

## Situation Tense Due To Chinese Troop Deployment: DM

Asks Indian Army To Continuously Keep Vigil To Maintain Security Of LAC

Press Trust Of India

**New Delhi:** Defence Minister Rajnath Singh on Wednesday asked top Army commanders to maintain a strong vigil along the Line of Actual Control with China as the situation in the northern sector remained "tense" due to the deployment of PLA troops.

In his address at the Army Commanders' Conference, Singh, referring to the eastern Ladakh border row, expressed full confidence in the Army to deal with any contingency while noting that the ongoing talks for peaceful resolution of the issue will continue.

He said disengagement and de-escalation is the "best way forward", the defence ministry said.

Singh said a "whole of the government" approach is being followed to ensure the availability of best weapons, equipment and clothing to the troops defending the country's territorial integrity while braving extreme weather and hostile forces, according to the ministry.

The defence minister reaffirmed the faith of the billion-plus citizens in the Indian Army as one of the most trusted and inspiring organisations in the country.

"The situation is tense due to deployment of PLA troops in the



northern sector. Our armed forces, especially the Indian Army, will have to continuously keep their vigilance in order to maintain the security of the LAC," he said, according to sources.

The defence minister said the security of the country is the "topmost priority" for the government.

In a statement, the ministry said Singh complimented Border Roads Organisation, saying its efforts have led to the incomparable improvement of road communication in the border areas. The five-day **More on P6**



The higher reaches of Kashmir received snowfall, while rains lashed the plains for the second consecutive day Wednesday bringing down day temperature sharply. KO Photo, Abid Bhat

## Bad Weather Dampens Spirits Of Eid Shoppers'

**Srinagar:** Incessant rainfall over the past two days in Kashmir has dampened the festive spirit of shoppers ahead of the Eid.

Eid-ul-Fitr, marking the culmination of the fasting month of Ramzan, is expected to be celebrated on Friday or Saturday, depending on the sighting of the crescent moon.

"Preparations for Eid are underway but rain has hampered and disturbed the fervour. There is no rush in the market compared to last year," Nisar Hussain, a customer, said.

He also blamed the rampant construction work going on in the city for fewer people coming out to shop.

**“USUALLY WE DON'T HAVE TIME FOR A BREATHER but this year we are sitting idle. Compared to last year, this year it's not even 50 per cent (business).”**

"If you see, due to smart city construction work also people don't have a passage to walk. So, this also has adversely affected the Eid shopping," Hussain said.

Imtiaz Ahmad Bhat, a shop

owner, echoed similar views. "This year we don't see any crowds on Eid eve. First smart city works and now rain has impacted the Eid shopping," Bhat said.

He said usually the shopkeepers would be busy attending hordes of customers ahead of Eid.

"Usually we don't have time for a breather but this year we are sitting idle. Compared to last year, this year it's not even 50 per cent (business)," he added.

Shabir Ahmad bhat, another shop owner, said he was hopeful of better weather over the next few days.

Farah Zainab, **More on P6**

## MeT Office Predicts Rainy Eid

Majid Nabi

The Meteorological Department predicted sporadic light to moderate rainfall at various places in Jammu and Kashmir for the next three days, even as the higher reaches of Kashmir continued to receive snowfall for the second consecutive day, officials said on Wednesday.

"There will be a significant decrease in rainfall from Wednesday night in J&K. However, a brief spell of rain and thunderstorm accompanied by strong wind is likely towards the late afternoon or evening on April 20 to 22. Dry weather is

## 14 Govt Employees Suspended Over Absence

Show Cause Notices Served To 21 Others

Press Trust Of India

**Jammu:** As many as 14 government employees were placed under suspension and 21 others, including some gazetted officers, were served show cause notices for being absent from duty without authorisation following a surprise inspection at offices in Jammu and Kashmir's Poonch district, officials said on Wednesday.

Deputy Commissioner, Poonch, (DC) Inder Jeet ordered the action against the erring government employees after a surprise inspection of various government offices, including Jal Shakti, Pradhan Mantri Gram Sadak Yojana (PMGSY) and floriculture departments in the district, they said.

The official said the deputy commissioner formed a committee headed by Additional Deputy Commissioner (ADC) Tahir Mustafa Malik to conduct surprise inspections across all the government offices in a phased manner following complaints from **More on P6**

## Shooting Stone Hits Truck, 2 Feared Dead

Observer News Service

**Srinagar:** Two people are feared to have died after their vehicle was hit by a shooting stone in the mountainous Ramban district of Jammu and Kashmir on Wednesday, officials said.

Deputy Commissioner, Ramban Mussarat Zia on his official Twitter handle posted that two persons were feared trapped after a shooting stone hit their truck near Digidole along the strategic Srinagar-Jammu highway.

In another Tweet, Zia wrote that two persons feared trapped have reportedly died in the incident. "More details **More on P6**

## IAF Commanders Discuss Ways To Boost Air Power

Top commanders of the Indian Air Force began deliberations on national security challenges and ways to bolster India's overall air power on the first day of a three-day conference on Wednesday. Officials said the commanders will also carry out a comprehensive review of the security situation along the border with China and Pakistan and the force's preparations to deal with any contingency. The commanders will hold wide-ranging deliberations on the IAF's plans for the future with **More on P6**

## THE SITUATION IS TENSE DUE TO DEPLOYMENT OF PLA TROOPS

in the northern sector. Our armed forces, especially the Indian Army, will have to continuously keep their vigilance in order to maintain the security of the LAC."

## J&K's Grand Mufti Caught In Another Controversy

Pre-Recorded Video Clip On Shawal Moon Sighting Goes Viral, Mufti Seeks Police Action Against 'Miscreant'

Auqib Javed

**Srinagar:** Kashmir Grand Mufti Nasir-ul-Islam on Wednesday found himself in the middle of another controversy after a video-clip purportedly showing him making an announcement about the sighting of 'Shawal moon' went viral on social-media platforms.

The 1.21 minute video-clip has been allegedly leaked by some "miscreant" believed to have accompanied a group of media persons from government-run Doordarshan Kendra Srinagar.

The video went viral on social media platforms like Facebook and Twitter drawing mixed reactions from the netizens.

The Grand Mufti shortly wrote

to Cyber police to identify the person for action against the "miscreant", making an attempt to breach the law and order situation.

"The undersigned today was busy with Doordarshan Kendra in connection with Pre-recording positive/negative announcements regarding the sighting of Eid," reads the complaint.

It further reads that "Some miscreant present in the office used his Cellphone and recorded the statement in order to create confusion among the general Public. It is requested to kindly identify the person and take appropriate action against such person for breach of trust and creating Law & order problem."

It may be **More on P6**

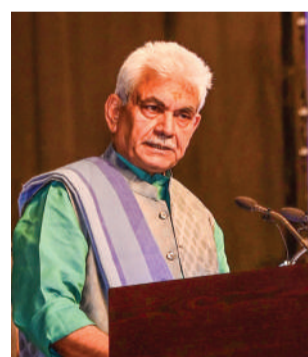
## Youth Are Biggest Stakeholders Of New J&K: LG

'I See Youth Bringing About Reconciliation & Shaping A New World For The Good Of Citizens'

Observer News Service

**Jammu:** Lieutenant Governor, Manoj Sinha said on Wednesday that the Union Territory is emerging as a noticeable narrative on bringing civility to the land that was once scarred and wounded by terrorism and the biggest stakeholders of this new and aspiring Jammu Kashmir are the youth.

"Youth is the most significant time to create civilised and cooperative world order with a spirit of oneness and they will offer new hope, innovative solutions to tackle the challenges to peace and sharpen social



consciousness," Sinha said. He was addressing the Y20 Consultation meet on the theme "Peace building and reconciliation: **More on P6**

## 'Govt Committed To Empower Farmers Of J&K'

Asserting that his administration is committed to empower the farmers of Jammu and Kashmir, the Union Territory Lieutenant Governor, Manoj Sinha on Wednesday launched three projects for holistic development of agriculture & allied sectors.

"Holistic development of agriculture and allied sectors have **More on P6**

**PEOPLE, ESPECIALLY YOUTH, ARE FEARLESSLY** pursuing their dreams. Now, economic development, an important stimulus to aspirational society, and basic fundamental rights like education, healthcare, employment, and the pursuit of happiness are no longer hostage to violence. Youth power is the strength of Jammu Kashmir and they have dedicated themselves to rejuvenate the society and to drive inclusive development."

## New Guidelines For Deputation Of Employees To Ladakh

LG Sinha Directs To Repatriate Officers From Ladakh Who Have Completed 2 Years Tenure

Agencies

**Srinagar:** The Jammu and Kashmir government on Wednesday directed that all the officers, who are on deputation and have completed two years tenure in the Union Territory of Ladakh be repatriated within next one month.

According to the guidelines, the Lieutenant Governor, J&K has directed all the officers whose tenure has got completed as per the policy issued by General Administration Department dated 01-12-2022 must be repatriated preferably within next one month as per the policy guidelines.

It added that all the pending representations regarding repatriation on health grounds be duly examined as provided in the policy preferably within next one month and a clear view taken in this regard under an intimation to such representing Officers/Employees.

The LG as per the document has further instructed that the timely decisions on representations under other categories concerning repatriation must also be taken without allowing them to languish for a long period of time. "In future all efforts be made to ensure adherence to the timelines and provisions of the policy under reference," it added.

Moreover, all the Administrative Secretaries have been directed to take immediate necessary action on the following points.

"All the Administrative Departments shall submit proposals for repatriation of its employees who have completed two years tenure in the Union Territory of Ladakh and propose suitable replacements as per the Deputation Guidelines within a week positively, enabling this department to place the same for consideration **More on P6**

## SHORT TAKES

### Man Killed In Kishtwar Blast

A man died and his brother was injured in a blast at their home in Jammu and Kashmir's Kishtwar district on Wednesday, police said. "Initial reports revealed that the blast occurred when the duo tried heating an abandoned object they found while collecting mushrooms in a nearby forest," a police officer said. "The blast took place in the kitchen of the house of Mohd Abass Naik in Symbol village," the officer added. Police have launched an investigation into the matter.

### Avalanche Alert In Six Districts

The Jammu and Kashmir Disaster Management Authority (JKDMA) on Tuesday issued an avalanche warning over upper reaches in the six districts of the Union Territory over the next 24 hours. "Avalanche with low danger level is likely to occur above 3000 to 3500 metres above sea level over Doda, Kishtwar, Poonch, Ramban & Baramulla districts in next 24 hours," JKDMA said in an advisory posted on its official Twitter handle on Wednesday. **More on P6**

### Police Rescues Three Nomad Families

Police on Wednesday said that it rescued three nomadic families stuck in between river Vaishow in South Kashmir's Kulgam district. Around 2140 hours, police received information that some nomads along with their livestock were stuck in between the river Veshaw near Chambgund due to abrupt increase in water level following continuous rainfall, a police spokesperson said Wednesday. Acting swiftly, he said, a joint team of cops from Police Station Devsar **More on P6**

### J&K Clocks 56 New Corona Cases

Jammu and Kashmir reported 56 fresh covid-19 cases while there was no death due to the virus during the last 24 hours, officials said on Wednesday. They said that 19 cases were reported from Jammu division and 37 from Kashmir Valley, taking the overall tally to 481064. Among the cases, 174695 are from Jammu division and 306425 from Kashmir Valley. Providing district wise details of the cases, they said, Jammu reported 14, Udhampur 2, Rajouri 1, Doda 2, **More on P6**

### Sarpanch Arrested On Rape Charges

A sarpanch was arrested on Wednesday for allegedly raping a woman in Baramulla district of Jammu and Kashmir, police said. Ali Mohammad was held following a complaint by the victim at the Rafiabad police station, they said. Police said a case under IPC sections 376 (rape), 506 (issue threat) and 109 have been registered against the accused. Notably, Dar was arrested for being a militant associate in 2017 but was released later. Meanwhile, JK BJP **More on P6**

### JKNPP Leader Joins Azad's DPAP

National Panthers Party (NPP) leader Anita Thakur on Wednesday joined the Ghulam Nabi Azad led Democratic Progressive Azad Party (DPAP) here. The 55-year-old general secretary of the NPP was welcomed into the party fold by Azad along with other senior party leaders. "We welcome Thakur into DPAP. She is an experienced politician having served NP for decades together under the leadership of Prof Bhim Singh who was a secular and a powerful **More on P6**

Novel Way To Reduce Harmful Side Effects Of Antibiotics Found

Press Trust Of India

Scientists have found a new approach that combines antibiotics with a protective antidote to reduce their harmful side effects without compromising the efficiency of the drugs.

The study, published in the journal Nature, analysed the effects of 144 different antibiotics on the abundance of the most common gut bacteria.

Presented at this year's European Congress of Clinical Microbiology & Infectious Diseases (ECCMID) in Copenhagen, Denmark from April 15-18, the research offers novel insights into reducing the adverse effects of antibiotic treatment on the gut microbiome.

"The scientists identified a novel approach that combines antibiotics with a protective antidote to help keep the gut microbiome healthy and reduce the harmful side effects of antibiotics without compromising their efficiency," said Ulrike Lober, of the Max-Delbrück-Center for Molecular Medicine in Berlin, Germany.

"Despite our promising findings, further research is needed to identify optimum and personalized combinations of antidote drugs and to exclude any potential long-term effects on the gut microbiome," Lober said.

The trillions of microorganisms in the human gut profoundly impact health by aiding digestion, providing nutrients and metabolites, and working with the immune system to fend off harmful bacteria and viruses.



Antibiotics can damage these microbial communities, resulting in an imbalance that can lead to recurrent gastrointestinal problems caused by Clostridioides difficile infections as well as long-term health problems such as obesity, allergies, asthma and other immunological or inflammatory diseases.

The international team of researchers systematically analysed the growth and survival of 27 different bacterial species commonly found in the gut following treatment with 144 different antibiotics.

They also assessed the minimal inhibitory concentration (MIC) the minimal concentration of an antibiotic required to stop bacteria from growing for over 800 of these antibiotic-bacteria combinations.

The results showed that the majority of gut bacteria had slightly higher MICs than disease-causing bacteria, suggesting that at commonly used antibiotic concentrations, most of the tested gut bacteria would not be affected.

However, two widely used antibiotic classes tetracyclines and macrolides stopped healthy bacteria growing at much lower concentrations than those required to stop the growth of disease-causing bacteria, the researchers said.

These antibiotics also killed more than half of the gut bacterial species tested, potentially altering the gut microbiome composition for a long time, they said.

As drugs interact differently across different bacterial species, the researchers investigated whether a second drug could be used to protect the gut microbes.

They combined the antibiotics erythromycin (a macrolide) and doxycycline (a tetracycline) with a set of 1,197 pharmaceuticals to identify suitable drugs that would protect two abundant gut bacterial species (Bacteriodes vulgatus and Bacteriodes uniformis) from the antibiotics.

The researchers identified several promising drugs including the anticoagulant dicumaronol, the gut medication benzobromarone, and two anti-inflammatory drugs, tolfenamic acid and diflunisal.

The study found that these drugs did not compromise the effectiveness of the antibiotics against disease-causing bacteria.

Further experiments showed that these antidote drugs also protected natural bacterial communities derived from human stool samples and in living mice, the researchers added.

SAD DEMISE



With profound grief, we inform the sad demise of Nisar Ahmed Ghani S/O Nizam-ud-din Ghani R/O Chari-nambal (Safakadal), Srinagar who left for heavenly abode after a long term illness on 19th April 2023 (Wednesday). May Almighty Allah (Subhanahu wa-Ta'ala) grant Jannah Al Firdaus to the departed soul.

The congregational Fateh Khawani will be held on the 21st of April 2023 (Friday) at 10:30 AM at Magbara Daarul Firdous Ramzan Colony Lane No.05 Rangpura Ellahi Bagh, Srinagar and later condolence meeting will be held throughout the day at their residence in Chari-nambal (Safakadal). In case Eid-ul-Fitr is observed on Friday then the Fateh Khawani will be held at 2.30Pm.\*

(Bereaved Family)

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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 Gulam Nabi Lone R/o Sonarwani Bandipora J&K UT 193502

bb\_r

PUBLIC NOTICE

I have applied for the issuance of "D Calssss" Contractor card. If anybody having any objection in this regard he/she may contact Superintending Engineer PWD (R&B) Circle Baramulla/ Kupwara within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Shafi Wani S/O Habibullah Wani R/O Ussan khoie Pattan Baramulla

fko

Court Of The 2Nd Additional Munsiff Judicial Magistrate 1st Class At Srinagar

(PROCLAMATION REQUIRING OBJECTION FROM GENERAL PUBLIC CNR: JKS6030-009973 Date of Filing 08.04.2023

Court Of The 2Nd Additional Munsiff Judicial Magistrate 1st Class At Srinagar

(PROCLAMATION REQUIRING OBJECTION FROM GENERAL PUBLIC CNR: JKS6030-009973 Date of Filing 08.04.2023

Ghulam Mohammad Sofi S/o Habib Ullah Sofi R/o New Hospital Road Gulshan Abad Baghwanpora, Noorbagh Srinagar

Versus Registrar, Births and Deaths, SMC Srinagar

Non-Applcant

WHEREAS an application has been made before me that Ghulam Mohammad Sofi S/o Habib Ullah Sofi R/o New Hospital Road Gulshan Abad Baghwanpora, Noorbagh Srinagar

has born on 18-05-1965 the applicant has sought a direction from this court for registration of the birth particulars, of Haseena, in the concerned register of births and deaths.

Proclamation is hereby made that the any person having any objection(s) to this application may appear before this Court (or before me) to file objections within 07 days of this publication.

Dated, this 8th day of April 2023.

Sd/-(AHTZAZ AHMED) 2nd Additional (JMJC), Srinagar

NJ

University of Kashmir, Srinagar NOTICE

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

Name: Nelofer Bano Paretage:- Ab Ahad Khan Residence:- Pinjooru Tangmarg Baramulla Registration No : 38415-W-2002 Certificate/s lost:- Marks Sheet 1st, 2nd, 3rd Semester, /IV Roll No:- 43866 Session/ Year: 2008-2015

Before University will consider issuance of Duplicate Certificate/s in favour of the candidate, any person having any objection shall report to the undersigned within one week from the date of issuance of this notice. The original certificate/s issued to the candidate be treated as cancelled No: F(Duplicate/ MC/MA ) KU)

DATED: 5-04-2023 Assistant Controller of Examinations (PG/UG/Prof SKU)

PUBLIC NOTICE

I have applied for the issuance of Date Of Birth Certificates for my two daughter namely

Table with 3 columns: NAME, Parentage, DOB. Rows for Tatheer Zehra and Tanzeela Zehra.

If anybody having any objection in this regard he/she may file his/her objection in the office of the Block Development Officer Khore Sherabad Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Syed Mohd Javeed F/o Tatheer Zehra, Tanzeela Zehra R/o Nooripora Pattan

bmj

Government of Jammu and Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) SPL. SUB DIVISION MAGAM NOTICE INVITING e-TENDER

NIT No. 01 /RnB/Magam/e-tender of 2023-24 DATED: 19/04/2023.

Executive Engineer PW(R&B) Special Sub-Division Magam on behalf of Lt. Governor of UT of J&K, invites percentage rate bids in electronic tendering system for the following works including their maintenance for five years from the eligible and approved contractors registered with J&K UT Govt. CPWD, Railways and other State Governments.

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

Table with columns: S. No, Name of Work, Tendered Cost including GST, Construction Part, Maintenance Part, Total cost work, Cost of Tender Documents, Earnest Money, Time of completion, Tender Call, Date of opening of tenders, Class of contractor, AA-Status, TS-Status.

M.H Account= NABARD RIDX XXVIII Position of AAA = Accorded Position of funds = Available

Table with 2 columns: S. No, Date of Issue of Tender Notice, Period of downloading of bidding documents, Date & time of Pre-bid meeting, Bid submission Start Date, Bid Submission End Date, Date & time of opening of Bids (Online).

1. Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of Executive Engineer R&B Spl. Sub-Division Magam (tender inviting authority) and Earnest Money as per NIT in favour of Superintending Engineer PWD R and B Circle Baramulla / Kupwara.

2. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address.

3. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids. The earnest money shall be forfeited, if-

a. Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within the specified time limit.

c. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

4. Instruction to bidders regarding e-tendering process.

4.1. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

4.2. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

4.3. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

4.4. Bids will be opened online as per time schedule mentioned in Para-1.

4.5. Bidders must ensure to upload scanned copy of all necessary documents with the bid.

4.6. Bidders must ensure to upload scanned copy of all necessary documents with the technical bid.

Note:- Scan all the documents on 100 dpi with black and white option.

5. The department will not be responsible for delay in online submission due to any reasons.

6. Scanned copy of cost of tender document in shape of Treasury Challan in favour of Executive Engineer R&B Spl. Sub-Division Magam and Earnest Money in favour of Superintending Engineer PWD R and B Circle Baramulla / Kupwara must be uploaded with the documents of the bid. The original Treasury Challan (cost of tender document), CDR/FDR/BG (earnest money/bid security) and relevant bid documents shall be obtained from the lowest bidder before the fixation of contract.

7. Bidders should quote in percentage below/ the percentage above or at par at the bottom of the BOQ Percentage Template for the Work.

8. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually.

9. Price escalation and Taxes:- Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

10. Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.

11. For the NABARD project, the NABARD guidelines shall be strictly followed.

12. Instructions to Bidder (ITB)

12.1. All bidders shall upload the following information and documents along with qualification criteria / qualification information with their bids:-

a. Copies of original documents defining constitution/ legal status, place of registration and principal place of Business with Cell No. and Correspondence address.

b. Treasury Challan & CDR/FDR/BG/Bid Security Declaration Form

c. Valid GSTIN No. & PAN No.

d. Scanned Copy of the GSTIN Registration and latest clearance certificate FORM GST-3B i.e. latest clearance certificate FORM GST-3B, GSTR-1 of the preceding Month to the issued of NIT.

e. All bidders shall mandatorily upload Verification Certificate from Concerned Chief Engineer/Superintending Engineer of Enlistment registration card. Non submission of the same shall render the bid Non-Responsive.

12.2. The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid.

12.3. Non attendance of pre-bid meeting will not be cause of disqualification of the bidder.

12.4. All documents relating to the bid shall be in the English Language.

12.5. Bidder must ensure to upload scanned copies of all necessary documents and tender documents fee in terms of soft copies with technical bid. However, in case of any clarification the bidders shall have to produce original documents in support of soft copies if needs arises.

31. All other terms and conditions shall be strictly as per SBD circulated by this office letter No. CE/RBK/HD/29158-88 dated 10-02-2018

Sd/- Executive Engineer R&B Spl. Sub Division Magam

No. R&B / Magam/277-87 Dated: 19/04/2023

DIPK-542/23

## Daraksha Andrabi Distributes Relief Among Hazratbal Fire Victims

### Orders Inquiry On Fast Track Basis

Observer News Service

Srinagar: Chairperson of Jammu and Kashmir Waqf Board Dr Darakhshan Andrabi today visited Hazratbal wherein a massive fire had destroyed the attic portion of a shopping complex and a few residential houses a few days ago.

Dr Andrabi took stock of the devastation of the massive fire, which left dozens of families homeless and had also burnt the shopping centre owned by Waqf Board. Dr Andrabi talked to the residents and the business persons who were affected by the inferno.

She was accompanied by Waqf Board Tehsildar cum Magistrate Ishtiyah Mohiuddin, Imam of Dargah Dr Kamaluddin Farooqi and local police and civil officers from different departments. Dr

Andrabi distributed relief cheques of fifty thousand rupees per family on the spot to those whose houses had got damaged in the terrible fire. "I don't believe in visiting the people in distress like tourists and consoling them by hollow statements.

We came to hold their hand and offer them a kick start for rebuilding their nests. Waqf has limited sources but we wanted to offer these distressed people a small amount to begin with", said Dr Andrabi. She assured all that she will soon submit the request for a suitable compensation to Lieutenant Governor and she was hopeful that adequate help will pour in. In reply to a question about the reasons of the fire, Dr Andrabi said that a fast track enquiry will begin soon and if any deliberate lapse was found, stern action will be taken.



A Man Takes Umbrella Cover, Onboard A Shikara In Dal Lake As Intermittent Rainfall Lashes Valley On Wednesday - KO Photo Abid Bhat

## 3154L Foreigners Among 3.60L Tourists Visit Tulip Garden Till Date

Observer News Service

Srinagar: Asia's largest Tulip Garden in Srinagar has recorded the highest-ever tourist footfall this season, with over 3.60 lakh people from different countries and states visited the garden in the last 30 days.

Shayiq Rasool, Floriculture Officer, Tulip Garden said that a total of 3,65,624 people visited the garden from April 20 till date.

He said that of total 3.60 lakh visitors, including 58,600 locals and 3,03,870 others from different states of the country visited the garden so far, adding 3154 foreign tourists also visited the garden in the last 30 days.

The officer said that it is for the first time that such a massive rush of visitors has been witnessed at the garden. "Tulip garden has witnessed a record-breaking tourist footfall this season," he said.

Pertinently, Prime Minister Narendra Modi in a tweet a few days ago, said that Jammu and Kashmir is beautiful, and even more so during the Tulip season.

Tulip garden was thrown open by the authorities for the general public on April 20 while the administration in wake of the rush of the visitors had also issued a traffic advisory to ensure that there is no inconvenience to the people.

## FCS&CA Realizes Rs. 16k Fine From 25 Erring Traders; 01 Mutton Shop Sealed

Observer News Service

Srinagar: The Enforcement squad of Food Civil Supplies and Consumer Affairs (FCS&CA) Department today imposed a fine of Rs. 16300 on 25 erring shopkeepers in Srinagar for violating Essential Commodities Act, 1955 and also sealed one mutton shop.

The drive was conducted under the supervision of Assistant Director Enforcement, Fayaz Ahmad Shah.

The action against the erring was taken during

a massive drive launched within the vicinity of Srinagar City i.e. Lal Chowk, Dalgate, Nishat, Shalimar, Nowpora, Qamarwari, Karan Nagar, Rambagh, Chanapora & Bagh e Mehtab areas, etc..

During the course of action as many as 137 establishments were inspected, out of which 25 erring traders were penalized for violating Essential Commodities Act, 1955.

The drive will continue in the same passion in future as well and whosoever is found violating the norms will be brought to justice.

## 'Shahrul Ramadhan' Talent-Hunt Festival Held At KU

Observer News Service

Srinagar: A day-long 'Shahrul Ramadhan Festival', an annual activity of the Department of Students' Welfare, was held at the University of Kashmir on Wednesday.

Vice-Chancellor Prof Nilofer Khan chaired the valedictory session of the talent-hunt festival,

which was attended by a large number of students from the University's teaching departments and affiliated colleges.

Three competitions including Traditional Calligraphy Competition, Contemporary Calligraphy Competition and 'Naat' Competition were held in which students participated with great enthusiasm and passion to show-

case their talent.

In her valedictory remarks, the Vice-Chancellor said such competitions encourage the students to develop confidence and give vent to their hidden creative talent. She congratulated the Department of Students' Welfare for continuing with the legacy of holding the Shahrul Ramadhan Festival, which started in 2009.

## Two Drug Peddlers Held In Srinagar, 1.8 Kg Cannabis Recovered

Observer News Service

Srinagar: Police on Wednesday claimed to have arrested two notorious drug peddlers on the outskirts of Srinagar and recovered 1.8 Kilogram cannabis from their possession.

These arrests were made by the police station Sadar.

Police said that two notorious drug

peddlers were arrested with 1.8 kgs of cannabis. The cannabis was recovered from the vehicle used by the accused. Police have seized the vehicle as well.

The accused persons have been identified as Junaid Rehman Matto of Padshahi Bagh Srinagar and Ghulam Muhammad Teli son of Abdul Karim Teli of Bijbehara town of Anantnag.

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**HIGHWAY STATUS**

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

 <b>HIJRI CALENDAR</b> 29 RAMAZAN 1444	<b>PRAYERS</b>	
	FAJR	4 :27
	ZUHR	12:32
	ASR	5: 13
	Magrib	7:09
	ISHA	8: 35

### This Day In History

- 1611 - First known performance of Shakespeare's tragedy Macbeth at the Globe Theatre, London, recorded by Simon Forman
- 1650 - Dutch East India Company (VOC) management sets new guidelines
- 1657 - Battle in Santa Cruz Bay, Tenerife: English fleet under Robert Blake sinks Spanish silver fleet
- 1689 - The former King James II of England, now deposed, lays siege to Derry
- 1702 - Comet C/1702 H1 approaches within 0.0437 AU of Earth
- 1792 - France declares war on Austria, Prussia & Sardinia
- 1809 - Napoleon I and French forces defeat Austria at Battle of Abensberg, Bavaria
- 1862 - The first pasteurization test is completed by Frenchmen Louis Pasteur and Claude Bernard.
- 1910 - Halley's Comet passes 29th recorded perihelion at 87.9 mn km
- 1915 - The Armenians rise and seize the Turkish town of Van, which they hold until Russians relieve them on 19 May; thousands of Armenians are killed
- 1916 - German-British sea battle off Belgian coast
- 1940 - 1st electron microscope demonstrated (RCA), Philadelphia, Pa
- 1958 - Morocco demands departure of Spanish troops
- 1961 - American Harold Graham makes 1st rocket belt flight
- 1962 - NASA civilian pilot Neil Armstrong takes X-15 to 63,250 m
- 1965 - People's Republic China offers North Vietnam military aid
- 1967 - US Surveyor 3 lands on Moon
- 1967 - US planes bomb Haiphong for 1st time during Vietnam War
- 1968 - Pierre Trudeau sworn in as Canada's 15th Prime Minister
- 1972 - Apollo 16's Young & Duke land on Moon with Boeing Lunar Rover #2
- 1983 - Soyuz T-8 launched; mission aborted when capsule fails to dock
- 1983 - Soyuz T-8 is launched (lands 2 days later)
- 1988 - US accuses Renamo of killing 100,000 Mozambiquians
- 1993 - Uranus passes Neptune (once every 171 years)
- 1994 - Serbian army bombs hospital in Goradze Bosnia, 47 killed
- 1994 - Sohail & Inzamam make world record ODI partnership of 263
- 1994 - Space shuttle STS-59 (Endeavour 6), lands

### From KO Archives

## 'Onus Both On India, Pak For Safe Bus Travel'

Observer News service

NEW DELHI - Prime Minister Manmohan Singh today said that it is the joint responsibility of India and Pakistan as also the local authorities on both sides of the Line of Control (LoC) to ensure full security cover to passengers of the Srinagar-Muzaffarabad bus service.

"Notwithstanding the recent dastardly attempt to disturb the bus service between Srinagar and Muzaffarabad by terrorists, the people of Jammu and Kashmir came out on the streets as one to welcome this gesture of reconciliation," he said addressing the Chief Ministers' Conference on Internal Security here.

"I hope the terrorists and extremists in the region have grasped the mood of the people and will not try to disturb this bus service again," he said.

Singh said it was the joint responsibility of the governments of India and Pakistan and the local authorities on both sides of the LoC to work together in providing full security to passengers. (Kashmir Observer, 20 April, 2005)

## MAJLIS E TARHEEM

With a deep sense of sorrow this is to inform that Mrs. Suraya Nazir W/O Dr. Nazir Hussain and Mother of Dr. Irfan Ali left this world for heavenly abode on 08/04/2023 in Jammu.

A Majlis e Tarheem will be held for her soul on Monday 24th April 2023 from 9 AM to 6 PM at the home of Dr. Irfan Ali Shaub e Zahra Lane adjacent to petrol pump. Near Mill Stop. Bagh e Ali Mardan Khan. Srinagar.

**Dr. Nazir Hussain  
Dr. Irfan Ali  
95966 96505**

KASHMIR OBSERVER<sup>TM</sup>

Thursday | 20-04-2023

## World's Most Populous Country

India has overtaken China as the world's most populous nation, according to United Nations data. The population of India is currently 142.86 crore, while China's population is 142.57 crore. The statistics also show that 25 percent of India's population is between 0-14 years of age, while 68 percent of the population is between 15-64 years old. The 10-24 age group comprises 26 percent of the population, indicating a relatively young population in India. Experts note that Kerala and Punjab have an ageing population, while Uttar Pradesh and Bihar have a younger population.

Several studies predict that India's population will increase for nearly three decades before it peaks at 1.65 billion, after which it will start to decline. The United Nations Population Fund (UNFPA) has highlighted that India's large youth cohort, which comprises 254 million people aged 15-24, presents an opportunity for innovation and lasting solutions. However, the UNFPA has also emphasized the importance of ensuring equal educational and skill-building opportunities for women and girls, as well as access to technology and digital innovations.

An educated and skilled young population can be a boon for the country. It can productively contribute to the new economy, which needs technologically skilled workers. And India would need more of them as the global corporations move to make the country their base. Already, Apple has launched its first retail store in India, located in Mumbai, and will open another store in Delhi shortly. Until now, Apple products have only been available in India through a vast network of resellers or online. The move comes as Apple tries to deepen its retail push in India, which is the world's second-largest smartphone market. This is a big development at a time when global supply chain disruption triggered by the Ukraine war and the west's developing antagonism towards China is forcing countries to shift their bases toward more stable markets. To top it all, India also offers a lucrative market as it boasts a burgeoning middle class which has money to spend.

India's demographic profile, therefore, presents a competitive advantage in terms of workforce, with a relatively young population. As India's working-age population continues to grow, it will reach its highest level at 68.9 percent of the total population by 2030. This demographic shift not only provides India with an opportunity to unleash the consumption power of a young population but also presents challenges, such as the need for job creation and the provision of education and skills training. Overall, India's population and demographic profile present both opportunities and challenges, and policymakers need to address these issues to ensure both peace and prosperity in the country.

### OTHER OPINION

## Dismal Tidings On Trade

Protectionism and inward-looking regimes are currently in the ascendant with the worsening US-China trade tensions and on-going efforts to decouple supply chains from the dragon. Friend-shoring and near-shoring are the new buzzwords to reduce risks to the supply chains as global trade gets increasingly fragmented into powerful regional blocs.

The big question is how India seeks to position itself in this new world order so that the growth engine of exports drives the growth story. Recently, the government announced a foreign trade policy which is said to be dynamic and open-ended to accommodate the emerging needs of the time. There are ambitious targets of hitting \$1-2 trillion— inclusive of services—of goods exports by 2030. But there is no roadmap to hit these targets especially when global prospects for trade remain clouded in uncertainty. Past efforts to make India a significant participant in world trade have only resulted in a stagnant 1.6% share of global exports.

Looking ahead, India's biggest challenge is to deal with the powerful regional trading blocs like North America, European Union and in the Indo-Pacific region which has the 12-member Comprehensive and Progressive Agreement for Trans-Pacific Partnership, Regional Comprehensive and Economic Partnership, and the putative US-led Indo-Pacific Economic Framework. Although the US is India's largest trading partner, there is no free trade agreement with that country.

Negotiations are on for a deal with the EU but this is not easy considering India's red lines on agriculture, including dairy products. The EU is also a leader in new generation FTAs and has concluded one with New Zealand with provisions that respect the Paris Climate Agreement and core labour rights, enforceable through trade sanctions as a last resort. India has no experience in dealing with such issues. It is also not a member of the CPTPP, RCEP and the trade pillar of the IPEF. The big question then is who will India trade with, to borrow a provocative title of a column by Amita Batra of the Jawaharlal Nehru University. To be sure, trading more with the global South is a possibility but that accounts for only a fifth of India's exports. If the country is not to be left out in the cold, there is no option but to consider joining the mega regional groupings in the Indo-Pacific region. While India has problems with a China-dominated RCEP, it has relatively greater comfort levels in dealing with the US. Rejoining the trade pillar of the IPEF should therefore be a priority to further its participation as a friend-shoring ally. Although the IPEF is only a bloc-in-the-making, the relatively greater attractions for India are that its two-way trade with the 13 individual members is similar to that of RCEP but with a much smaller trade deficit.

Financial Express

# My Undergrads Struggle To Read - I Think I Know Why

Greg Wrenn

Recently a student, a future teacher, told me she spends over six hours a day on TikTok. In my experience with my undergrads, that's not untypical. Her addiction isn't her fault, but it's now her responsibility, and, more controversially, ours. I don't want to imagine what her students will be like by the time she's a mid-career educator like I am.

"I just can't look away," she told me, embarrassed.

Having taught for 25 years and attended many 12-step meetings for my own internet addiction, I'm an English professor who doesn't buy TikTok's latest efforts - namely limiting daily screen time to one hour by default for users under 18 - to protect our young people's brains. It's way too little too late.

In my environmental literature classes, I've seen firsthand the long-term effects of digital cocaine like TikTok on my undergrads. I'm on a mission, probably doomed, to get them to be more present - to appreciate the written word and the natural world, sometimes wearing my wetsuit and dive mask to get their attention when we're discussing coral reefs and Ralph Waldo Emerson.

This is not woke indoctrination. My colleagues and I are scrambling to teach on the front lines of a student mental health crisis.

Too many of the undergrads taking the course I currently teach, Environmental Literature of Wonder and Crisis, cannot read. They're literate, of course, but unable to sit long enough to read a chapter from Henry David Thoreau's Walden or an essay about an Australian ecofeminist nearly mauled to death by a crocodile. A few have confided they've never read a book cover to cover in their lives. Few would freely choose to take this class, but to graduate they need three English credits.

At its heart, this is a crisis of attention. Distractedness and overwhelm are its symptoms. In an informal, anonymous class poll, just 13 percent of my nearly 300 students this semester said they did not suffer from intense anxiety on a regular basis - that shocked me. A third reported that their anxiety keeps them from reading the assigned texts. Half said they have trouble paying attention when reading, even when their phones are off. Reading and reflective time in nature - powerful anti-anxiety meds in themselves - simply can't compete with TikTok. And neither can easy-going, in-person conversation with sustained eye contact, or a 75-minute college lecture.

My students are overstimulated - and depressed and exhausted - from mainlining TikTok and Instagram. Though further study is needed, research has shown a strong correlation between social media use and mental health challenges. So I shouldn't really be offended when they ask me to create exam study guides for them.

Their brains, rewired by the likes of TikTok, can't keep up with all the material. Since high school, TikTok's hyper-personalised algorithms have been barraging them with 10-second videos, individually tailored to maximise the dopamine hit and the company's profits. They're hooked, as recent neuroscience research suggests, the parts of the brain involved in addiction lighting up as they watch an eight-foot-tall giraffe being made from chocolate or a chipmunk stuffing its cheeks with nuts. Like many of us, they deal with their anxiety in ways that end up amplifying it.

Every semester I find myself lowering class expectations, in fear of too many Fs as final grades. I also fear that literature - a repository of our dearest values, a way to grow empathy and imagination, and slow down - is going the way of the cassette tape and dodo bird. With environmental literature, I invite my students to be more present, appreciative of natural beauty and the beauty of stories and words. As catastrophic climate change looms, there's no time to waste - we have to appreciate the beauty of nature now. Yet so few of my students take the time to truly appreciate the national forest and the national park that our campus is sandwiched between.

Unlike me, my students are digital natives born in the years after 9/11. As children, many

of them have never been allowed to roam freely outside and play. When they were in kindergarten, the Oxford Junior Dictionary replaced words like acorn, moss, and fern with database, MP3 player, and broadband. So of course they're anxious. They're still young on a planet whose long-term habitability is uncertain. Way too often stuck indoors alone, pecking at their screens and not sleeping. Craving views of their Instagram stories as if their survival depended on it. If they haven't attempted suicide, they know friends who have.

Have they ever sat under a tree and stuck with a challenging book with paper pages? Have they gazed up at the clouds without their phones for a while and in all the puffiness seen acorns and moss and ferns? Or is nature too boring, best appreciated as a backdrop for selfies?

Do they feel wonder?

and feeling the bark slowly with his hands, as if it were ancient pottery, and then Pierre took his place. It doesn't smell like much, they said. After some laughter and some awkward silences, Bonnie was up and sticking out her tongue to taste the bark.

In a lull in our discussion, I looked out at my students. Most of them had done the reading, with varying levels of comprehension; they didn't vape in class - they wanted to be here. I saw talented, humane Chloe, who would go on to write about body dysmorphia and a slug. Soulful, concerned Dan, who in his first essay will, in the roiling of the stream, see cultural chaos writ wet. Quiet, fierce Carmen, who, after looking at a hen-of-the-woods mushroom on a trail, will write an elegy for her Bolivian abuelita who fed her chicken salteñas with raisins and olives.



“My students are overstimulated - and depressed and exhausted - from mainlining TikTok and Instagram. Though further study is needed, research has shown a strong correlation between social media use and mental health challenges”

These are not hysterical questions. I want them to feel the wonder I felt at summer camp when 14 of us held hands around a giant oak. I felt instantly calmer in its shade. I also want them to love poetry, to gaze at William Wordsworth's daffodils and sit in Walt Whitman's grass.

I too have felt my attention and imagination - my very humanity - dying back. In this numb blur of a cyborg life on an overheating world, what would it take to be happier? It might take slowing down and looking at something real. It might mean going outside and cultivating gratitude and grit, even when we don't feel like it. Finding supportive, in-person community, wherever the heck that is.

I still find some hope for the future when I teach English majors and creative writing minors, who seem to use social media less often than their non-major peers.

A couple of semesters back, early on in my eco-writing workshop, The Environmental Imagination, my 15 students and I were discussing a chapter in Robin Wall Kimmerer's Gathering Moss, "Learning to See," a title that could be our three-word syllabus. Nature itself, not my words so much, did a lot of the teaching in this class. I asked them to look up at the maple next to us and tell us what they saw.

"Pointy leaves," said one, still shy.

"Rough, whitish bark," said another softly.

I asked them to look again, as if this maple were the last tree on earth. "What do you see," I asked, "that no one else does?"

"That one leaf at the edge of that branch," Jacob\* said, pointing and squinting, "is lighter than the others and has a torn edge". Next thing I knew he was standing under the maple

Students like them give me hope. I also ache for them.

That semester, we didn't create a left-wing re-education camp. Instead, we created in miniature the kind of respectful, just, evidence-based, ecologically attuned society many of us want to live in. As I taught this exceptional class, I was reminded that not all young people need to be taught to care about books or the earth. Neither did I have to make the case to them that this life of fireflies and gnarled cedars is worth staying alive for. "It's not enough to name the problem," I told them as they worked on their eco-manifestos towards the end of the semester. "What are we going to do about it?" This applies to both the ecological crisis and our crisis of attention.

What's at stake here is our collective brain. The basic sanity that allows society to go on. If we're going to deal with the climate crisis, we must be fundamentally undistracted and creative, full of resolve and courage and cooperation. The calamities of this century will require thoughtfulness, social cohesion, and focus, even if we don't have it to give. If we do nothing about this attention crisis in our young people - and in almost all of us - the climate crisis isn't going to get bad enough to matter.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer  
The author is an Associate Professor of English,  
James Madison University



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## Response to "Unite They Can't"

This is a response  
to KO's editorial  
"Unite They Can't".

It is an open secret that if the opposition has to stand a chance against BJP in 2024 general elections, it has to take all regional parties and Congress. Secondly, it has to decide that in those states where Congress is strong, regional players will take a back seat and vice

versa, then only they would be able to achieve the desired results. Because the less fragmented the opposition, better chances it will create for them. Whole anti BJP votes have to come under one bloc only. For that to happen, a lot of huge egos will have to be swallowed, but then that is the price

they will have to pay to stand a realistic chance next year. Otherwise it would be BJP once more, third time in a row.

Bal Govind

# Glad Tidings to Believers



**WHEN I FOUND MYSELF ANXIOUS AND DISTRESSED WITHOUT ANY REASON, MY HEART WAS TELLING ME TO FOLLOW THE LIGHT.** There was no consciousness of Allah, I felt like a blind person holding a rope, which led nowhere. I'd lost myself somewhere ages ago



FEATURE IMAGE CREDITS: ULET IFANSASTI/GETTY IMAGES

Arbeena Altaf Bhat

“Every time Tawhid becomes stronger in the heart of a slave, his iman, calmness, trust (in Allah), and conviction become stronger.” Says Ibn Taymiyyah. رحمة الله. Nevertheless, these are the words of peace and tranquility for a serene believer, the slave who sticks all his hopes and expectations to His Generous creator, the Omnipotent Lord, the most Merciful and the Giver of Peace, Allah subhanahu wa ta'ala. Tawhid is not just believing in oneness of Allah, it demands khuloos in knowing that whatever trail, tribulation and fitn comes your way, you've the One whose power turns mountains to ashes, the One who parted the Red Sea, the One who cooled the fire and turned it into a garden, the One who split the moon in half, the one Who decorates the sky with gazillion stars, the One who brought the sun back from horizon for His beloved slave, the One who never abandons you even if you leave

**How beautiful is it that Allah will eagerly forgive you for the things you can't even forgive yourself for! We very often remember the tears and distress someone brought to us, but we never usually remember the tears we cause other people intentionally and unintentionally. Beware of the wrong you do to people**

yourself, the One who wrote the Quran; the letters to comfort you, the One who chose you to be among His best creation, the One who gives you provision, the One who cures you when you're sick, the One who brings Noor when it seems dark everywhere, the One who comforts your distressed heart, the One who loves you immensely, covertly and organically.

I was always afraid that after sacrificing everything when I'll not be able to give anything, would anyone care if I exist? The long road has exhausted my feelings and expectations but all this didn't render me hopeless. Allah had blessed me with islam when I was born, and I never felt it before. When I found myself anxious and distressed without any reason, my heart was telling me to follow the Light. There was no consciousness of Allah, I felt like a blind person holding a rope, which led nowhere. I'd lost myself somewhere ages ago. I used to feel so low and abandoned. There was no one to talk to,

especially in our society when a person has a million unanswered things, and he somehow gains the audacity to ask them is considered "جرب" (insane). I was exploding inside and numb outside. Eventually, I realized that I'm completely alone in this world. Not physically, but on a spiritual level. Completely isolated, not by choice. But this is the Qadr of Allah, part of my test in this Dunya. It's not easy to remain steadfast when it's just you. And you have so many outside forces trying to drag you down. But Alhamdulillah, it is Allah who gives

strength to carry on even when we are alone. Who guides us back to the light, when we are caught in darkness, Subhan'Allah.

Allah gifted me with His consciousness. He blessed me with His love that mended all the brokenness inside me. Now, every breath he makes me take obeys Him and everything seems so perfect and right in place, ماشاءالله. Even when it comes to His people, Allah directs us to be good to His creation, speak good words to them, be humble... When your motive is to please the Creator and your intentions are pure, Allah softens your heart and He guides you to love and respect everyone Fi Sabilillah (for the sake of Allah) and that never tires a humble believer, سبحان الله. Allah has promised to send tranquility on the hearts of His true slaves, those who come with Qalb e Salim and, undoubtedly, His promise his Haqq. A person should have at least a modicum of self-love in order to save himself from the hellfire and rather steer towards Paradise and wallahi Allah has made it so easy for us that we are unaware.

There are a few kind of people who don't like to go out on holidays, they just like to sit in their rooms and spend time with Allah. And when they go out, they miss their joyful isolation with Allah's remembrance, the peace that it brings to their existence, their distressed hearts. These are the same people who believe in the friendship of Allah alone, they are the same ones who don't wait for anyone to ask about them, they are the ones who always smile, free in imagination, try to never hurt anyone. Those who do not have a reliable person to tell their sorrows and believe in addressing their grief only to Allah; Sitting alone but never lonely, groveling in space, talking to the earth, the sky, flowers, trees, the moon....about Allah, they get the same comfort that one gets from lamenting and sobbing the deceased. Allah suffices their incompleteness.

How beautiful is it that Allah will eagerly

forgive you for the things you can't even forgive yourself for! We very often remember the tears and distress someone brought to us, but we never usually remember the tears we cause other people intentionally and unintentionally. Beware of the wrong you do to people. The one verse we all should always remember is, "and your Allah never forgets" try not to hurt anyone, fear the distress you cause them. Always always reflect on what you say or do. And whenever things go wrong, make them right as soon as you realize it. Allah commands us in the Quran to forgive graciously, so what hinders you? If you love Allah with "Khuloos," what is keeping you back?

Seek forgiveness of whom you did wrong and seek forgiveness of Allah so that you may succeed. Open your heart to yourself. Forgive. Forgive everyone who did you wrong, fisabillah. Forgive yourself. How many more days are you going to choke your soul in self-guilt? Allah forgives every sin, don't despair of His Mercy. Emerge as a strong believer and free up the cached space in your heart and your mind for the better things to come. Every single pain and sadness that Allah afflicts us with has a purpose. Pain is a messenger from Allah, humble yourself and recognize it. Miseries are not here to stay. The core of every single struggle that we go through is Allah trying to pull us back to Him. The intensity of tribulations depicts how much Allah loves you. Blessing is that every moment of grief that pushes you to prostrate in front of your Creator. I really, sincerely believe that Allah will not allow a single tear to drop from your eyes if He is not to dry it up. Your Allah is as much real as your struggle is and you know what is most Khubsurat is that, "Your Rabb has not Abandoned you." And "And surely your Rabb will give so much to you that you will be pleased." These are the words of Solace and Sukoon sent to you from As-Salaam; the All Perfect and the Giver of Peace.

Love for the one who created you and chose you to be best of His creation, your mercifully loving Lord, your Rabb should be seamless and consistent. Ibn Khalid has said, "Be mindful of Him in all your movements and times of stillness, at every moment, with every blink of the eye, with every thought, wish or any other state. Feel His nearness to you! Know that He looks and is aware of you, that nothing that you conceal is Hidden from Him. He is with you with His knowledge, awareness, and power. If you are righteous, He will guide, assist, and protect you." The patience in obeying the commands of Allah is easier than the patience in enduring His punishment. When Allah's name is engraved in hearts, then in everything we see, we see Him. Wallahi, obeying Allah and His Messenger is the key to ultimate peace and enlightenment. There's nothing in the hustle bustle of this Dunya, everything is with Allah and with the prophecy that we have to return to Him, a person should imperatively prepare for it.

"And give glad tidings to those who turn to Him with humbleness."

[22:34]  
"And [all] faces will be humbled before the Ever-Living, the Self-Sustaining. And he will have failed who carries injustice."

[20:111]  
One of my favorite names of Allah is Al-Fattah الفاتح The Opener. He's the one who can open a path for you when you see no way out. He's the one who can untie you from the things that hold you back. He's the one who can open your eyes to seeing His love and reflection in the world. He's the one who can open your heart to receiving His mercy and guidance. So may Allah, the Opener, grant us the openings we need. Aamin

The author studies medicine at SUMS, Iran ayrraba@gmail.com

## How You Can Use Islamic Practices for Emotional Regulation

ALAA BADR

Have you ever been absolutely enraged with someone, and they volunteer a homicide-inducing suggestion such as 'would you just calm down?'

I can only imagine what your reaction must have been like. You're probably reliving it right now and laughing that crazy laugh that suggests you've had a promise of retaliation. This interaction is a perfect example of what to avoid when a nervous system is dysregulated: tell it what to do. The eye-opening fact I came to learn a bit too late in life is that the state of your body creates your thoughts, rather than the other way around.

This means that an angry body will only create angry thoughts, whereas calm(er) thoughts will not make your body less angry. Instead, we should care for the body first, release the anger or anxiety or shame or whatever you're holding, and calmer thoughts will follow automatically. The good news is we already do many practices that are considered somatic, simply because we follow the Sunnah of our beloved Prophet. This article aims to highlight many of the already existing benefits in some of the practices we already do. I continue an exploration into the relationship between dhikr and somatic practices. It represents a process of translation between parts of myself seemingly different yet never contradictory.

Here are five more instances where somatic therapy and Dhikr are intertwined: **Cultivating Wonder – Subhan Allah**

A child is fascinated by things he sees for the first time, and we often find ourselves

jealous of that lightheartedness. Think about the last time you revelled at something with such wonder that it filled you with joy and you managed to forget that looming deadline for example. With a conscious effort, we can cultivate that sense of wonder again, precisely through the invocation of 'Subhan Allah'.

'Subhan Allah' allows for a re-enchanted with the world. When we engage in a careful witnessing and paying attention to the little things, beyond the dahir (apparent), we never fail to discover new meanings and become in awe of God's creation.

Consider a miracle that has become so commonplace we forget to give its due attention, like a particularly colorful sunset or a cluster of birds moving like one entity.

Beyond the cognitive effort of contemplation (tafakkur) that the invocation of 'Subhan Allah' allows, it can be considered as a somatic practice par excellence. If you say out loud the following invocations: Subhan Allah, alhamdulillah, astaghfir Allah, hasbiah Allah, you'll notice a common feature – all these letters come from the throat. In fact, the letters Ha ح & Ha ه & Kha خ belong to the classification of 'throat letters' ensuring proper pronunciation in the principles of tajwid. These letters engage a constant stimulation of the Vagus Nerve in the throat area, which is similar to gargling – an effective somatic exercise that releases blocked energy in the vocal cords.

**Cultivating Gratitude – Alhamdulillah**

In the literature of psychotherapy, gratitude is hailed as the most healing practice for the nervous system. It is healing in two main ways:

It allows us to cognitively shift our perception of a situation, and this helps us locate opportunities within the same event.

Similarly, in a somatic sense, the practice of gratitude calms our nervous system and brings it out of the state of fight/flight and into a state of safety.

This is because we cannot embody two opposite feelings at the same time, which means that we cannot be fearful and also grateful.

Once we allow gratitude to fill our body and mind, we can easily quieten the chatter of our mind. A perpetual practice of gratitude alters the chemical make-up of our body. So when we practise being grateful often enough, it starts to become our default. Dhikr is an excellent way to achieve this – the more we utter 'Alhamdulillah', as we connect each blessing in our life to a bead in our misbaha, the lighter and more peaceful we feel.

**Cultivating Trust – Allahu Akbar**

There is a fine line between planning to the best of your ability and trusting that Allah's plan will turn out better than you ever expected. It is often difficult to walk this line without falling to either side, because we are only human. This constant rumination is a symptom of our nervous system being triggered to take immediate action because it believes it is in danger.

When we worry about the future, we are wasting time and energy in refusing to accept that very little is within our control. Our peace of mind lies precisely in letting go of this illusion of control and trust in Allah's workings. Through Allahu akbar, we are reminded that God is the greatest and that we are always safe in His hands. Allahu Akbar allows us to, rest,

knowing that whatever the outcome, it will always be the best case scenario.

**Loving-Kindness Meditation – Du'a for Your Enemy**

Growing up, my mother had a strict no gossip policy which she still maintains, something I respect deeply since I experienced first-hand how much it can break the social fabric of a community. Imagine gossip as weaving an invisible web of intricate threads throughout a community, which then becomes impossible to detangle.

Instead, my mother made it a habit of saying 'May Allah bless that person' with a particular tone. It became a shorthand for gossip but also brought the conversation to a halt.

"Good and evil cannot be equal. [Prophet], repel evil with what is better and your enemy will become as close as an old and valued friend." [Qur'an 41:34]

In a similar vein, I had learned of the loving-kindness meditation which is what advanced monks use to heal their consciousness, a purification of the soul (tazkiyyet al nafs) of sorts. The idea is simple, yet far from simplistic.

This type of meditation invites you to think of someone you dislike, who has done you harm, and focus all your energy on wishing them well and sending kindness their way. I tried it, not without difficulty, and I was astounded at the amount of positive energy I was filled with. To do that efficiently, one has to only focus on the good in them and concentrate on finding empathy for their weaknesses and faults.

I found the parallel between both practices fascinating and the bonus point is that once

you make du'a for someone, the angels reply 'Ameen' and whisper 'Likewise to you' – an absolute win-win.

'The supplication of a Muslim for a fellow Muslim in his absence is answered. Whenever one invokes good for his brother, the entrusted angel says, "amen, and likewise to you".' [Sahih Muslim]

This practice allows our minds to reframe the situation and shifts it from holding on to bitterness and anger to releasing it with kindness. In this way, it helps us cultivate neuroplasticity by creating new neural pathways, until it becomes our default.

**Ablution Wudu' – Calming Anger**

Our dear Prophet narrated the following hadith:

"Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, she should perform ablution." [Sunan Abu Dawud 4784]

"If a prompting from Satan should stir you, seek refuge with God: He is the All Hearing and the All Knowing." [Qur'an 41:36]

This beautiful hadith suggests a somatic practice long before the theory even existed. Evidence in neuroscience through thermal infrared imaging suggests that anger manifests in high temperatures in the upper body. Anger flushes blood to our face, hands, and chest.

Performing wudu is a way to shock the body with cold water and decrease its temperature. The number of signals transferred from the body to the mind is greater than the other way around. Therefore, when we show our bodies that we are no longer angry simply by decreasing its temperature, we begin to calm

down as a consequence.

Recently, the lovely Chaplain Sondos, our somatic guru and favorite Dhikr hero, launched an Instagram challenge #100DhikrWalk. In her explanatory video, she started with a great comparison. The idea behind #HotGirlWalk invites us to be out in nature, moving our bodies, getting some fresh air and basically considering our healthy practices as 'hot'.

Pursuing a similar end goal, Chaplain Sondos invites us to do the #100DhikrWalk, where our search for physical and mental health can be done through our relationship with Allah – that is we take a walk, and we get healthy all the while silently praying and performing dhikr. Her comparison was an incredibly effective invitation since it incorporated two different dimensions of mental health. First, a somatic practice intended for all of us to consider yourselves worthy and attractive (hot girl walk), one that fulfills the horizontal dimension of our soul in its relationship to our body, our world and others. Second, a spiritual practice fulfilling the vertical dimension of our soul, between us and our beloved (100DhikrWalk).

Within the same structure of thought, she managed to square two dimensions that can often be contradictory. Without saying it, she communicated the idea that we do not need a blank slate or a total makeover of our lives to be worthy of doing dhikr. Instead, she gave us tacit permission to do a switcheroo whenever possible, and that we can instill dhikr to fit anywhere in our lives and it is always worth it.

- Amaliah







## Downtown Heroes Play JSP FC At TRC Today

Observer News Service

**SRINAGAR:** Downtown Heroes FC are all set to take on Jagat Singh Palahi FC today, Thursday, April 20, at Synthetic Turf TRC in an I-League 2 (2nd Division I-League) fixture. The match will kick off at 2:00 PM.

Jagat Singh Palahi have been on a roll this season and lead the Group A standings, accumulating 13 points from five matches. In comparison, Downtown Heroes are third with 10 points from six. Today's game will be a cru-

cial tie for the Heroes, who need three points to climb into second, ahead of Delhi Football Club, who have 12 points from 6 matches.

Downtown Heroes have seen a sudden resurgence after losing the first two games in the group stage. The team is unbeaten in four matches now, winning three and drawing one.

Only the top teams can move into the next round of the competition, so a win here for the Hilal Rasool Parray coached team will put them in a position to go further in I-League 2.

## YSS Holds Sports Conclave



Observer News Service

**SRINAGAR:** The Department of Youth Services & Sports (YS&S), organized a one-day Sports Conclave 2023 at SKICC on Wednesday to discuss strategies for developing sports talent in a big way in J&K.

The event was attended by Secretary, Youth Services & Sports, Sarmad Hafeez, as the chief guest along with Director YS&S, Subhash C Chibber, Special Secretary, YS&S, Waseem Raja, Joint Director YS&S, Kashmir, Waseem Raja, Secretary J&K Sports Council, Nuzhat Gul and other concerned officials.

While addressing the conclave, Sarmad Hafeez emphasized the importance of sports as an effective tool to steer youth away from social ills. Secretary said that the event has provided the department with valuable inputs and ideas to further nurture sports talent in a more constructive and fruitful manner.

Subhash Chibber highlighted the department's achievements and performance and shared data reflecting that the department has surpassed the assigned target of 17.50 lakh participation by achieving a tremendous 29.16 lakh youth participation under various sports activities.

## IPL: PBKS Take On RCB



Press Trust of India

**MOHALI:** Punjab Kings (PBKS) would be sweating over skipper Shikhar Dhawan's injury at a time when they need all their firepower against an extremely tough but luckless Royal Challengers Bangalore (RCB) in an Indian Premier League (IPL) match here on Thursday.

Dhawan, 37, who is one of the bright spots in the PBKS team, was ruled out against Lucknow Super Giants (LSG) on April 15 in Lucknow due to a shoulder injury and England all-rounder Sam Curran marshalled the side during their two-wicket win at the Ekana Stadium.

There were several unlikely heroes, who put their hands up in the game, with 36-year-old Zimbabwe all-rounder Sikandar Raza emerging the leading run-getter for the side with a polished 57, while Matthew Short, Harpreet Singh and Tamil Nadu cricketer M Shahrulkh Khan guided the team to the finish line.

But, RCB are a much bigger threat on paper than LSG, and Curran would know he too will need to come to the party with the bat if they are to defeat Faf du Plessis' side and earn two points at home.

Curran's iffy form with the bat has been a concern, as he could manage just six runs against LSG, though his three wickets played a key role in restricting KL Rahul's side to 159/8.

RCB have been unlucky when it comes to eking out wins. With skipper du Plessis and Virat Kohli opening the innings, they perhaps have the best opening pair in the tournament, barring, of course, Yashasvi Jaiswal and Jos Buttler for Rajasthan Royals.

With Glenn Maxwell coming in at No.4 and Shahbaz Ahmed, Dinesh Karthik and Suyash Prabhudessai following the Australian, RCB bat really deep. But their biggest flaw, unfortunately, is the same as PBKS -- an inconsistent top order.

With Kohli (6) and Mahipal

Lomror (0) being dismissed cheaply against CSK, the onus to rebuild the innings, while chasing CSK's mammoth 226, fell on du Plessis and Maxwell's shoulders. They did exceptionally well on a belter of a wicket in Bengaluru but the team fell short by eight runs.

The close losses have, unfortunately, left RCB taking a back-seat on the IPL table -- they are placed eighth with four points from five matches. The side still has many opportunities to up its game and be in contention for the playoffs, but in a fast-paced tournament like the IPL, things change dramatically.

RCB might not have the same firepower in their bowling as PBKS, but their quicks -- Mohammed Siraj, Harshal Patel and South Africa's Wayne Parnell -- are not short on commitment.

All they need is a couple of moral-boosting wins to lift their spirits and put their campaign back on track. That could well come against PBKS on Thursday.



## Australia Announce Squad For ICC WTC Final

Agencies

**DAVID Warner** has been included in Australia's 17-player touring party for the ICC World Test Championship final against India at The Oval and the opening two Ashes Tests. Warner remains in the frame to be selected for the World Test Championship final that starts on June 7 after recovering from an elbow injury sustained during the Test series in India in February.

Pat Cummins will return to captain the squad after leaving the tour of India early and sitting out the third and fourth Tests to be with his sick mother in Australia. The 17 players selected in the touring party will be available for selection in the WTC final against

India and the opening two Ashes Tests at Edgbaston and Lord's.

Selectors will evaluate the makeup of the squad after the second Ashes Test with the option to make changes for the remaining matches against England at Headingley, Old Trafford and The Oval. A 15-player squad for the ICC World Test Championship is final and will be named on May 28.

**Australia's World Test Championship Final and Ashes squad:** Pat Cummins (C), Scott Boland, Alex Carey, Cameron Green, Marcus Harris, Josh Hazlewood, Travis Head, Josh Inglis, Usman Khawaja, Marnus Labuschagne, Nathan Lyon, Mitchell Marsh, Todd Murphy, Matthew Renshaw, Steve Smith (VC), Mitchell Starc and David Warner. (ANI)

## Mohd Siraj Reports Corrupt Approach To BCCI ACU

Press Trust of India

**NEW DELHI:** Royal Challengers Bangalore (RCB) pacer Mohammed Siraj has reported a "corrupt approach" to BCCI's Anti Corruption Unit (ACU) from an unknown person, who wanted "inside news" about his team after "losing a lot of money" in an IPL game.

The India pacer, who is the leading wicket-taker for RCB with eight scalps, said he got a call and promptly reported the matter to ACU officials, who are attached with the teams.

RCB lost their previous match to Chennai Super Kings by eight runs at the Chinnaswamy Stadium with fortunes swinging wildly. Sri Lankan pace bowler Matheesha Pathirana bowled two crucial death overs to restrict the home team to 218/8 in the chase of 226 and earn victory for CSK.

"It wasn't a bookie who approached Siraj. It is a driver from Hyderabad who is addicted to betting on matches. He had lost huge money and approached Siraj for inside information," a senior BCCI source privy to the developments told PTI on condition of anonymity.



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