 6.3°C (below normal by 1.8°C), Katra 11.3°C (1.2°C below normal) and Bhadarwah 4.6°C (0.7°C above normal).

Ladakh's Leh and Kargil, he said, recorded a low of minus 4.9°C and minus 1.7°C respectively. (GNS)

## JKP Has Started Massive War Against Narco-Terror: DGP

### Agencies

**JAMMU:** Jammu and Kashmir Director General of Police (DGP) Dilbagh Singh Thursday said that police have launched a major war against the narco-terror in the Union Territory as more and more youth are falling prey to the drug menace.

"Police have busted several drug modules and recovered not just drugs but weapons as well," Singh told reporters on the sidelines of a function at Kathua.

He said police are taking help and probing the narco-terror cases jointly with State Investigative Agency (SIA), National Investigating Agency (NIA), and also National Crime Bureau (NCB).

"Drug abuse, especially the narco-terror is the second biggest challenge after militancy," he said, adding that strict action is being taken against those found involved in the drug abuse. "It has been seen that more and more youth are falling prey to drugs. "We are committed to root out this menace once for all and a col-



lective approach has been launched by the police in this regard," the DGP said.

About the infiltration, the DGP said that infiltration is on decline even though attempts were made from Rajouri, Baramulla and Kupwara areas. "Last year, 56 foreign militants were killed. Some foreign militants are still active who are being tracked down. Some foreign militants were involved in the dastardly act in the Dhangri area of Rajouri," he said. "Pakistan's internal situation is very bad at this juncture and the country should focus on their own situation rather than pushing terrorists into this side."

On some journalists who were arrested in Kashmir for terror-links, the DGP said that in the society, law is for one and all.

"Some journalists were found involved in terror related activities and law has taken its own course. Law is same for all," the DGP said, adding that "nobody will be spared"—(KNO)

### 'Startup Opportunities In Medicinal Plants'

## 3-Day National Seminar Concludes At SKUAST-K

### Observer News Service

**SRINAGAR:** Three-day national seminar and stakeholder meet on "Startup Opportunities in Medicinal Plants" concluded on Wednesday at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir, Shalimar campus.

The workshop was organised by the Regional cum Facilitation Centre, Northern Region-II, NMPB, SKUAST-K in collaboration with the World Bank-ICAR funded National Agricultural Higher Education Project (NAHEP) for the institutional development of SKUAST-K.

Director Education & DSW, SKUAST-K, Prof MAA Siddique, who was the chief guest at the valedictory session, briefed about the importance of medicinal plant sector. He said J&K has the potential to be a model bio-economy, given the vast natural resource base of the region and focus should be on low volume high value business in Medicinal and Aromatic Plants.

Top scientists across India were present in the seminar. Prof Ravinder Raina, Director Raina Naturals & Educational Consultants, focused on India's Potential in Medicinal Plant sector, its market demand and the way forward for promotion & cultivation of MAPs. He also discussed about the resource sustainability issues & various entrepreneurship opportunities in Himalayan Medicinal Plants.

Former Director, Dept. of Environment and Remote Sensing, Dr OP Sharma, appreciated the RCFC, NR-II for conducting the timely seminar on medicinal plants and impressed upon the participants to come forward and take it to the commercial level.

Director Planning & Monitoring SKUAST-K, Prof. Haroon R. Naik, deliberated upon the Innovation & Start-up potential in Medicinal & Aromatic Plants sector in J&K.

Two technical sessions were conducted for oral and poster presentation, wherein students presented on the different Start-up aspects of this booming sector. More than 100 participants including scientist staff, scholars, researchers and entrepreneurs from across India were present.

Poster and Oral presentations were held on different thematic areas of Medicinal Plants Sector, where young entrepreneurs and students presented their novel ideas in this booming sector.

Emeritus Scientist IARI, New Delhi, Prof Suresh Walia, acknowledged the efforts of RCFC, NR-II in promoting the rare and endangered medicinal plant species and spreading the word regarding the same among the masses.

Regional Director RCFC NR-II, Prof. Sheikh Bilal Ahmed thanked all the dignitaries for gracing the occasion and briefed the audience about the need and importance of conducting such kind of seminars for generation of livelihood.

## Captain Rohit Defends Surya's Three Golden Ducks

Press Trust of India

**CHENNAI:** Considered one of the best players in the T20 format, Suryakumar Yadav registered three successive golden ducks against Australia, but captain Rohit Sharma hinted that the Indian team management is not looking too much into his failures in the ODI series.

The 32-year-old Suryakumar was trapped by Australian left-arm pacer Mitchell Starc in the first two ODIs. The team management backed him and included him in the playing XI for the series-decider here on Wednesday, but he was again dismissed first ball, this time by left-arm spinner Ashton Agar.

"He (Suryakumar) played only three balls in the series. I don't know how much you can look into it. He got three good balls,"



Rohit said after India lost the third and final ODI by 21 runs to concede the series 1-2 to Australia.

"(On Wednesday) I didn't think it was that great a ball. He just chose the wrong shot. He should have, maybe, come forward. He knows best." Suryakumar has featured in 23 ODIs after his de-

but in July 2021, scoring 433 runs at a below-par average of 24.05.

Rohit said Suryakumar was initially slotted to bat at number 5 but the team management held him back to face the Australian attack in the last 15-20 overs. Suryakumar actually came out at number 7.

## 4 Indian Boxers Cruise Into World C'ships Finals

Press Trust of India

**NEW DELHI:** Nikhat Zareen (50kg), Lovlina Borgohain (75kg), Nitu Ghanghas (48kg) and Saweety Boora (81kg) advanced to the final of the Women's World Boxing Championships with stellar semifinal wins here on Thursday.

While Nikhat out-punched Rio Olympics bronze medallist Ingrid Valencia of Colombia 5-0, Nitu eked out a 5-2 victory over reigning Asian champion Alua Balkibekova of Kazakhstan.

Two-time Worlds bronze medallist Lovlina beat Li Qian of China by a 4-1 margin to book her maiden appearance in the final of the prestigious tournament.

Saweety too cruised into the title round with a 4-3 win over Australia's Sue-Emma Greentree.

Reigning 52kg champion Nikhat, who is competing in the 50kg category, used her speed and tactical acumen to see off Valencia to keep alive the defence of her title.

Fighting a formidable opponent, who beat the legendary Mary Kom at the Tokyo Olympics, Nikhat came well prepared and had her strategy sorted. Two-time Asian champion Nguyen Thi Tam of Vietnam now stands in front of Nikhat and her second Worlds gold.

## UEFA To Investigate Barcelona For Its Referee Payments



Agencies

**NYON:** Barcelona is facing a new legal threat from UEFA, including a possible Champions League ban, because of its payments of millions of dollars to a company linked to a Spanish refereeing official.

The European soccer body asked Thursday for an investigation into the matter, which is already being pursued by prosecutors in Spain.

Champions League regulations in effect since April 2007 allow UEFA to ban teams from the competition for one season if they were involved in fixing matches.

UEFA said Thursday it asked disciplinary inspectors to "conduct an investigation regarding a potential violation of UEFA's legal framework by FC Barcelona in connection with the so-called Caso Negreira." Court documents show Barcelona paid 7.3 million euros (\$7.7 million) from 2001-18 to the company of José María Enríquez Negreira, the former vice president of Spanish soccer's refereeing committee. (AP)

## J&K Senior Women's Football Team Departs For National Championship

Observer News Service

**SRINAGAR:** The J&K women's football team left for Chattisgarh on Thursday to participate in the upcoming 27th Senior Women's National Football Championship 2022-23, which is the premier competition for women's teams representing regional and state football associations.

J&K is in Group IV and will face Chhattisgarh, Jharkhand, Ladakh, Delhi and Madhya Pradesh. The Ladakh football team is making its debut in the national championship.

The 23-member J&K side will be led by Team Manager Javed Ahmad, Head Coach Fayaz Ahmad, Assistant Coach Qudsiya Altaf and Physiotherapist Insha Nazir.

J&K Squad



Goalkeepers: Arpita Mahajan, Neetika Thapa.

Defenders: Aaliya Ali, Seerat Zahoor, Ruqaya, Afreena Amir, Sarmat Rafiq, Manali Mahajan.

Midfielders: Shabnam Hussain, Patanjali, Zaara Riaz, Kehkashan, Khurshed, Numra Tariq Chat, Charu Sharma, Tanishqua Pal Kour, Prinka Sharma, Ritika Devi, Somiya Dubey, Shrunya Devi.

Forwards: Tanzeela Zaffar, Shaista Hassan, Mehroosh Aslam Baba.

## IOC's Bach Defends Russia Stance Amid Pro-Ukraine Protest

Agencies

**ESSEN:** International Olympic Committee president Thomas Bach defended his organization's efforts to create a pathway for Russian and Belarusian athletes to return to competition in a speech in his home country of Germany which took place amid a pro-Ukraine protest.

Bach reiterated the IOC's position that it would be discriminatory to exclude Russians and Belarusians based on citizenship alone and argued the Olympics can help promote dialogue at a tense time. Public broadcaster WDR reported nearly 200 pro-Ukraine protesters gathered outside the venue calling for Russia to be excluded entirely from the Olympics.

The IOC recommended excluding Russia and Belarus on safety grounds soon after the



invasion last year but now argues for letting the two countries' athletes compete as neutrals without national symbols ahead of a packed calendar of qualification events for the 2024 Paris Olympics.

Bach said he opposed political influence on sports and any suggestion that Russians should be treated as if they have "collective guilt." The Olympics, he added, need to remain neutral to be a unifying force.

The IOC previously said it wants to keep out athletes

deemed to be "actively supporting the war," with a final decision lying with the international federations running individual sports, but it has given few details of how that would work.

Bach refined that approach Wednesday, indicating the IOC could recommend barring athletes who pose with a "Z" symbol, a marking used on Russian military vehicles which has become a symbol of support for the war.

"Our principles say clearly and distinctly that any active support for the war, and that includes wearing this 'Z', that includes posts and much else besides (is prohibited). Anyone who supports the war in this way cannot, or in relation to the international federations, since we are issuing this only as a recommendation, should not take part in these competitions," Bach said. (AP)

**CANCER SOCIETY OF KASHMIR**  
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Website: www.cancersocietykashmir.org E-mail: cancersocietyofkashmir@gmail.com  
Ref. No. CSK/MISC-23 / 2022-23/2028 Dated: - 24-03-2023

**(INFORMATION FOR GENERAL PUBLIC)**

This is for information to general public that "Cancer Society of Kashmir" is receiving donations in shape of **SADAQAT, ZAKAT, KHAIRAT** by direct credit to this society's account no. **SB-000504010006000** maintained at **J&K BANK RESIDENCY ROAD SRINAGAR** or at our office **LALNAGAR, CHANAPORA BYPASS, SRINAGAR, J&K** against proper receipt. If anyone is collecting money etc. outside of this society on behalf of this society he/she may be handed over to police for severe action

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