

THE NIGHT OF POWER

Mosques, Shrines Reverberate With Prayers On Shab-e-Qadr

Observer News Service

Srinagar: Despite intermittent rainfall and cold weather conditions, tens of thousands of devotees on Monday night observed Shab-e-Qadr, the night of power and blessings, across Kashmir Valley with Hazratbal Shrine on the banks of Dal Lake here -- witnessing the largest congregation of devotees.

Believers thronged mosques and shrines across Kashmir valley, on Monday night for prayers and recitation of the Quran as the Muslim fasting month of Ramzan is about to end.

Dargah Hazratbal and other mosques and shrines across the valley were brimming with devout Muslims, late night reports reaching Kashmir Observer said.

A local news agency KNO quoted an unnamed official as saying that no restrictions were imposed on the congregational prayers at the historic Jamia Masjid in downtown Srinagar.

"The Jamia Masjid will remain open for the Shab-e-Qadr tonight," the official said.

However, reports said that unprecedented security measures have been put in place around the Grand Mosque, where hundreds of policemen and paramilitary personnel have been deployed in full riot gear to meet any possible law and order situation.

Last week, the authorities [More on P6](#)



KO Photo | Abid Bhat

Indus Waters Treaty Top Panel Takes Stock Of Modification Process



Press Trust Of India

New Delhi: A top government panel on Monday took stock of the ongoing modification process of the Indus Waters Treaty (IWT), a pact that was inked 62 years back between India and Pakistan for the management of cross-border rivers.

On January 25, India issued a notice to Pakistan seeking a review and modification of the treaty following Islamabad's "intransigence" in handling certain disputes.

Earlier this month, India said it has received Pakistan's response to its notice. According to Pakistani media, Islamabad had conveyed in its letter that it was ready to listen to New Delhi's concerns about the treaty.

In a statement, the Ministry of External Affairs said the sixth meeting of the Steering Committee on matters related to IWT of 1960 took place on April 17 and it was chaired by the Secretary in the Department of Water Resources, the Ministry of

Jal Shakti, and was attended by Foreign Secretary Vinay Kwatra among other senior officials.

It said the meeting "took stock of the ongoing modification process of the Indus Waters Treaty." "Matters related to the ongoing Neutral Expert proceedings pertaining to the Kishenganga and Ratle Hydroelectric Projects were also discussed," it said.

It is understood that the meeting deliberated on Pakistan's response to India's notice.

India took the significant step of sending the notice to Pakistan conveying its intent to amend the treaty, months after the World Bank announced appointing a neutral expert and a chair of the Court of Arbitration to resolve the differences over the Kishenganga and Ratle Hydro Electric Projects in Jammu and Kashmir.

India has been particularly disappointed over the appointment of the Court of Arbitration. New Delhi considers the [More on P6](#)

Rains Lash J&K, MeT Predicts More

Agencies

Srinagar- Rains lashed plains of Jammu and Kashmir while the weather department on Monday predicted more downpour till April 20, mostly during next 48 hours.

Quoting a meteorological department official, news agency GNS reported that rain and thunderstorms were expected at scattered places from today late afternoon onwards.

From April 18-19, he said, light to moderate rain and snowfall (over higher reaches) was very likely with main activity during 17(night)-18th. "During this wet spell, thunderstorms with strong gusty wind reaching (20-30KMPH) and hailstorm is [More on P6](#)

LG Calls For Revival Of Indian Knowledge System

'We Must Commit Ourselves In Exploring New Ideas, New Opportunities To Meet The Challenges Of 21st Century'

Observer News Service

New Delhi: The Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Monday stressed on laying focus on the revival of the Indian Knowledge System besides committing ourselves in exploring new ideas, new opportunities to meet the challenges of the 21st century.

"Under the guidance of Prime Minister Narendra Modi, the National Education Policy-2020 is promoting Value-based education, fostering innovation & creativity and building the future



human capital. Connectivity & Content will play a crucial role in India's journey," Sinha said. He made these remarks while attending the book launch event in remembrance of Prof. Giridhar Prasad

Thakur, here on Monday. Sinha paid tributes to Prof. Thakur for his significant contribution to Psychological research and teaching.

"He was a leading luminary of Psychology and a world leader in many areas of Applied Psychology. Throughout his life, Professor Thakur pursued and achieved excellence in both research & teaching," he said.

"Prof. Thakur had demonstrated that the Indian knowledge system provided a solid base for the Psychological testing model. He had relentlessly guided the [More on P6](#)

Registration For Amarnath Yatra Begins

Press Trust Of India

Jammu: The registration for the annual Amarnath pilgrimage began on Monday with scores of people lining up at designated bank branches across the country to secure a permit.

The 62-day pilgrimage to the 3,880-metre-high cave shrine in south Kashmir is scheduled to start on July 1 and continue till August 31.

The journey can be undertaken through two routes -- the traditional 48-km route through Pahalgam in south Kashmir's Anantnag and the 14-km shorter but steep Baltal route in Ganderbal district of central Kashmir.

"Today, registration has begun at bank [More on P6](#)

Army Commanders To Discuss J&K, Ladakh Situation

Press Trust Of India

New Delhi: Top commanders of the army on Monday began deliberations on India's national security challenges along the borders with China and Pakistan and ways to boost combat capability of the force on the first day of a five-day conclave.

The commanders' conference will also focus on the ongoing reform process in the 1.3 million force and use of high technologies such as artificial intelligence, robotics, and virtual reality for various purposes, officials said.

For the first time, the commanders' conference is being conducted in hybrid format.

The commanders present in Delhi gathered at the South

Block in Raisina Hills area, while many others joined the deliberations virtually.

The commanders and other senior functionaries will hold in-person deliberations in Delhi from Tuesday, the officials said.

The army's plan charted out as part of 'Year of Transformation-2023' along with the progress on Agnipath scheme and ambitious digitisation and automation initiatives will also feature at the conference.

During the course of the conference from April 17 to 21, the commanders are expected to carry out an extensive review of the overall situation along the Line of Actual Control (LAC) in view of the three-year border row in eastern Ladakh.

Defence Minister [More on P6](#)

Tulip Garden Offers Wheelchairs To Physically Challenged, Elderly Visitors

Press Trust Of India

Srinagar: The Indira Gandhi Tulip Garden, Asia's largest tulip garden along the banks of Dal Lake in Kashmir, is providing free of cost wheelchair service to physically challenged and elderly visitors.

Inam Ur Rehman, Floriculture officer and in charge of the Indira Gandhi Tulip Garden, said "We have kept the wheelchairs here free of cost for the physically challenged visitors and elderly people. They can avail of the facility as this garden is designed keeping in mind the disabled as well."

Rehman said 20 wheelchairs have been placed at the main gate of the garden for the physically challenged visitors so that



they can go around the whole area and enjoy the garden.

The visitors are in awe of the beauty of the garden and are also grateful to the staff for making their visit comfortable.

"Only once we requested a wheelchair and they provided it. The staff also assigned a person for help. This facility should be available for elderly persons in every garden. [More on P6](#)

Govt Amends Industrial Policy, Adds 2 More Clauses



Auqib Javed

Srinagar: The Jammu and Kashmir Government has amended the Procedural Guidelines to the Jammu and Kashmir Industrial Policy, 2021-30 by adding two more clauses in the guidelines already approved and in place in the Union Territory.

Pertinently, the government had sought suggestions on the Policy, JK Private Industrial Estate Development Policy 2021 and introduction of JK Logistics policy.

On 08 March, the government initiated the process of amending and upgrading these policies by putting the same on public domain

for review and feedback and seeking suggestions from the public and the stakeholders by March 28th, 2023.

According to an order, a copy of which lies with Kashmir Observer, after clause 6.2, clause 6.3 has been added which is about the approval for any changes in Name and Style at the pre-registration stage, along with the revision of DPRs.

Clause 6.3 reads: The concerned Director, Industries and Commerce Department on the recommendations of the Managing Director, J&K, SIDCO/SICOP shall be the approving authority for allowing any change in Name and Style at the [More on P6](#)

S H O R T T A K E S

Dead Militant Among Two Chargesheeted

The Special Investigation Unit (SIU) on Monday filed chargesheet against two militants, one among them dead, for planning militant activities in North Kashmir's Baramulla district. In a statement issued here, a police spokesperson said that the SIU presented a chargesheet against Nisar Ahmad Bhat, who was arrested in Wasran Taripora forests of the district for preparing to carry out terrorist activities along with other militants. He said that the chargesheet of case [More on P6](#)

Selfie Claims Life Of Teen Girl

In a tragic accident, a teenage girl was crushed to death by a moving train when she was taking a selfie along a railway track in the outskirts of this capital city. A 17-year-old girl (name withheld) from Shankarpura area of Srinagar was hit by a train when she alongside a child was taking selfie close to a track at Manchowa along Srinagar-Budgam railway lane, reports said. The teen girl sustained critical injuries and [More on P6](#)

Avalanche Alert In 5 J&K Districts

Jammu and Kashmir Disaster Management Authority (JKDMA) on Monday issued an avalanche alert over higher reaches in five districts for next 24 hours. The JKDMA said that a 'low' danger level avalanche is likely to occur above 2800 to 3500 metres above sea level over Doda, Kishtwar, Poonch, Rajouri and Ganderbal districts. People living in these areas have been in the meantime advised to take precautions and avoid venturing in the [More on P6](#)

2 Drug Peddlers Slapped With PSA

Two alleged notorious drug smugglers active in North Kashmir's Baramulla district were booked under the Public Safety Act (PSA) and shifted to Kot-Balwal Jail in Jammu, police said Monday. Jan Mohammad Lone @Jagawar and Aijaz Ahmad Dar were booked under PIT NDPS Act after obtaining formal detention orders from the competent authority and subsequently lodged in Central Jail Kot-Balwal Jail Jammu, a police spokesperson said. [More on P6](#)

LG Greet People On Shab-E-Qadr

Lieutenant Governor Manoj Sinha on Monday greeted the people on the auspicious occasion of Shab-e-Qadr. In a message, the Lt Governor said: "On this sacred occasion of Shab-e-Qadr, I convey my greetings and best wishes to the people. The pious night provides an opportunity to self-introspect and pray to Almighty, seek forgiveness & dedicate ourselves in the selfless service of humanity." May the auspicious occasion usher in peace, [More on P6](#)

PUBLIC NOTICE

It is hereby notified for information of general public and relevant authorities that all Identity Cards issued by Kashmir Observer LLP till March 31, 2023 stand cancelled.

Kashmir Observer LLP is issuing fresh identity documents to its staff and bonafide journalists associated with it shortly.

Sd/- General Manager
Kashmir Observer LLP
Ghat 6-7 Boulevard
Srinagar-1

This Is The Best Fruit For Muscle Gain And Gives Better Results Than Most Supplements

By Saumyaa Vohra
 GQ India

Do you ever think of fruit for muscle gain? Losing weight and getting fit has been key area of concern for a lot of us in 2023. We've all got body goals and we're all doing our best to measure up to them; and for a lot of us, that isn't just shedding fat, it's building muscle tone. While there's a tonne of foods you can eat, and exercises you can follow, fruits and veggies are a much-ignored area for muscle growth. Here are the fruits for muscle gain that should be in your fridge, always.



humble banana. Bananas are incredibly nutritious fruits for muscle gain, and incredibly easily available from an Indian market perspective. They're rich in water and carbs, both of which have consistently been shown to help improve exercise performance and recovery; which makes them a great, post-workout fruit. Eating carb-rich foods post-workout promotes the release of insulin, which helps shuttle sugar from your blood into your muscle cells, where it's stored as glycogen. Bananas also help muscle cells become more sensitive to insulin, making it easier for them to replenish their glycogen stores after exercise. This helps escalate the rate of muscle glycogen formation, which means you kick off your next session with fully or close-to-fully replenished glycogen stores.

Here are the five best fruits for muscle gain:
 1. Apples: Apart from keeping the doctor away, these guys have polyphenols, which have been known to increase strength

and fat loss.
 2. Cherries: A great post-workout fruit, because they're chock-full of Anthocyanins, which are so helpful with recovery and reducing inflammation.
 3. Guava: Not a fruit you see on lists very often, this seedy dude is actually packed with protein, vitamins, and minerals.
 4. Oranges: A fabulous source of vitamin C, oranges are also high in fibre and protein; one cup of oranges contains about 1.7 grams of protein. Ideal post-workout.
 5. Watermelon: There's a tonne of L-citrulline in this melon, which helps with blood flow and nutrient delivery since that L-citrulline then gets converted to arginine (hypothesized to stimulate the body's production of human growth hormone).
 But the one fruit that is an absolute supplement to building muscle is — the

Phone No. (office) 0194-2452698 (Fax) 0194-2506526 Email:- telkmrzone@jkpolice.gov.in
Zonal Hqrs Police, Telecommunication Kashmir

PUBLIC NOTICE
 Mohamad Ashraf Ghanie S/O Mohamad Maqbool Ghanie R/O Khanabal Anantnag working as HC (Telecom) in J&K Police Telecommunication under Regimental No. TEL-993765 has represented for correction in his name/ parentage recorded as Mohd Ashraf Ganai S/O Mohd Maqbool Ganai instead of Mohamad Ashraf Ghanie S/O Mohamad Maqbool Ghanie in the service records of this office. As such, objections if any, in this regard are invited from General Public, which should reach the office of the undersigned within a period of seven days from the date of publication of this Notice.
 No:- ESTT/PF-2261/KZ-2023/6499
 Dated:- /17-04-2023

PUBLIC NOTICE
 Showket Dar S/O Ferooq Ahmad Dar R/O Rangreth Srinagar working as HC (Telecom) in J&K Police Telecommunication under Regimental No. 2426/PW. TEL-013249 has represented for correction in his name/ parentage recorded as Showkat Ahmad Dar S/O Ferooq Ahmad Dar instead of Showket Dar S/O Ferooq Ahmad Dar in the service records of this office. As such, objections if any, in this regard are invited from General Public, which should reach the office of the undersigned within a period of seven days from the date of publication of this Notice.
 No:- ESTT/PF-2426/KZ-2023/6500
 Dated:- 17-04-2023

PUBLIC NOTICE
 Irshad Ahmad Reshi S/O Ab Aziz Reshi R/O Pathbugh Anantnag working as HC (Telecom) in J&K Police Telecommunication Kashmir under Regimental No. TEL- 993702 has represented for correction in parentage recorded as Abdul Aziz Reshi instead of Ab Aziz Reshi in the service records of this office. As such, objections if any, in this regard are invited from General Public, which should reach the office of the undersigned within a period of seven days from the date of publication of this Notice.
 No: ESTT/PF-2248/KZ-2023/6501
 Dated:- 17-04-2023

PUBLIC NOTICE
 Azad Ahmad Allaie S/O Ab Jabbar Allaie R/O Charsoo Awantipora working as SI (Telecom) in J&K Police Telecommunication under Regimental No. TEL-851485 has represented for correction in his parentage recorded as Abdul Jabbar instead of Ab Jabbar Allaie in the service records of this office. As such, objections if any, in this regard are invited from General Public, which should reach the office of the undersigned within a period of seven days from the date of publication of this Notice.
 No:- ESTT/PF-1290/KZ-2023/ 6502
 Dated:- 17-04-2023

Sr. Supdt.
 Of Police Telecommunication
 Kashmir

Government of Jammu & Kashmir
Directorate of Urban Local Bodies Kashmir
Office Of The Chief Executive Officer
Municipal Council Bandipora

PUBLIC NOTICE
 It is hereby notified to the general public, that all the areas falling under the jurisdiction of Municipal Council Bandipora comprising of 17 wards are being declared as OPEN DEFECATION FREE (ODF PLUS), strictly as per given ODF Protocol. Anybody having any objection(s) in this regard can submit the same to this office within a period of fifteen (15) days from the date of publication of this Notice, after which no objections whatsoever shall be entertained.

No MC/BPR/SBM/2023/183-88
 DIPP-KB-263/23
 dated: 17-04-2023
 Chief Executive Officer
 Municipal Council Bandipora

از نیابت پهلپان
 عنوان:- عمل درخواست حکم جناب ڈپٹی کمشنر صاحب بارہمولہ زیر نمبر BDC/LRA/2021/364-568 نسبت نیلائی شاخ تراشی درختان چنار و تھرمو قوق نیلا نیلوفہ تحصیل پٹن ضلع بارہمولہ
 اشتہار ہر خاص و عام نیلام درختان چنار
 معاملہ مندرجہ عنوان صدر میں سائل اسانکے عدالت ہڈا میں ایک درخواست بشمول طغنی بفرض اندارج کرنے تاریخ فونگی دائری ہے۔ لہذا عوام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست سائل اسانکے منظور ہونے میں کوئی عذر یا اعتراض ہونے کی صورت میں عدالت میں آکر مورخہ 29-04-2023 تک پیش کرے۔ بعد گزرنے معیا کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 تحریر الصدہ 17-04-2023
 چیف جوڈیشل مجسٹریٹ سب جی میونسپل سرینگر nj

از عدالت چیف جوڈیشل مجسٹریٹ سب جی سرینگر
 با اجلاس راجا محمد تسلیم
 رجزار برتس اینڈ ڈتھس
 ایس۔ ایم۔ سی سرینگر (مسول)
 درخواست برادر اندراج کرنے تاریخ فونگی آزاں
 13-01-1998
 اشتہار برادر گاہی ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سائل اسانکے عدالت ہڈا میں ایک درخواست بشمول طغنی بفرض اندارج کرنے تاریخ فونگی دائری ہے۔ لہذا عوام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست سائل اسانکے منظور ہونے میں کوئی عذر یا اعتراض ہونے کی صورت میں عدالت میں آکر مورخہ 28-04-2023 تک پیش کرے۔ بعد گزرنے معیا کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 تحریر الصدہ 17-04-2023
 چیف جوڈیشل مجسٹریٹ سب جی میونسپل سرینگر nj

از عدالت چیف جوڈیشل مجسٹریٹ سب جی سرینگر
 با اجلاس راجا محمد تسلیم
 رجزار برتس اینڈ ڈتھس
 ایس۔ ایم۔ سی سرینگر (مسول)
 درخواست برادر اندراج کرنے تاریخ فونگی آزاں
 24-03-1979
 اشتہار برادر گاہی ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سائل اسانکے عدالت ہڈا میں ایک درخواست بشمول طغنی بفرض اندارج کرنے تاریخ فونگی دائری ہے۔ لہذا عوام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست سائل اسانکے منظور ہونے میں کوئی عذر یا اعتراض ہونے کی صورت میں عدالت میں آکر مورخہ 26-04-2023 تک پیش کرے۔ بعد گزرنے معیا کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 تحریر الصدہ 17-04-2023
 چیف جوڈیشل مجسٹریٹ سب جی میونسپل سرینگر nj

از عدالت چیف جوڈیشل مجسٹریٹ سب جی سرینگر
 با اجلاس راجا محمد تسلیم
 رجزار برتس اینڈ ڈتھس
 ایس۔ ایم۔ سی سرینگر (مسول)
 درخواست برادر اندراج کرنے تاریخ فونگی آزاں
 25-01-1993
 اشتہار برادر گاہی ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سائل اسانکے عدالت ہڈا میں ایک درخواست بشمول طغنی بفرض اندارج کرنے تاریخ فونگی دائری ہے۔ لہذا عوام الناس کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ نسبت درخواست سائل اسانکے منظور ہونے میں کوئی عذر یا اعتراض ہونے کی صورت میں عدالت میں آکر مورخہ 26-04-2023 تک پیش کرے۔ بعد گزرنے معیا کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 تحریر الصدہ 17-04-2023
 چیف جوڈیشل مجسٹریٹ سب جی میونسپل سرینگر nj

OFFICE OF THE ZONAL MEDICAL OFFICER CHC KREMESHORE BLOCK KHANSAHIB BUDGAM
NOTICE FOR QUOTATION
 Tender No 04 of 2023-2024 Dated 17/04/2023
 Sealed Quotations affixed with revenue stamp of Rs 5/- are invited for supply of Lab items, Printing Material, Emergency drugs, xray items from reputed dealers/approved Suppliers/Manufacturers (Registered with sales tax department) who are dealing with actual goods for which the tender is issued.
 The sealed quotations are to be submitted properly duly super scribed name of firm/manufacturer/dealer and should reach to this office within 10 days after the publication of the said notice in the newspaper upto 4.00 pm. The sealed quotations should be handover personally in the office of undersigned at CHC Kremshore. The quotation received after due date shall not be entertained.
Printing Material

S.NO	Name of item with Specification	Company	Rate (Inc of all Taxes)
01	OPD Tickets, IPD Tickets		
02	GR Books, Log Books and Charts		

 Other Terms and Conditions:
 • Rates charged shall be for Store (CHC Kremshore) inclusive of all taxes.
 • The quotations submitted without a prescribed format shall be rejected without any notice.
 • The rates should be quoted against each item of the tender without cutting or tempering.
 • The quotation shall furnish the photocopies of GST registration certificate with GSTN from competent authority. No Quotation shall be entertained without GST certificate.
 • No compromise on quality of material will be acceptable.
 NO: CHC/K/17-20
 DPK-521/23
 Dated: 17-04-2023
 Zonal Medical Officer
 CHC Kremshore

PUBLIC NOTICE
 I have applied for the issuance of Death Certificate of my mother, Firdousa W/o Mohammad Afzal Shaksaz who died 01-05-2012. If anybody having any objection in this regard he/she may file his/her objection in Srinagar Municipal Corporation within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Areeb Ahmad Shaksaz
 S/o Mohammad Afzal Shaksaz
 R/o Ellahi Bagh Srinagar nj

PUBLIC NOTICE
 I have lost the RC of my vehicle bearing Regd No: JK22B-5425. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Shopian within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Mohd Rafiq Mir
 S/o Mohd Anwar Mir
 R/o Kumdalan Shopian Fko

SAD DEMISE
 With profound grief, we inform the demise of our mother Masooda Shah W/O Peer Mohammad Ashraf R/O Lagridoor, Eidgah, Srinagar Who left for heavenly abode after a brief illness on Sunday, 16th April.
 Congregational Fateh kahawani will be held on Wednesday, 19th April 2023 at Faqir Maqbara, Dana Mazar opposite Waniyar Police Station at 10am.
BEREAVED
 Peer Sajad Ashraf Shah (Son).
 Peer Najeeb Ashraf Shah (Son). 6006312360.
 Zahoor Ahmad Bakshi (Son-in-Law). 9419018100 in

PUBLIC NOTICE
 I have lost the RC of my vehicle bearing Regd No: JK18A-2524 Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Kulgam within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Mohd Yaqoob Itoo
 S/o Ghulam Ahmad Itoo
 R/o Pambai Kulgam FKO

Classic Public High School Ahmadpora Zone Srinagar Pattan
Fee Structure for Session 2022-23

S.NO	Class	Monthly tuition fee
1	Pre-Nursery	580
2	Nursery	580
3	L.K.G	580
4	U.K.G	580
5	1st	640
6	2nd	640
7	3rd	690
8	4th	690
9	5th	690
10	6th	760
11	7th	760
12	8th	760
13	9th	1000
14	10th	1000

 No: CPHS/AD/76
 Principal
 Classic Public High School
 Ahmadpora bmg

PUBLIC NOTICE
 I have lost / misplaced my passport bearing No: K6946669 issued on 13-5-2013 valid till 12-5-2023. If anybody has found the same may contact below mentioned person having cell number : 6005912208 otherwise I have to apply for the duplicate of the same if anybody having any objection in this regard he/she may contact Regional Passport Officer at Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Sheikh Mohamad Saleem
 S/O: Gh Mohamad Sheikh nj
 R/O: Darpora kupwara A/P IRM Lane Natipora Srinagar

PUBLIC NOTICE
 I want to change the name on my passport bearing no J4359546 From Lone Aisha Begum to Aisha Begum if anybody having any objection in this regard he/she may file his/her objection in the office of the Regional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Aisha Begum W/o Ghulam Nabi Lone
 R/o Sonarwani Bandipora J&K UT 193502 BB

Jamia Masjid Sealing Remove Officers 'Discouraging' Peace Efforts: Bukhari Urges LG

Majid Nabi

Srinagar: Criticizing the administration for disallowing Shab-e-Qadr prayers at central Jamia Masjid in Srinagar, Apni Party president, Mohammad Altaf Bukhari Monday urged the Lieutenant Governor to remove all those higher-ups, who he alleged 'discourages' peace efforts in the valley.

Bukhari ascribed disallowing Shab (full night prayers) on the eve of Shab-e-Qadr at Jamia Masjid with 'incompetence' of the administrative higher-ups, who he said try to become more loyal than a king.

"Disallowing Shab-e-Qadr prayers at Jamia Masjid is incompetence of the higher-ups who discourage peace efforts in the valley. They try to become more loyal than the king, but I would like to make it very clear that the Tota Ram policy won't work anymore. I appeal to the LG to remove those officers im-

mediately," Bukhari told the media on the sidelines of a function organized to welcome new entrants from Budgam into the party fold.

He said militancy is almost over in the valley, while the law and order situation has improved to the extent, not a single incident of violence has been reported in the valley in the recent past.

The Apni Party leader people of Kashmir are peace loving people but some officers try to make them believe that the situation is conducive to even hold religious functions.

"This is unfortunate that people of Kashmir were barred from entering Jamia Masjid on Jummat-ul-Vida, Shab-e-Qadr prayers were disallowed. Both these days hold great importance for a Muslim and I condemn in strong words the sealing of Jamia Masjid and denying people of their religious rights," he added.



Massive Fire Engulfs Shopping Complex In Hazratbal /KO Photo Abid Bhat

Shopping-Mall Inferno Consumes Property Worth Crores in Hazratbal

Majid Nabi

Srinagar: Property worth crores destroyed, while a few nearby residential houses also suffered damage after the common attic of a multi-storey retail mall caught fire in Dargah Hazratbal market here this morning.

Fire according to official's originated from a popular food outlet, Amigos Foods situated at 1st floor around 11:45am, destroying the common attic of the mall and causing damage to nearby residential structures.

Shopping mall, which houses prominent food outlets including that of the Amigo Foods and Hatric Restaurant, is situated opposite the Sir Syed Gate of the University of Kashmir at Dargah Hazratbal.

A senior official of the Fire and Emergency Services (F&ES) told Kashmir Observer that although the cause of fire could not be ascertained, the LPG cylinder explosion afterwards caused se-

vere damage to the attic.

He said the tragic incident, that left property worth crores damaged, took place at the time people are preparing for the upcoming Eid-ul-Fitr festival in the valley. He said the fire tenders and firefighters reached the spot as soon as the information about

destroyed in the devastating blaze; however no loss of life or injury to anyone was reported. We suspect that it was an electric short circuit. The LPG cylinders kept at the attic of the food outlet caused more damage to the attic afterwards," he added.

Officials said the fire had ap-

Property worth crores was destroyed in the devastating blaze; however no loss of life or injury to anyone was reported. We suspect that it was an electric short circuit. The LPG cylinders kept at the attic of the food outlet caused more damage to the attic afterwards.

the inferno was received.

Officials said that it took them around two hours to bring the devastating blaze under control, however no loss of life or injury to any individual was reported in the incident.

"Property worth crores was

parently originated from 1st floor of the mall, comprising godowns.

"It took us around two hours to douse off the flames as the fire tenders reacted promptly while fire fighters made uphill efforts to bring the situation under control," he added.

FMGs Hold Protest, Seeks Increase In CRMI Seats

Observer News Service

Srinagar: The foreign medical graduates Monday staged a protest at Srinagar's press colony to press for the increase in number of CRMI (Compulsory Rotatory Medical internship) seats allotted to the colleges of Kashmir.

Pertinently, the FMGE (Foreign medical graduate exam) conducted by NBEMS (National board of examination in medical sciences) was held on 20th January 2023.

Speaking to Kashmir Observer an aspiring internee said that almost 400 students from Kashmir qualified the screening test, however the

seats of CRMI allotted were limited to 230 students only, which leaves 170 students stranded.

"The nature of the exam being qualifying and screening was made competitive by the authorities who opted for merit to select the candidates for the internship by declaring the cut off as 172 marks." He said speaking on anonymity.

"There is no room for grade improvement as it's a screening test, so the students who scored below 172 even after qualifying the exam and getting the provisional registration certificate from the Medical Council are unaware about the future." He added.

First Anniversary of Nazia Hassan

Qulu Nafsin Zai-e-Katul Mout (Every soul has to taste death- Al-Quran) It is hard to believe that a year has passed since you left us all alone. Nazia Hassan, D/o Ghulam Hassan Bhat of Latiwaza, Lar, Ganderbal left for heavenly abode on April 19, 2022 (17th Ramzanul Mubarak). The bereaved family is in deep shock as the departed soul was so young to die, but death keeps no calendar and every soul has to taste death one day. Your death has left a void in our family which is difficult to fill and impossible to forget. Your parents have always been thinking about you and talking about your good and friendly nature. There is hardly any time when your parents don't had missed you, dearly Nazia. We know you are in heaven with the highest place and you will be enjoying the bounties of Almighty Allahin paradise. We still pray that let your roots get the rain and let Allah subhana wa tallaha decorate your aakhirah in the highest ranks of jannah. On your first anniversary, we pray to almighty Allah to provide you with the highest standards and levels in the Janat-ul-Firdous and give your parents, Brother, sister and all nears & dears the patience to bear the irreplaceable loss of your separation.



Family members
Gh Hassan Bhat | Taja | Nazir Ahmad
Rayees Ahmad | Haleema

inf

PUBLIC NOTICE

My name has been wrongly written in my passport bearing No: K1876004 as Abdul Majid Kumar while my correct name is Abdul Majeed Kumar which needs to be corrected. If anybody having any objection in this regard he/she may file his/her objection in the office of the regional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Abdul Majeed Kumar

S/o Ghulam Ahmed Kumar R/o Chak Rawalpura Srinagar

kt

ISLAMIC UNIVERSITY OF SCIENCE & TECHNOLOGY
AWANTIPORA, KASHMIR.
Tel: 019 91-14754/24795. Website: www.iust.ac.in

NOTICE INVITING E-TENDER
E-NIT No: - IUST/EW/ELE/TEND/ADMIN/23/03. Dated: - 17-04-2023.

For and on behalf of Hon'ble Vice Chancellor, Islamic University of Science and Technology, Awantipora, J&K UT, E-Tenders (in Two cover system) are invited on percentage basis, from approved and eligible contractors registered with J&K State Govt. / CPWD / Railways or other State / Central Govt. Departments for the following work.

Name of work: Internal Electrification of Administration Block at IUST, Awantipora.

Advertised Cost of Work	Rs. 1,85,000,00.00/= (Rupees One crore and eighty-five lakhs)
Class of Contract	"A"
Bid submission Start Date	17-04-2023
Bid submission End Date	08-05-2023 Up to 6:00 PM.
Date of Submission of DD (Hard Copy)	09-05-2023 (during office hours)

Bids shall be opened at IUST on 10-05-2023 at 10:00 am

Tender document can be downloaded from website: <https://jktenders.gov.in>

Detailed Tender Notice is available on university website www.iust.ac.in

sd/
Executive Engineer IUST Awantipora

DIPK-NB-284/23 dated: 17-04-2023

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- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR
27 RAMAZAN
1444

PRAYERS

FAJR	4 :30
ZUHR	12:32
ASR	5:12
Magrib	7:07
ISHA	8:33

This Day In History

- 310 - St Eusebius begins his reign as Catholic Pope
- 387 - Bishop Ambrosius of Milan baptizes Augustinus
- 1025 - Boleslaw Chrobry is crowned in Gniezno, becoming the first King of Poland
- 1506 - The cornerstone of the current St. Peter's Basilica is laid in the Vatican
- 1518 - Bona Sforza is crowned queen consort of Poland
- 1521 - Diet of Worms: Cardinal Alexander questions Martin Luther
- 1552 - Mauritius of Saksen occupies Linz
- 1663 - Osman declares war on Austria
- 1666 - Peace of Kleeef: Netherlands & bishop Von Galen of Munster
- 1676 - Sudbury, Massachusetts, attacked by Indians
- 1688 - "Germantown Quaker Petition Against Slavery": Francis Daniel Pastorius authors 1st formal written protest against African-American slavery in English colonies in Germantown, Pennsylvania
- 1738 - Real Academia de la Historia ("Royal Academy of History") founded in Madrid
- 1775 - Paul Revere and William Dawes ride from Charlestown to Lexington warning the "regulars are coming!"
- 1783 - Fighting ceases in the American Revolution, eight years to the day when it began
- 1797 - France & Austria sign ceasefire
- 1809 - First run of 2,000 guineas horse race at Newmarket, England
- 1848 - American victory at the battle of Cerro Gordo opens the way for invasion of Mexico.
- 1861 - Battle of Harpers Ferry, Virginia, part of the Maryland Campaign (US Civil War)

From KO Archives

And A Golden Era Comes To An End Admirers Bid Tearful Farewell To Nazki

Observer News service

Srinagar: Mir Ghulam Rasool Nazki, a legend of Persian, Urdu and Kashmiri, besides being well versed with Arabic and English, who bid adieu to this world yesterday evening, was laid to rest at his final abode in Malakkah grounds, amidst recitation of verses from holy Quran.

Large number of people from different walks of life were present when the body of Nazki, draped in white shroud, was lowered inside the grave. Many of them, were seen sobbing, some with swollen red eyes, wiping their tears.

Almost all the sections of the society were present at the funeral. There were poets, scholars, writers, critics, religious leaders, activists of different political parties, journalists, media personnel and last but not the least the poor and ordinary people of Khatidarwaza locality, where Nazki spent most of his lifetime. "We have been orphaned" said Mohammad Ismail, around 60, adding that "Baday Nazki sahib hamari her tarah say madaad kiya kartay thay" (The elder Nazki would always help us).

The funeral procession started this morning from Nazki's Shivpora house and janaza was offered at Syed Sahib's shrine at Sonawar. From there the funeral procession left for Malakkah cemetery, but not before another janaza being offered at Kathidarwaza, with Nazki's old neighbours insisting on that.

The burial took place well before Friday prayers and thus came an end to an era which in Kashmir literature will be written in golden letters, not be forgotten ever.

Hardly few minutes before his end came, Nazki, who had written epitaph of thousands of men of letters, politicians and friends, penned his own epitaph down, in Kashmiri and handed it over to his poet son Farooq Nazki. The epitaph not only communicates his date of death but also of his infinite love for Prophet Mohammed (SAW) as he begged of His mercy. "The end is nearing, and this sweating on my body, this is the last time you will see it" Nazki is said to have told one of close friends Qazi Ghulam Rasool, who happened to be with him at the time of death. In his epitaph, Nazki is said to have written about all the details regarding his last rites, asking his son Farooq to abide by his directions strictly.

(Kashmir Observer, 18 April, 1998)

KASHMIR OBSERVERTM

Tuesday | 18-04-2023

Unite They Can't

The political landscape in India is once again heating up as opposition parties explore the possibility of forming a coalition to counter the ruling Bharatiya Janata Party (BJP) in the upcoming 2024 general elections. Recent meetings between leaders of the Congress, Janata Dal (United), Rashtriya Janata Dal, Shiv Sena, and other parties have fueled speculation that a united front against the BJP may be on the horizon.

However, the BJP has dismissed the opposition's efforts as futile and unavailing, citing its previous electoral victories and the challenges of coalition politics. While it may be premature to predict the outcome of the 2024 elections, what is clear is that a strong opposition coalition would pose a formidable challenge to the BJP's dominance.

The opposition sees a chance for itself in 2024, hoping that years of rule will make the BJP vulnerable to the anti-incumbency factor. Besides the opposition wants to reap the electoral benefit from the BJP's perceived failure in handling the COVID-19 pandemic and the ongoing economic slowdown.

In this context, the recent meetings between opposition leaders are a sign that parties are willing to set aside their differences and work together to collectively take on the BJP. However, building a coalition is easier said than done, as it requires bridging ideological differences, balancing regional interests, and overcoming personal rivalries.

Moreover, the BJP's vast electoral machinery and deep pockets give it a significant advantage over the opposition, making it a formidable adversary. Nevertheless, a united opposition could leverage popular discontent with the BJP's policies to mount a credible challenge in the upcoming elections.

The stakes are high for India, as the country's future trajectory will be shaped by the outcome of the 2024 elections. It is therefore incumbent upon the opposition to work towards building a strong and viable coalition that can offer a credible alternative to the BJP's vision for India. The coming months will be crucial in determining whether the opposition can rise to the challenge and provide a counterbalance to the ruling party. It is up to the opposition leaders to rise above their differences and work towards a common goal of taking on the BJP which obviously appears entrenched. So much so that 2024 looks a foregone conclusion.

It is important for the opposition to focus on issues that resonate with the electorate, such as jobs, healthcare, education, and farmers' welfare, rather than getting bogged down in personal attacks and mudslinging. They must also strive to present a positive and cohesive vision for India's future, while being cognizant of the fact that they are up against the overarching figure of prime minister Narendra Modi.

OTHER OPINION

Small Steps

Pedagogical practices cannot afford to stagnate. They must seek to reinvent themselves in accordance with the demands of the time. Only then can learners equip themselves to survive a competitive environment. The reframing of the National Curriculum Framework was thus necessary. But it seems to have produced a mixed bag of changes. The attempts to be inclusive by the framers of the NCF deserve to be lauded — children of all genders have been encouraged to sit and play together; all children are to participate equally in 'computational' subjects like mathematics; there is also a proposal that schools fashion gender-neutral uniforms. These admirable inputs seek to do away with symbolic and stubborn representations of hierarchy in education.

Yet, this spirit of freewheeling accommodation stumbles in the face of the stern emphasis on the prioritisation of a "Bharatiya" curriculum for the NCF. Indic texts would be pushed through. The rush towards 'Indicisation' is also evident in the story-based approach to teaching that has been recommended by the NCF in the foundational stage of a child's development, with texts like the Panchatantra, Hitopadesha and Jataka Tales being prioritised. There is nothing wrong with learning about the country's past and its traditions. But it must be asked whether this pedagogical shift would permit the nurturing of the spirit of enquiry and objectivity: for instance, would there be a line to separate myth from fact? Would facts, in turn, be curated selectively? Already, the adoption of a nationalist — saffronised — template of education is resulting in deleterious excisions. Contents on Mughal rule and communal flagrantions in modern India have been snipped from textbooks issued by the National Council of Educational Research and Training. This kind of intervention — distortion — lays bare the danger of epistemological ruptures. No layer of the education system appears to be safe from such meddling. Already, there are reports that the University Grants Commission is set to steamroll knowledge on ancient India in colleges and universities. There is a case then to not look at these changes in a piecemeal manner. The big picture is far from reassuring. The consequences of pedagogy being sacrificed at the altar of narrow ideological ends can never be beneficial.

Telegraph India

Who Let the Dogs Out?

Increasing dog population in Srinagar is a concerning situation and needs immediate attention



Dr Raja Muzaffar Bhat

As per 2011 dog census, there were around 90,000 street dogs in Srinagar city. It is estimated that this population is now more than double and will further multiply rapidly if authorities don't come up with some severe Animal Birth Control (ABC) policy. The growing population of street dogs is not only a serious threat for people living in Srinagar city but is also a major concern for the people living in different towns and rural areas of Kashmir as well.

Since the last 10 years, the number of dog attacks on humans has also been on the rise. As reported by Press Trust of India in February, this year, there were more than 6,200 cases of dog bites reported in Govt Medical College Srinagar alone (SMHS hospital) in ten months i.e. between April 2022 to February 2023. On an average, 40 to 50 people are attacked by dogs in Srinagar city daily out of which 30 to 35 cases are referred to SMHS hospital of Govt Medical College (GMC) Srinagar. The hospital records of Anti Rabies Centre of SHMS hospital also authenticate the fact that 25 to 30 cases of dog bites are referred to this hospital alone.

Maqsooda Begum Attacked

Recently, Maqsooda Begum, a resident of Lokripora, Nowshera in Srinagar's old city, was attacked by street dogs just outside her house. Masooda, 65, was badly injured in the attack. Pertinently, the Srinagar Municipal Corporation (SMC) has created a garbage collection point just outside their house. The people living around this area come and throw waste around this designated spot where garbage collecting vehicles come and take away the waste. For many years Maqsooda Begum's family has been requesting SMC to close down this site but all in vain. In the past too, Masooda Begum was attacked and Srinagar city Mayor had tweeted on October 10th 2021 that the site be shut down in 48 hours but SMC's sanitation staff didn't act at all until the old lady was attacked again — this time severely. Pertinently, the street dogs who attacked Maqsooda Begum feed on the waste that is dumped outside the boundary wall of her house. SMC is yet to take action against the officials who made Maqsooda's Begum's house a waste collection point which is a clear violation of Municipal Solid Waste Rules (MSW Rules 2016). Infact this author brought this issue into the notice of Commissioner Srinagar Municipal Corporation Athar Aamir Khan. In his reply the Commissioner said:

"We are trying to remove bins and dumpsters from most of the sites. We have doubled our collection fleet. In the coming 2-3 days fresh public details will be shared of door to door collection"

He further added that the Dog Sterilization centre at Tengpora Srinagar would be made operational by this week.

Dog attacks in Towns and Villages

As per official data, around 25 to 30 cases of dog bites are referred to SMHS hospital alone in Srinagar. This number would be more than double when we count total dog attacks on humans in towns and rural areas of Kashmir. Infact, the official data on this issue isn't available but I would suggest Directorate of Health to make these details public on its website by asking all the Sub-District and District hospitals to update this information. This is also mandatory under the section 4 (1) (b) of RTI Act 2005 as well.

In January 2022, a 10-year-old boy from Gund-e-Ibrahim village in Pattan district Baramulla was mauled to death by stray dogs. Local residents of Pattan and surrounding villages protested for many days against the authorities as they failed to take up scientific waste management

in the area which has resulted in huge increase in stray dog population. The local residents of Gund e Ibrahim and Pattan allege that municipal authorities in Pattan had failed to set up a scientific waste management site with the result solid waste generated from Pattan town especially the poultry waste, food waste and other kinds butchery waste collected from the main market was being dumped unscientifically around the town. Even the waste generated around Gund e Ibrahim, Singhpora and other localities on Srinagar Baramulla road was being dumped unscientifically. The rural waste management programme under SBM Gramin phase 2 has also failed to give people proper service vis a vis solid waste management.

Azan was attacked near Singhpora Jheel bridge when he was walking on the roadside and suddenly a group of stray dogs attacked him. Media reports say that the little boy was badly injured and died within no time. Before that incident in January 2022, another boy was mauled to death by stray dogs in Baramulla. In December 2020, a noted lawyer from Deewanbagh Baramulla Abdul Majeed Rather was also mauled to death by stray dogs. The middle aged lawyer was on a routine morning walk when stray dogs attacked him. He was badly injured and after 21 days he died at SMHS hospital Srinagar.

Animal Birth Control Programme

Animal Birth Control (ABC) programme was developed by World Health Organization (WHO) as a practical solution to control the street dog population plus to eradicate rabies. The ABC programme is combined with anti rabies vaccination (ABC-ARV) which consists of a process of sterilization to control stray dog population as well as vaccination to prevent rabies. The success of the programme hinges upon the sterilization of 70% of the dog population in a given area within one reproductive cycle, which is normally 6 months.



Since the last 10 years, the number of dog attacks on humans has also been on the rise. As reported by Press Trust of India in February, this year, there were more than 6,200 cases of dog bites reported in Govt Medical College Srinagar alone (SMHS hospital) in ten months i.e. between April 2022 to February 2023. On an average, 40 to 50 people are attacked by dogs in Srinagar city daily out of which 30 to 35 cases are referred to SMHS hospital of Govt Medical College (GMC) Srinagar

The method of ABC is of 2 types. One is the Surgical method which is recommended and most practiced. This technique is called Ovario-hysterectomy or spaying involves the surgical removal of the uterus and both ovaries in females and both the testicles in males. The flank or mid ventral abdominal incision are practiced for females and pre scrotal and over the scrotum incision are practiced in males. These are permanent and irreversible procedures. The Non surgical methods of birth control is using hormonal injection or chemicals. These are less practiced and not recommended by experts. For the last 15 years we have been hearing that the Animal Birth Control (ABC) programme would be taken up in Srinagar city by SMC but till date this has not been made operational. As Commissioner SMC has reassured now, one hopes that the ABC centre at Tengpora Srinagar would be made operational this week.

Dog Poop is More Dangerous

Not only do the street dogs attack humans but their stools (poop) is also equally dangerous for human health. The risk to public health from the large number of dog stools present on streets of urban areas is a cause for concern.

Dog faeces may be a serious hazard because it may contain microorganisms that are both pathogenic to humans and resistant to several classes of antibiotics. Canine faeces left on the streets may represent a risk factor for transmission of microorganisms and a reservoir of multi-drug-resistant bacteria thus contributing to the spread of resistance genes into an urban area.

The Department of Community Medicine Govt Medical College Srinagar must undertake a research study on this in association with the College of Veterinary Sciences Shuhama & SMC. The results would be alarming. As per the research conducted by Centre for Disease Control USA, a single dog dropping contains 3 million faecal bacteria along with viruses and parasites which easily pass on to humans. Dog poop is so dangerous that a single dog dropping will produce more bacteria in one day than a human being, cow and a horse jointly.

The dogs who defecate near water bodies especially river banks contaminate the drinking water sources like Doodh Ganga and Jhelum in Srinagar etc. These bacteria and viruses contaminate air as well once the poop gets dried up which affects human health ultimately.

Conclusion

Srinagar city which has a population of more than 16.50 lakh, has around 2 lakh street dogs as well. This number will cross 5 lakhs in the next decade and then the situation would be more alarming.

It is advisable that the Government acts now. One hopes that Commissioner SMC Athar Aamir Khan will fulfil his promise of making Tengpora Animal Birth Control centre operational by this weekend plus 100% door to door waste collection should be ensured and all that waste should be directly transported to landfill site rather than dumping it near different waste collection sites which is open violation of MSW Rules 2016.

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



How Should I Break My Fast?

Haitham Ahmed

This is my most common patient question this week. As 2 billion Muslims start #fasting for Ramadan I'll answer here from my perspective as a doctor & cardiometabolic researcher. Hopefully you'll find takeaways to enjoy a #RamadanMubarak

First and foremost a disclaimer that I'll be answering from a scientific standpoint, not as a religious expert.

You may see, though, that much of the medical reasons here coincide perfectly with the sunna or tradition of Prophet Muhammad PBUH (not surprisingly).

Now to answer the question. The best thing to break your fast with are dates.

Dates are full of key ingredients that are very helpful after a long fast. First, they're high in fructose & glucose which helps rapidly restore low blood sugar.

Early in Ramadan, much of the dizziness and headaches that occur are due to caffeine withdrawal and hypoglycemia (low blood sugar).

Three dates can quickly provide you with 30-45g of sugar which helps restore blood glucose after a long fast.

There are several other essential vitamins & minerals such as potassium, which is particularly important here...

As for what to drink, the best is WATER.

Not tamarind drink, not Tang mix, not soda. All these spike sugar WITHOUT the benefits above. In fact, they rapidly expand the stomach, cause bloating, affect the rest of the meal afterwards, and don't have additional nutritional value.

So the best is just a few sips of water. This was also, in fact, the preference of the Prophet PBUH when he didn't have dates.

"What about after that?"

Take a break. There are several reasons for this...

- 1) After a long fast, your stomach is smaller and less able to accept a full meal quickly.
- 2) For digestion: Once you eat a few dates, that sparks a whole digestive cascade of events. Your stomach starts producing gastrin which stimulates secretion of digestive juices.

As the dates get digested enterogastrone is secreted and helps regulate blood flow. This is important preparation for the remainder of the



AS FOR QUALITY, A COMMON MISTAKE IS HAVING HIGH FAT MEALS AT THE EXPENSE OF VEGETABLES.

You do need some fat, but too much will cause spikes in triglycerides, increase cholesterol, and make you miss out on other vital macro and micronutrients

meal that follows.

If instead you eat a massive meal all at once, too much blood gets shunted to your gut & away from your brain. Food coma!

- 3) For satiety: the initial pause after breaking your fast helps modulate your "hunger hormones." Ghrelin is a hormone also released by your

stomach when you're hungry. It's highest right before breaking your fast and goes down when you eat.

Once Ghrelin is down it signals to your brain that you're full. This usually takes 45-60 minutes so the added delay after breaking your fast makes it less likely to overeat beyond your stomach's capacity - a

phenomenon way too common in Ramadan.

So if you're fasting, following this process of taking a brief pause, AND paying attention to food quality then you shouldn't gain weight during Ramadan. If you find yourself GAINING despite 14 hours of fasting and with everything else being equal then something's wrong.

In that case, you must explore what you're eating and the way you're eating.

So what did the Prophet PBUH do? He used this time to pray Maghreb, the sunset prayer. This prayer can be brief. No need to extend it. The time for longer prayers is after Isha (Taraweeh/Qiyam prayers).

And now you're ready for the rest

of your meal!

I urge you to again pay attention to quantity and quality here.

In terms of quantity, the Prophet PBUH reminds us to not be gluttonous.

As for quality, a common mistake is having high fat meals at the expense of vegetables. You do need some fat, but too much will cause spikes in triglycerides, increase cholesterol, and make you miss out on other vital macro and micronutrients.

You need enough protein for cellular functions and to ensure you don't break down muscle during your fast (catabolism).

You need carbs for energy and virtually every physiologic process in your body.

You need vitamins & minerals which largely come from fruits & vegetables

There are a million opinions and diets out there and no single correct path, but whatever you choose just make sure to have balance and moderation.

I like the concept of thirds: Split 1/3 of plate for vegetables (cooked or salad), 1/3 for protein (meat or beans), 1/3 for carbs.

If you ensure at least a third in vegetables it becomes harder to miss out on important nutrients and you end up having less space for fatty/processed foods.

Finally, an often neglected but vital part of the discussion is suhoor (dawn meal). This should NOT be skipped.

In terms of timing, suhoor should be delayed for two reasons. 1) The closer it is to dawn, the shorter your fast will be. 2) This extends the time from your last large nighttime meal which gives you time to digest and regulate hunger cycles.

For suhoor, focus on foods that give you satiety so you feel full for longer, without spiking your sugar, and without causing you to feel thirsty.

A great choice is Greek yogurt. Hummus or beans (eg Fava) are also good but you need to mind the salt so you don't feel thirsty.

And of course be sure to hydrate adequately, especially if you'll be outdoors or perspiring during the day.

I hope you found this helpful! I wish you all a healthy month ahead full of forgiveness, gratitude, and blessings. I pray for relief and peace to all those struggling through difficult times around the world.

Seeking Laylatul Qadr

THAHIRA KHATUN

“Indeed We sent the Qurān down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months. The Angels and the Spirit descend therein by permission of their Lord for every matter.” [Surah Qadr]

The Night of Decree is one that we all seek with such great anticipation and there are many reasons we do so. It is a night if observed with 'Ibaadah well, that is equivalent to approximately 83 years of worship - that is, a whole lifetime of reward. There is no night better than this night, no night that is more virtuous. All the Angels of Allāh descend, including Jibreel AS, and the quantity of the Angels that descend is one that only Allāh has knowledge of - but know that their numbers are vast and great, beyond human comprehension. The horizons will be packed with their presence.

In a famous hadith found in Bukhāri and Muslim, the Prophet ﷺ said, “Seek the Night of Decree in the odd nights among the last ten nights of Ramadhān.” This is a night that can change the entire course of our lives.

It may be that this night is the reason that on the day of Qiyāmah, you are among those who receive your record book in your right hand, it may be that this night is your very reason for entry into Jannah in its highest ranks. And so, seek it with a hopeful heart, for there is so much for us to gain.

The Prophet ﷺ said, “Whoever establishes prayers on the night of Qadr out of sincere faith and hoping for a reward from Allāh, then all his previous sins will be forgiven.” [Sahih Bukhāri]

How beautiful and reassuring is this hadith, that if we make efforts to seek this night in the odd nights of the last ten days, and fill it with 'Ibaadah, that

all our previous sins will be forgiven? What is greater hope there? A chance for Him to forgive all the sins we have collected in our years on this Dunya - a chance to wipe the slate entirely clean and start afresh, a chance to lighten the burden of sin that has so darkened our hearts.

In Surah Dukkān, verse 4, Allāh tells us “Therein, on that night is decreed every matter of ordainments.” So what does this mean?

Ibn Kathir in his tafseer explains that though our decree has previously been written on the Preserved Tablets 50,000 years before the creation of the heavens and the earth, on this night, Allāh announces our Qadr to the Angels - the Highest group of Angels - and so we should seek to be in the best states, hoping that our 'ibaadah will positively impact our Qadr as He announces it.

What is it that your heart seeks? What are the things you so yearn for? Whether it's a matter pertaining to the dunya or the akhirah, this is the night for you to make the effort to have it decreed for you.

As the famous hadith in Tirmidhi states, “Nothing can change Qadr other than du'ā.” So make du'ā abundantly, and know that you have an incredibly powerful tool within the very palms of your hand to change the course of your life. Du'ā, Qurān, optional prayers, giving charity, sending salutations upon the Prophet ﷺ, dhikr, these are your keys for that night.

I leave you all with the beautiful du'ā that the Prophet ﷺ encouraged us to recite often on the odd nights as we seek Laylatul Qadr;

Allahumma innaka 'afuwun, tuhibbul-'afwa, fa'fu 'anni
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

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AS THE FAMOUS HADITH IN TIRMIDHI STATES, “NOTHING CAN CHANGE QADR OTHER THAN DU’.”
So make du' abundantly, and know that you have an incredibly powerful tool within the very palms of your hand to change the course of your life



Inter-School Sports Competitions Conclude At Rainawari

Observer News Service

SRINAGAR: A week-long Inter-School Zonal Level Indoor Competitions, organised by Zonal Physical Education Officer, Zone Rainawari, in the discipline of Chess, Carom, Rope Skipping and Badminton under the age-group of 14 years concluded here at GHSS Nowhatta.

More than 250 boys and girls from government and private institutions took part in the competitions.

Madam Rifat Irfan Qadri (Principal GHSS Nowhatta) was chief guest, while Mad-

am Kousar Jabeen (ZPEO Rainawari) and Physical Education Staff of Zone Rainawari were among guest of honours at the closing ceremony. Chief guest encouraged all participants & appreciated Physical Education Staff of Zone Rainawari for taking active part in sports.

"We will continue with different activities throughout the year framed by the YSS Department," the ZPEO Rainawari said. Muzamil Ahmad Dar (Overall Incharge of the Activities) presented vote of thanks during the closing ceremony.

Cycle Race Held In Mattan



Observer News Service

MATTAN: The Zonal Physical Education Officer Mattan organised an Inter School Zonal Level Cycle Race on Monday For Under-14 and Under-17 both boys and girls from Bumzoo Point to Sports Stadium Tick Bagh.

A total of 100 girls and 200 boys from both age groups participated in the cycle race. Officials of Zone Mattan ensured proper management, care and safety of the competing cyclists. The department had

made the arrangements for participants in which Health Department, J&K Police and other officials of Zone Mattan played an important role.

The event concluded at Sports Stadium Mattan where BDC Chairman Abdul Majeed Bhat gave a message to youth to stay away from drugs and other social evils of society.

Fahmeeda Akhter, BDC Chairman Mattan, and senior ZPEO officials distributed medals among position holders from every age group.

Tendulkar Advises Son Arjun To Work Hard & Respect The Game



Press Trust of India

MUMBAI: Batting legend Sachin Tendulkar has advised his son Arjun, who made his IPL debut in Mumbai Indians' match against Kolkata Knight Riders here, to continue working hard and respect the game.

The 23-year-old Arjun, an all-rounder, opened the bowling attack for MI in his first IPL match and sent down two impressive overs in which he got the ball to move into the right-handed batters early in the innings.

He gave away 17 runs without taking a wicket in the match on Sunday.

"Arjun, today (Sunday) you have taken another important step in your journey as a cricketer. As your father, someone who loves you and is passion-

ate about the game, I know you will continue to give the game the respect it deserves and the game will love you back," Tendulkar tweeted.

"You have worked very hard to reach here, and I am sure you will continue to do so. This is the start of a beautiful journey. All the best!" wrote the iconic batter.

Tendulkar -- who was present at the MI team dugout on Sunday -- and Arjun became the first father-son pair to feature in the 15-year history of IPL, and that too for the same side.

Tendulkar played for Mumbai Indians for six years, between 2008 and 2013.

Arjun was picked by the five-time IPL champions for the first time during the 2021 auction at his base price of Rs 20 lakh.

IPL 2023: MI Look To Win Against Upbeat SRH



Press Trust of India

HYDERABAD: Bolstered by Suryakumar Yadav's return to form, five-time champions Mumbai Indians will look to continue their winning momentum when they face a resurgent Sunrisers Hyderabad in the Indian Premier League here on Tuesday.

Both MI and SRH are coming into Tuesday's match after successive wins. They had started the tournament with identical back-to-back losses.

On Sunday, Suryakumar snapped his wretched run of low scores, which included four ducks, with a quickfire 25-ball 43 as MI chased down 186 with 14 balls to spare for a comfortable five-wicket win over Kolkata Knight Riders in Mumbai.

If Suryakumar was sensational, opener Ishan Kishan looked ominous during his 25-ball 58 and the duo will look to produce the fireworks again when they take on the Sunrisers.

MI, who had struggled in the first two games, are now looking a very balanced side with Tilak Verma also in good touch, while the dashing duo of Cameron Green and Tim David too producing the goods when it mattered the most.

In the bowling department, the wily Piyush Chawla has brought all his experience to the fore and, alongside young Hritvik Shokeen, has formed a formidable spin duo.

However, MI's pace unit lacks teeth without Jofra Archer, who has been sidelined due to fresh elbow trouble post his appearance in the first match of the season.

In his absence, Riley Meredith has shouldered the responsibility in the last two games that he has played but MI are yet to zero in on a settled pace unit having tried Jason Behrendorff the other day.

Arjun Tendulkar and Duan Jansen too were handed IPL debuts on Sunday and it remains to be seen if MI persist with the duo.

Sunrisers, on the other hand, found new heroes in Harry Brook and Abhishek Tripathi to record two victories in their last two matches.

While Brook finally lived up to the expectations with a 55-ball 100 against KKR, Tripathi had slammed a 48-ball 74 to take the team home against Punjab Kings.

Captain Aiden Markram's contribution in both the matches has been immense as he held the other end with scores of 50 and 37 in the last two matches.

However, Mayank Agarwal has stuck out like a sore thumb with his lack of runs at the top.

Among the bowlers, spinner Mayank Markande has been SRH's highest wicket-taker with six wickets, while Umran Malik, Marco Jansen and Bhuvneshwar Kumar too have troubled the opposition.

Tuesday's match could also be a clash between twin Jansen brothers -- Duan and Marco -- if both are picked in their respective team's playing XI.

'La Liga Trying To Damage Barcelona's Reputation'

Agencies

The president of FC Barcelona, Joan Laporta, said on Monday that all payments made by the soccer club to a company owned by a senior refereeing official were for advisory matters and not to gain any illegal sporting advantage.

Laporta said an internal investigation conducted by the club did not show any wrongdoing and he said the case was an orchestrated campaign to discredit Barcelona.

He accused the president of LaLiga, Javier Tebas, of "trying to damage Barcelona's reputation".

He also attacked their rivals Real Madrid, who have joined the prosecutor's case against Barcelona, saying Real had always been historically favoured by refereeing.

Spanish prosecutors last

Laporta told a news conference that Barcelona, in its dealings with Negreira, had sought technical advice from "someone who has had a career in soccer".

"The advice does not constitute any kind of misconduct or criminal offence," he said.

Standing in front of a box in which he said that were 629 technical reports, 43 CDs and four additional reports, Laporta said the professional advice was made with transparency and that invoices registered in Barcelona's accounting system had passed fiscal reviews.

"The Spanish Tax Department sent a letter to the Prosecutor's Office saying it could not prove that the payments to companies related to Mr. Negreira influenced the result of any match," he said. Laporta also urged UEFA to be fair to Barcelona in its investigation.



month filed a complaint against Barcelona over payments of 7.3 million euros (\$7.95 million) from 2001 to 2018 to firms owned by Jose Maria Enriquez Negreira.

Negreira was vice-president of the refereeing committee of the Spanish Football Association from 1993 to 2018.

A Barcelona court has agreed to take the case. UEFA has also opened a formal investigation for a potential violation of the European soccer governing body's legal framework over the Negreira case.

LaLiga told Reuters on Monday it would not issue any comments regarding Laporta's accusations.

"The Negreira case needs to be fully investigated by the proper authorities," it said.

Tebas said on March he had reported the case to UEFA because no punishment could be handed down under Spanish sports law since three years had passed since the alleged infringements.

Reuters has asked Real Madrid for comment on Laporta's remarks.

BCCI Waives Off Rs 78.90 Crore From Media Rights Deal With Star



Press Trust of India

NEW DELHI: The BCCI has decided to "waive off" one match from its media rights agreement (MRA) with Star India, amounting to Rs 78.90 crore.

The MRA for the 2018-2023 cycle which ended on March 31 had an "indicative schedule" of 102 games at a value of Rs 6138.1 crore but the BCCI ended up organising 103 matches in the five-year cycle.

"It has been resolved to waive off (one) match from the scope of Star India Private Limited under the BCCI-Star Media Rights Agreement dated 5th April 2018 for BCCI International and Domestic Matches. The total number of matches during the rights period has now been reduced from 103 to 102," read a BCCI note.

However, sources close to Star India say as per the MRA signed in 2018, the board was expected to organise 102 matches, so the scenario of waiving off one match fee should not arise.

"The MRA had 102 games and Star will pay for those matches. I don't see an issue here," a source told PTI on Monday.

Star had bid different amounts per game for different years in the previous cycle: Rs 46 crore per game for 2018-19, Rs 47 crore per game for 2019-20, Rs 46 crore per game for 2020-21, Rs 77 crore per game for 2021-2022 and Rs 78.90 crore per game for 2022-23.

As per sources, Star had asked for waiver of Rs 139 crore due to the rescheduling of few games after the outbreak of COVID-19 in 2020.

Considering that the media rights for the 2023-2027 are up for grabs and Star will be expected to bid alongside Viacom 19 and Sony, the BCCI has decided to waive off Rs 78.90 crore from the previous media rights value.

Pacer Mohsin Khan To Join Lucknow Super Giants

Agencies

Left-arm pacer Mohsin Khan is set to join his team Lucknow Super Giants for the remaining matches of the Indian Premier League 2023. He missed the starting games due to his shoulder injury. A young fast bowler impressed everyone in the IPL season of 2022. He was influential for LSG in the season where he took 14 scalps in nine matches with the best bowl-



ing figures of 4/16. He had taken wickets with an average of 14.07 and an economy of 5.97.

Mohsin was first bought by Mumbai Indians in 2018 but he got the match opportunity when LSG bought the pacer at Rs 20 lakhs in the IPL auction 2022. Mohsin would be another added to the pace and medium pacer options of Mark Wood, Avesh Khan, Mayank Yadav, Jaydev Unadkat, Yash Thakur and Naveen-ul-Haq.

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