

5 Soldiers Killed During Rajouri Combing Operation

Search Operation Underway, Mobile Internet Facilities Suspended



Observer News Service

Jammu: Five army personnel from elite 9 Para Special Forces lost their lives while one major ranked officer got injured during the ongoing anti-terror operation launched in Kesari Hill area of Kandi forests in Rajouri district.

The operation, still underway, was launched in the woods of Rajouri-Poonch bely

following inputs about the presence of a group of militants involved in an ambush on an Army truck in Bhatta Dhurian of Poonch district on April 20, in which five security personnel were killed.

Media reports said that on a specific input, a joint Cordon and Search Operation (CASO) was launched in Kesari Hill area adjoining **More on P6**

Parties Express Grief

Political parties in Jammu and Kashmir on Friday expressed grief over the killing of five soldiers in a blast in Rajouri district, saying their sacrifice for the nation will not be forgotten. Five Army personnel were killed and a major injured in an explosion triggered by militants in the thickly forested Kandi area in Rajouri **More on P6**

Army Commander Reviews Ops Preparedness

Northern Army Commander Lieutenant General Upendra Dwivedi visited troops at remote operating bases (RoBs) in Rajouri and Kishtwar districts of Jammu and Kashmir and reviewed the security situation and operational preparedness of troops, officials said on Friday. This is the second visit of Lt Gen Dwivedi **More on P6**

LG Monitoring Developments

The Union Territory Lieutenant Governor, Manoj Sinha is monitoring the developments in Rajouri following the killing of five soldiers in a blast triggered by militants during a combing and search operation, an official spokesperson **More on P6**

6 24 SOLDIERS, 9 CIVILIANS KILLED in recent months in Rajouri-Poonch belt; Slain soldiers fought hard with terrorists; Ops still on, says DGP Dilbagh Singh; Terrorists triggered explosive device in retaliation: Army

EAM Tears Into Pakistan Over Article 370 ‘Wake Up & Smell the Coffee, 370 is History’

Goa: In a hard-hitting attack on his Pakistani counterpart Bilawal Bhutto Zardari, External Affairs Minister S Jaishankar said as a “promoter, justifier and a spokesperson” of the terrorism industry, his position on the menace was called out at the SCO meeting on Friday.

On Bhutto Zardari’s comments on tackling terrorism, Jaishankar said Pakistan’s credibility in dealing with is depleting even faster than their forex reserves.

Asked whether there could be talks between India and Pakistan on combating the menace, the external affairs minister said, “Victims of terrorism do not sit together with perpetrators of terrorism to discuss terrorism.”



Jaishankar also asserted that Jammu and Kashmir “was, is and will” always be part of India.

“I said they (Pakistan) have nothing to do with the G20.

I will also say that they have nothing to do with Srinagar. There is only one issue to discuss on Kashmir: when does Pakistan vacate its illegal occupation **More on P6**

India, Pak Trade Barbs At SCO Conclave

Press Trust of India

India and Pakistan on Friday took a veiled swipe at each other at a SCO meeting with External Affairs Minister S Jaishankar demanding tough action against cross-border terrorism and his Pakistani counterpart Bilawal Bhutto Zardari calling for not getting caught up in “weaponising terrorism for diplomatic point-scoring”. In his address at the meeting of the foreign ministers of the Shanghai Cooperation Organisation **More on P6**

J&K Bank Earns Net Profit Of Rs 1,197 Cr

Press Trust Of India

Srinagar: Jammu and Kashmir Bank has announced its highest-ever net annual profit of Rs 1,197 crore in the results for the financial year 2022-23.

With a decade-high capital adequacy ratio of 15.39 per cent and NPAs at an eight-year low of 6.04 per cent, the bank also recorded its highest-ever quarterly profit of Rs 476 crore in the last quarter. “Jammu and **More on P6**

LAND OWNERSHIP RIGHTS

West-Pak Refugees In J&K Say Dignity Restored

Press Trust Of India

Chakra: West Pakistan refugees have thanked Jammu and Kashmir Lieutenant Governor Manoj Sinha for “restoring our dignity” and correcting a “historic wrong” by deciding to give land ownership rights to those who have been living in the UT for the past 76 years.

Thanking the lieutenant governor, they said the

decision has brought cheers on their faces.

“What the LG has done is good (for us). We are happy. For 70 years, we were living here and we could not own lands and houses,” the 25-year-old Sonu Kumar told PTI here.

Sonu said his grandparents came to India 70 years ago.

“My father and I were born here. But people used to call us Pakistanis. **More on P6**

Covid-19 No Longer A Global Health Emergency: WHO

Press Trust Of India

Geneva: Covid-19 no longer represents a global health emergency, the World Health Organization announced on Friday, in a major move towards ending the pandemic which killed nearly 7 million people worldwide and wreaked havoc on the global economy.

WHO Director-General Tedros Adhanom Ghebreyesus told reporters in Geneva he made the decision following a recommendation **More on P6**

Scaling New Heights. Setting New Benchmarks										
Net Profit Growth		139%	Net Interest Margin		3.89%	Gross NPA Ratio		6.04%	Return on Assets	

One Phase Of Sleep Found To Regulate Anxiety In People With PTSD

Press Trust Of India

Sleep spindles, which are brief bursts of brain activity occurring during a phase of sleep, may regulate anxiety in people with post-traumatic stress disorder (PTSD), according to a new research.

Challenging the findings of a recent work by other researchers, which indicated that spindles may heighten intrusive and violent thoughts in people with PTSD, this study from University of California - San Francisco (UCSF), US, throws light on their role in alleviating anxiety in PTSD as well as in the transfer of new information to longer-term memory storage.

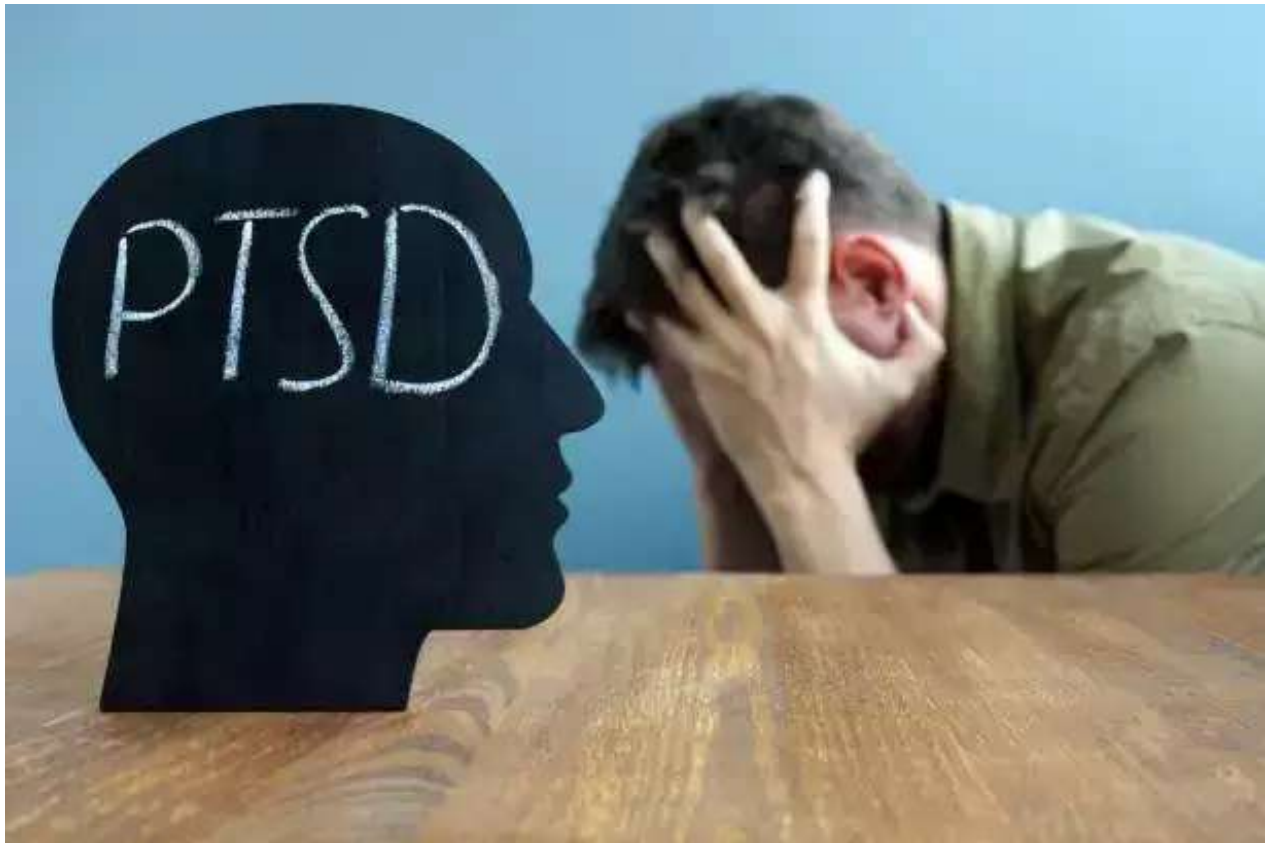
"These findings may be meaningful not only for people with PTSD, but possibly for those with anxiety disorders," said senior author Anne Richards, of the UCSF Department of Psychiatry and Behavioral Sciences.

She said that there were non-invasive ways to harness the benefits of this sleep stage to provide relief from symptoms.

The findings are published in the journal Biological Psychiatry: Cognitive Neuroscience and Neuroimaging.

The researchers studied the spindles during non-rapid eye movement 2 (NREM2) sleep, the phase of sleep when they mainly occur, which comprises about 50 per cent of total sleep, in 45 participants who had all experienced combat or noncombat trauma.

Approximately half had moderate symptoms of PTSD and the other half had milder symptoms or were asymptomatic. They were made to attend a "stress visit" in which they were shown images of violent scenes, such as accidents, war violence, and human and animal injury or mutilation, prior to a lab-monitored nap that took place about two hours later.



“The researchers found that spindle rate frequency was higher during the stress visit than during the control visit, thus, providing compelling evidence of stress contributing to spindle-specific sleep rhythm changes, according to Nikhilesh Natraj of the UCSF Department of Neurology.

Anxiety surveys were conducted immediately after exposure to the images as well as after the nap when recall of the images was tested. The researchers also compared anxiety levels in the stress visit to those in a control visit without exposure to these images.

The researchers found that spindle rate frequency was higher during the stress visit than during the control

visit, thus, providing compelling evidence of stress contributing to spindle-specific sleep rhythm changes, according to Nikhilesh Natraj of the UCSF Department of Neurology.

Notably, in participants with greater PTSD symptoms, the increased spindle frequency after stress exposure reduced anxiety post-nap.

The naps in the study took place shortly after exposure to violent images

- raising a question about whether sleep occurring days or weeks after trauma will have the same therapeutic effect.

The researchers think this is likely and point to interventions such as prescription drugs like Ambien and electrical brain stimulation that could trigger the spindles associated with NREM2 sleep and benefit patients with stress and anxiety disorders.

Climate Change Impact On Larger, Migratory Birds More Worrisome: Study

Press Trust Of India

A new study has found climate change to have more worrisome effects on larger birds and migratory birds than on smaller, sedentary species.

Researchers on this international study assessed changes in the annual production of young by female breeders in 201 populations of 104 bird species covering all continents between 1970 and 2019 and found that climatic changes affect offspring production through compounded effects on ecological and life history traits of species.

They have published their findings in the journal Proceedings of the National Academy of Sciences (PNAS).

Overall, they said in the study, average offspring production has declined in recent decades, with 56.7 per cent of the populations showing a declining trend and 43.3 per cent exhibiting an increase. However, considerable differences were found among species and populations.

The researchers found that migratory and larger-bodied species experienced reduced offspring production with increasing temperatures during the chick-rearing period, whereas smaller-bodied, sedentary species tended to produce more offspring.

"The study suggested that the body mass is one of the key factors for the adaptability towards climate change, in which the larger body sized species are struggling to synchronise with weather anomalies compared to the small and sedentary species," said J. Pandiyan, Assistant Professor, Department of Zoology and Wildlife Biology, Anbanathapuram Vahaira Charities College, Tamil Nadu.

Further, multi-brooded species showed increased breeding success with increasing temperatures, whereas rising temperatures were unrelated to reproductive success in single-brooded species, the researchers said.

The study also found that the egg laying process has decreased with the preponing of egg laying mechanisms among the bird species.

The study explained that the clutch size (number of eggs per nest) and success (fledgling and nestling) are positively influenced by various ecological factors.

However, the offspring production, clutch size, nest success, date of first egg, egg laying process are examined towards various ecological factors in which the temperature influenced the offspring production, clutch size and nest success.

"The global warming and the elements causing climate change should be measured, monitored and managed properly to save the species, which are facing vulnerability otherwise, existence of biodiversity especially intolerable species would be extinct from the world due to human life style," said Pandiyan.

However, Pandiyan said, the study did not deeply investigate the bird population in the Asiatic region, including those in India. The migratory species birds are using diversity of habitat in India as a vital stop over sites or refuel sites during their migration, he said, and therefore, the status of migratory birds in India must be studied.



WHY TO USE CRITICAL CARE AMBULANCE

Early Intervention

- Critical care ambulances are equipped with advanced medical equipment and trained medical professionals who can provide early intervention to patients during transit. This early intervention can help to stabilize patients and prevent their condition from deteriorating, thereby reducing the risk of mortality and morbidity.

Timely Transportation

- Critical care ambulances can transport patients to hospitals more quickly and safely than private transport, reducing the time between the onset of the medical emergency and the start of treatment. This can be critical in cases of heart attacks, strokes, or traumatic injuries, where every minute counts.

Reduced Complications

- Patients who receive critical care ambulance services are less likely to experience complications during transit or upon arrival at the hospital. This can result in shorter hospital stays, reduced healthcare costs, and improved patient outcomes.

Better Coordination

- Critical care ambulance services often work closely with local hospitals and emergency medical services (EMS) to ensure that patients receive the appropriate care and treatment. This coordination can help to reduce the risk of medical errors and ensure that patients receive the best possible care.

Improved Accessibility:

Critical care ambulance services can help to improve the accessibility of healthcare services in remote or underserved areas. This can help to reduce health disparities and improve the overall health of the population.



9484100200/ 01942310018

Before The Hon'ble Court Of Principal District And Session Judge At Srinagar

In the case of
Manzoor Ahmad Sheikh
2 Mohammad Ashraf Sheikh
3 Nazir Ahmad Sheikh
4 Naseema
Sons And Daughters of & others S/o Ghulam Ahmad Sheikh @
Ama Sheikh R/o Asthanpora Rawalpura Srinagar

(Caveator)

V/S
PUBLIC AT LARGE

(Non-Caveators) In the matter of: Caveat petition in terms of section 148-A of C.P.C
The caveator has reasons to believe/apprehension that the non-caveator may file a suit or any other type of proceeding before the Hon'ble Court of Principal Sessions Judge Srinagar on the ground of distorted facts/misrepresentation or cooked up story and may succeed in obtaining some relief/order at his back/exparte against the caveator and in such eventuality the caveator will be put to an irreparable loss and inconvenience. It would be proper that caveator is given opportunity of being heard by the Hon'ble Court before passing any order.

nj

Sd/- Advocate

PUBLIC NOTICE

I have applied for the registration of of Tour & Travel under name & style Offcom Travels . If anybody having any objection in this regard he/she may file his/her objection in the office of the Dy Director Tourism Kashmir within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Kifayat Hussain Malla
S/o Mohd Ibrahim Malla
R/o Kuchey Pora Magam Budgam

bmg

PUBLIC NOTICE

I want to do the necessary change so my son's name is recorded as Mohammad Khuram Shah instead of Mohammad Khuram Dullo. As I have to do the necessary correction in my son's name as Mohammad Khuram Dullo, if anybody having any objection in this regard he/she should intimate the concerned authorities within the stipulated time of 3 (three days from the date of publication of this notice in this newspaper. After the expiry of the timeline no objection would be entertained by the concerned authorities.

With regards,
Tahreem Zahoor,
M/o Mohammad Khuram Dullo,
R/o Sector 7, Govt Housing Colony,
Illahi Bagh, Buchpora, Srinagar
Mobile No: 6006411639

LAA

PUBLIC NOTICE

I want to make the necessary changes in my documents. My name is recorded as Zahoor Ahmad Shah instead of Zahoor Ahmad Dullo.
As I have to do the necessary correction in my documents to insert my name as Zahoor Ahmad Dullo, if anybody having any objection in this regard he/she should intimate the concerned authorities within the stipulated time of 3 (three days) from the date of publication of this notice in this newspaper. After the expiry of the timeline no objection would be entertained by the concerned authorities.

With regards,
Zahoor Ahmad Dullo,
R/o Sector 7, Govt Housing Colony,
Illahi Bagh, Buchpora, Srinagar
Mobile No: 6006411639

LAA

PUBLIC NOTICE

I Bashir Ahmad Bhat S/O Abdul Aziz Bhat R/O Baghi Mehtab Srinagar am the original allottee of plot No 299 in Housing Colony Baghi Mehtab Srinagar and have applied for free hold rights of the abovesaid plot in my favour. Objection, if any, may be conveyed to the Managing Director, J&K Housing Board, Green Belt Park, Gandhinagar, Jammu within a period of 15 days from the date of publication of this Notice. However, no objection will be entertained after the expiry of the above said period.

Bashir Ahmad Bhat
S/O Abdul Aziz Bhat
R/O Baghi Mehtab Srinagar

nj

PUBLIC NOTICE

My particulars in my passport bearing No: K6924283 has been wrongly written as Naseema Bano W/o Mohammad Farooq Ganaie D/o Ghulam Nabi Mir while the correct name is Naseema Mir W/oMohd Farooq Ganaie D/o Gh Nabi Mir Which Needs To Be Corrected. if anybody having any objection in this regard he/she may file his/r 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.

Naseema Mir
W/o Mohd Farooq Ganaie
D/o Gh. Nabi Mir R/o Ward No 06 Plan Bandipora

BB

PUBLIC NOTICE

I have lost my passport bearing No: k5578915 Somewhere. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file/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.

Burhan Farooq
S/o Mohd Farooq Ganai
R/o Ward No 6 Plan Bandipora

bb

f



G-20 Summit: DC Srinagar Inspects Progress Of Works On Gupkar-IG Road Axis

Observer News Service

Srinagar: In order to review the progress of Spruce up works ahead of G-20 Summit in District, the Deputy Commissioner Srinagar, Mohammad Aijaz Asad in the evening hours undertook onsite visit and inspection of various beautification works being carried out in different City parts and enroute Srinagar International Airport.

The Deputy Commissioner was accompanied by Commissioner Srinagar Municipal Corporation and CEO, SSCL, Athar Amir Khan.

During the visit, the Deputy Commissioner took stock of beautification, upgradation and redevelopment works at Zero Bridge, Raj Bagh, Lal Mandi, LD Hospital Road, Gogji Bagh, Rambagh, Barzullah, Baghat, Parraypora, Hyderpora, Perbagh, Humhama and Airport Junction.

On the occasion, the DC stressed the Officers of the concerned Departments and Executing agencies to mobilize all available machinery and manpower to accelerate

the pace of ongoing works and ensure their completion with the set timelines keeping in view the nature of exigency of the works.

The DC also instructed that roads, surrounding, and boundary walls of buildings along IG Road should look fascinating through facade improvement. He said making the City beautiful is a joint effort and all departments shall play their part in hosting the G20 Summit in Srinagar District.

The DC further asked the Officers to push for a double shift of working in all the existing works including development of footpaths, medians, traffic road furnishing, landscape improvement, installation of hoardings, besides removing debris & construction material from roads recently upgraded, etc. to increase the aesthetic value of the area.

During the visit, the DC was accompanied by Chief Planning officer, Srinagar, Joint Commissioner SMC, SDM, East, SDM, West, Executive Engineers of R&B, PDD, PHE, SSCL, Tehsildar South, Tehsildar Khanyar and other Concerned Officers.

Tourism Dept Releases 'G20 Balloon' In Srinagar



Srinagar: As Srinagar is set to host an international event by the end of this month, a G20 air balloon could be seen flying in Srinagar, catching the eye of every passerby in and around the City.

The Tourism department has come up with an air-balloon ahead of the event, which reads 'G20-2023 India'.

Secretary Tourism, Syed Abid Rasheed Shah said the balloon has been raised by the tourism department as a prelude to the G20 event. "For branding of the event, it's part

of the exercise," he said.

Several more measures and steps have been taken as a prelude to the event, he said.

Earlier, the Tourism department also organized a 'G20Model Summit' in which the students from different schools, colleges and especially universities participated.

Pertinently, the Jammu and Kashmir government is working round-the-clock to ensure that the G20 tourism group meeting in Srinagar is a huge success and promotes Kashmir as a global tourism destination.

Minor Boy Crushed To Death By Speeding Truck In Srinagar

Majid Nabi

Srinagar: A 4 years-old boy died after a truck hit him at Batamalloo area of the city on Friday, police said.

A police official told Kashmir Observer that a speedy truck hit a minor boy in Batamalloo area, leaving him critically injured.

He said the injured boy

was immediately evacuated to SKIMS Medical College Bemina, where doctors declared him dead on arrival.

The deceased minor has been identified as Uzair Ahmad son of Mohammad Arif Choudhary of Hamdania Colony Bemina.

Meanwhile police have taken cognizance of the incident and set investigation into motion.

Swachta Carvaan Flagged Off In Srinagar

Observer News Service

Srinagar: With a view to promote cleanliness and hygiene among the public, the Deputy Commissioner Srinagar, Mohammad Aijaz Asad Friday morning flagged off a Swachta Carvaan vehicle here from Gupkar Junction to spread the cleanliness and hygiene awareness in all the Panchayat Blocks of the district.

The Swachta Carvaan is an initiative aimed at promoting cleanliness and hygiene, creating awareness among the people about

the importance of keeping their surroundings clean and hygienic under Swachh Bharat Mission.

The Swachata Carvaan initiative "Ek Kadam Safai Ki Aur " also aims to ensure that the open defecation free behaviors are sustained and that solid and liquid waste management facilities are accessible.

Assistant Commissioner Development, Srinagar, Syed Farooq Ahmad, Block Development Officer, Majid Iqbal and other concerned were present on the occasion.



Killing Of 8 School Teachers In Pakistan Sparks Protest In Srinagar

Majid Nabi

Srinagar: A peaceful protest was held at Zadibal area of Srinagar on Friday, against the assassination of at least eight school teachers in two separate incidents of targeted killing in northwestern Pakistan on Thursday.

Shouting slogans Shia, Sunni Ittehad Zindabad, Zindabad "long live Shia, Sunni unity", scores of people, holding placards in their hands which read "stop innocent killings and bring murderers to book" assembled at Zadibal Chowk and staged a peaceful protest against the targeted killing of eight school teachers in Pakistan.

Protesters said the killing of innocent civilians in Parachinar Tribal district of northwestern Pakistan was aimed at pit-

We have gathered here to express our solidarity with the families of those who were killed in a cowardice attack in Parachinar Tribal district in northwestern Pakistan yesterday

ting Shia against Sunni's. They said such acts could not harm the communal brotherhood between the two sects.

"We have gathered here to express our solidarity with the families of those who were killed in a cowardice attack in Parachinar Tribal district in

northwestern Pakistan yesterday. This is the handy work of some anti-Islamist forces, who want communal brotherhood to be disturbed in Pakistan and elsewhere in the Islamic world," said a protester.

Criticizing the government of Pakistan for acting as a mute spectator over the killing of innocent civilians, Protesters said it's not about Shia or Sunni, it's about a Muslim who is killed at the end of the day.

"We demand capital punishment to those involved in the ghastly act and at the same time appeal to the Pakistan government to rise against the issue and act stringently against terrorists so that such incidents that bring disrepute to Muslims are not repeated in the future," protesters added.

Special Issue On Contribution Of Rehman Rahi To Be Released Today

Observer News Service

Srinagar: In a bid to provide a platform to the young generation, a 30-year-old youth from downtown Srinagar has been publishing a literary magazine to accommodate the write-ups of young scholars entailing contemporary literature in Jammu and Kashmir.

Suhail Salim said that he has published several books of wom-

en fiction writers so far which includes Harfi Shehreen and Tabasum Zia Kay Afsanay.

He has also published nearly 300 articles so far on social, cultural and literary topics.

"I have published about 300 articles on social, cultural and literary topics," Salim said.

He said that he has started a quarterly literary magazine "Kohi Maran" which was first published in July 2021. The pur-

pose of publishing 'Kohi Maran' was to promote Urdu language and literature in Kashmir especially in the Srinagar city"

"In Covid-19, various sectors related to life were affected, and it also had negative effects on Urdu language and literature. Because of this, reliable magazines and journals of Urdu language and literature stopped being published in J&K as well as outside the UT," he said.

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PCR: 0194-2452092,2455883
PDD: 0194-2450213
FIRE AND EMERGENCY SERVICES :
2479488,2452222,2452155
CAPD: 18001807011
SMC HEALTH OFFICER: 9469409081
Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS


SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

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

HIGHWAY STATUS

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

 HIJRI CALENDAR 15 Shawwal 1444	PRAYERS	
	FAJR	4:06
	ZUHR	12:27
	ASR	5:23
	Magrib	7:21
	ISHA	8:50

This Day In History

- 1933- Mohandas Gandhi begins a 21-day fast in protest against British oppression in India.
- 1945- V-E Day; WWII ends in Europe after Germany signs an unconditional surrender
- 1960- USSR & Cuba resume diplomatic relations
- 1961- 1st practical sea water conversion plant-Freeport, Texas
- 1967- Muhammad Ali is indicted for refusing induction in US Army
- 1980- World Health Organization announced smallpox had been eradicated
- 1989- US space shuttle STS-30 lands
- 2008- Dmitry Medvedev appoints Vladimir Putin as Russian Prime Minister
- 2013- 33 people are killed after an overloaded bus falls into a river in Himachal Pradesh, India
- 2013- Former Italian Prime Minister Silvio Berlusconi receives a four year prison sentence for fraud

From KO Archives

Patient Stable As Controversy About 'Needless' Surgery Lingers On

Observer News Service

Srinagar: Even as the patient who was operated upon at the Sher-i-Kashmir Institute of Medical Sciences (SKIMS) for removal of suspected stones is stable, the controversy surrounding the surgery lingers on. While the doctors are almost unanimous there was no negligence in the matter, the patient's relatives are sore at the way an un-necessary surgery was forced on her.

According to reports, Aaliya Liaqat w/o Liaqat Hussein of Court road here was operated upon Saturday for suspected stones in her kidneys though repeated X-rays taken on the fateful day did not show any definite presence of the calculus. Her relatives alleged the surgery was not warranted after the X-rays were negative. The surgery evoked instant protest from the relatives of patient, mother of an 8-month old baby. They alleged the head of concerned department, Dr Baldev Singh, had insisted to have the surgery performed. They accused the doctor of having threatened them following a tiff a few days earlier.

In a communication to Kashmir Observer, Dr Singh denied he had conducted the operation and described the report, circulated by CNS news agency, as baseless and aimed at maligning his image. He said, "The fact is that I had advised an X-ray for the patient before any surgical intervention but a consultant urologist conducted the said surgery with my knowledge". Later on, he said, "on the request of Director SKIMS I helped the concerned urologist in closing the patient and stent was put for effective drainage".

Talking to Observer News Service, Dr Singh denied there was any negligence on the part of doctors. "These things can happen in the medical profession", he said, adding the surgery was done with the written consent of a close relative of the Patient. He said the patient was admitted by Dr Tajamul the consultant who was not required to seek any directive from him. Denying that he has threatened the patients' relative, Dr. Singh Said he might have told them to leave the ward during the morning round.



When contacted Dr, Tajamul Fazili told Observer News Service that patients was admitted by Dr. Singh. The X-rays of the obese patient had shown stones at the OPD stage and admitted accordingly. On Saturday he said the first two X-rays revealed there were no stones. A third one was taken with double exposure which showed a shadow coinciding with the X-ray taken at the 'OPD stage'. Dr Fazili said, "Most probably it was a friable (soft) stone which got crushed and passed down the ureter during the surgical manipulation." He said a small stent was kept inside to ensure safe passage of any small bit.

Dr Fazili said Saturday was utilised as an additional theatre day to make good for the hartal days. "We were convinced the patient did have stones. But when I could not locate it, I sought help from Dr Singh", he said.

The director of the Institute, Prof Me'raj-ud-din, said there was nothing abnormal about the surgery nor was there any negligence on the part of doctors. "The stone must have been friable going down the ureter and the gravel coming out of its own", he said. He ruled out any enquiry into the episode. Joining the issue, a close relative of the patient, pleading anonymity, told Observer News Service the surgery was absolutely uncalled for the moment the doctors knew there was no stone. The written consent had been given when she was brought to operation theatre in the morning. However, she was turned back from there and asked to get in her X-ray done. After that an anesthesia was given to her for the second time and the surgery conducted despite the relatives' pleas against it and without seeking a fresh consent from them. The relative said the patient had suffered heavy blood loss which could have proved fatal. The relative alleged Dr Singh had visited the ward against asking them to return the X-rays which were lying with them.

Meanwhile, according to Dr Singh the patient was stable. Kashmir Observer, May 6, 2000

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Electricity – Between Hooks and Hikes

Amir Suhail Wani

The authorities have often blamed insufficient generation, the vagaries of the weather, theft and pilferage and other malpractices on part of consumers as prima facie reasons for the energy deficit of the state. On the other hand, masses have been aghast over erratic power cuts, acute electricity shortage during winters, irrational and exorbitant tariffs and the adoption of means and measures by the department which are antithetical to the climatology and the economy of the place we live in

Smart meters have arrived ahead of “Smart City” in Srinagar, leaving consumers fuming and the poorer sections lamenting the move. For a long time now, Kashmir has been defined as the hub of hydro-electric power in India and the energy mapping has pegged the hydroelectric potential of the state around a mammoth figure of 20,000 MW. But all this abundance has not helped ease the energy crisis of the state.

The authorities have often blamed insufficient generation, the vagaries of the weather, theft and pilferage and other malpractices on part of consumers as prima facie reasons for the energy deficit of the state. On the other hand, masses have been aghast over erratic power cuts, acute electricity shortage during winters, irrational and exorbitant tariffs and the adoption of means and measures by the department which are antithetical to the climatology and the economy of the place we live in. Fixing this imbroglio calls for an analysis and evaluation of both the ends of the Producer-Consumer chain and spotlighting the flaws and malpractices on part of each to escape the recursive cycle of energy vacuums.

The recent drive of smart-meter installation was supplemented by the revision of tariffs, hiking both the fixed and variable charges. The public resentment against both the moves was contained by the age old slogan of “Electricity round the clock”, but what was seen was effectively the worst form of energy curtailment and the valley was literally plunged into darkness for the entire winter span – the period when energy requirements peak up and electricity becomes indispensable for survival. These moves, irrespective of their legitimacy and rationale, have come as back-burden to the masses and a welfare state like ours ought to have shouldered the burden of its citizens, instead of causing a spike therein. It has been emphatically said in the report accompanying tariff hikes that the tariff still remains lower than neighbouring states like Haryana, Punjab and others. This is a doubly fallible line of reasoning for the fact that the economic profile of these states is better than that of the Kashmir and the electricity available therein usually comes from thermal plants, which incur heavy running costs, in opposition to the hydroelectric power predominant in Kashmir with no running cost.

A document prepared by the high power committee and released by the then government of Jammu and Kashmir revealed in 2016 that the



transmission and distribution losses amounted to the gargantuan 55% of the production. This is crudely analogous to purchasing 100 eggs from the market and spoiling 55 on the way – wasting more than half of the resources in the transit. This requires the immediate structural up gradation of the existing T&D networks not only to minimise losses they presently incur, but to also make them future proof and improve their energy transmission capability. The aforesaid has majorly analysed the production-end-dynamics of the electricity route and it only represents half the picture. Once the distribution networks deliver electricity at the consumer terminals a more diverse and nuanced mechanism pops up and the multidimensional components of the consumption matrix call for the corrective measures of diverse forms. It must be understood that our sense of energy consumption is pathetically backward and ill formed by all means and measures. Recall the energy consumption pattern – leaving the water boiling for hours, the pressing iron plugged without reason and rhyme, the bulbs switched on during the broad daylight and a host of other malpractices which have now become a norm for us, but which are in fact regressive and ill founded.

This is compounded by the malice of pilferage and electricity theft. Despite all the measures taken by the department in terms of constituting inspection squads, levying fines on those found guilty, this habit of pilferage isn't going away and is a major obstacle towards the realisation of efficient energy deliverance. Another computing nuisance posed by the consumers for the department is that the consumers consume much more than the agreement made with the department – this not only creates temporary spikes in the load but also drastically impacts the load forecasting. What we have tried is an attempt at presenting the scenario of electricity and the factors which lead to its scarcity and the wastage. In an attempt to create a better energy scenario, both the department and the consumers need to work on the respective areas delineated above. That may help us towards energy security and sustainability.

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

The author is a Srinagar based columnist

Beyond The ‘Fastest-Growing Economy’ Tag

While the economic growth CAGR of 3.1% over the 2019 level is impressive for India, the fact is that the growth rate needs to be a lot higher to generate the jobs needed.

Madan Sabnavis

The epithet of ‘fastest-growing economy’ for India has been a confidence-booster, especially since the world economy is poised for a major slowdown in 2023, according to the International Monetary Fund (IMF). While the IMF forecasts 5.9% growth for India in FY2023 against RBI's 6.5%, the number is still very impressive. Without going into the intrinsic quality of the growth rate of 7% or it's thereabouts for 2022, it would be interesting to compare growth rates with other countries.

Based on IMF data, what strikes us is that there are some smaller economies that are part of the group of emerging economies which also registered fairly impressive growth rates in 2022. Ireland, for example, is the fastest-growing country with 12% recorded for the year. It would not have been significant but for the fact that it was part of the infamous PIGS group which was responsible for the euro crisis in the early part of last decade. In fact, growth was very impressive even during 2020, the Covid year, at 6.2%. Quite clearly, being small has its advantages.

The other three countries that are much smaller in size than India and had impressive growth rates in 2022 were Philippines (7.6%), Malaysia (8.7%) and Bangladesh (7.1%). A comparison with these nations may not be proper but should be recognised.

Single-year comparisons can always be misleading as base effects play a major role. Such distortions began in 2020, when Covid ensured lockdowns of various magnitudes across several na-



tions. This was the time when negative growth was the norm in most economies as economic activity had halted for a period of 2-4 months depending on the intensity of the disease there. It was coincidental that no country had an alternative solution to a lockdown, and this caused GDP to fall.

Not surprisingly, as countries started to come out from the lockdowns, there was a tendency for the growth rates to get pushed up due to the negative base effect. Therefore, positive effects were felt across the board in 2021 and, further, in 2022. This added impetus to these smaller nations in 2022.

In 2020, negative growth was the norm. Turkey, Taiwan, Bangladesh, China and Ireland were the only nations not to witness a fall in GDP as growth rates were positive. The UK witnessed a 11% de-growth as did Spain (11.3%). This helped bring about buoy-

ant growth in 2021 (7.6% and 5.5%, respectively) as well as 2022. Growth in the UK was 4% and 5.5% in Spain in 2022. But the UK will draw little comfort from the same as it is expected to register negative growth in 2023 once again.

Argentina witnessed 9.9% de-growth in 2020 and 10.4% and 5.2% in 2021 and 2022, respectively. Even in the case of US, growth fell by 2.8% in 2020 but recovered to 5.9% in 2021 before moderating to 2.1% in 2022. Therefore, the important conclusion is that growth rates over 2021 have a base effect—this has propped up growth numbers across countries.

How does then one look at growth rates, given that base effects distort numbers in both directions? One way is to look at growth over a neutral year, say 2019. By calculating a compound growth rate for these nations a better picture emerges on the recovery pro-



The other three countries that are much smaller in size than India and had impressive growth rates in 2022 were Philippines (7.6%), Malaysia (8.7%) and Bangladesh (7.1%). A comparison with these nations may not be proper but should be recognised.

cess. Here the results are interesting as the growth now pertains to average annual for a period of three years.

Ireland continues to be the best performer with 10.5% CAGR growth. This is followed by Turkey with 6.2%, Bangladesh 5.8%, Taiwan 4.1%, China 4.5% and India 3.1% (this will be slightly higher if 2022 is taken at 7% instead of 6.8% as per IMF). The Indian performance is still very impressive, given, other than China, the countries in the pool are much smaller to warrant comparison.

India would rank third in terms of size going by PPP, with China being the

largest. Turkey would be around 29% of India's GDP and is the largest among the other nations which have witnessed higher growth rates. Taiwan is around 12% the size of India, Bangladesh 10% and Philippines 6%. Intuitively, it may be seen that with a smaller size of GDP it is easier to post higher growth rates, which is what has happened for the smaller nations.

While a 3.1% CAGR for economic growth for three years is creditable, it will still take some time for India to clock the 8% growth rate that it requires on a sustained basis to create more jobs and ensure that poverty is under check. Job creation is important, given, the debated on whether poverty has come down or not notwithstanding, the fact that the government gave ‘free food’ under the Pradhan Mantri Garib Kalyan Yojana till March 2023 to over 800 million indicates that the number of needy requiring support from the government is high. This can only be addressed by creating more jobs.

Hence, while the epithet of fastest-growing economy should be inspirational, there is still a lot of work to be done and should not lead to complacency. Growth of 6-6.5% in FY24 is achievable but will only be improving, albeit marginally, the status quo.

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

Myth Of Two Nation Theory

Pakistan: Origins, Identity and Future

Pervez Hoodbhoy's latest book makes a compelling claim that the ideological foundations of the Pakistani state have to be rewired and the two-nation theory must be replaced with a more inclusive brand of nationalism.

Saad Hafiz

Dr. Pervez Hoodbhoy is a prominent nuclear scientist, well-known author, columnist, and human rights activist. In his latest volume, he presents robust and provocative arguments in what can only be described as a daring, and must-read book. He sets the stage in his introduction by asking striking questions: was the partition of India worth the price in Muslim blood? What is the ideology of Pakistan, and why does it matter? Why couldn't Pakistan become an Islamic state? Why is Pakistan a praetorian state? Just what are Pakistanis, and how do they self-identify?

In August 1947, the British colonial administration presided over the hasty division of the Indian subcontinent into two independent nation-states: Hindu-majority India and Muslim-majority Pakistan. Religious communities that had coexisted for almost a millennium were torn asunder during the madness of the partition. It forced millions of Muslims to move to West and East Pakistan, while millions of Hindus and Sikhs headed for India.

“The myth of the two-nation theory emerged towards the tail end of the British Raj and had both Muslim and Hindu versions. With enormous explosive power, these myths fueled political movements that ultimately led to new political boundaries and reconfiguring the Indian subcontinent.”

Hundreds of thousands did not survive the communal massacres, arson, forced conversions, mass abductions, and savage sexual violence. The weight of this tragic history, hatred, and self-interest still bedevils relations between India and Pakistan. And minorities still live in fear of the majority in India and Pakistan.

Hoodbhoy emphatically rejects the idea that India had separate Muslim and Hindu nations in the distant past. He says there were zero

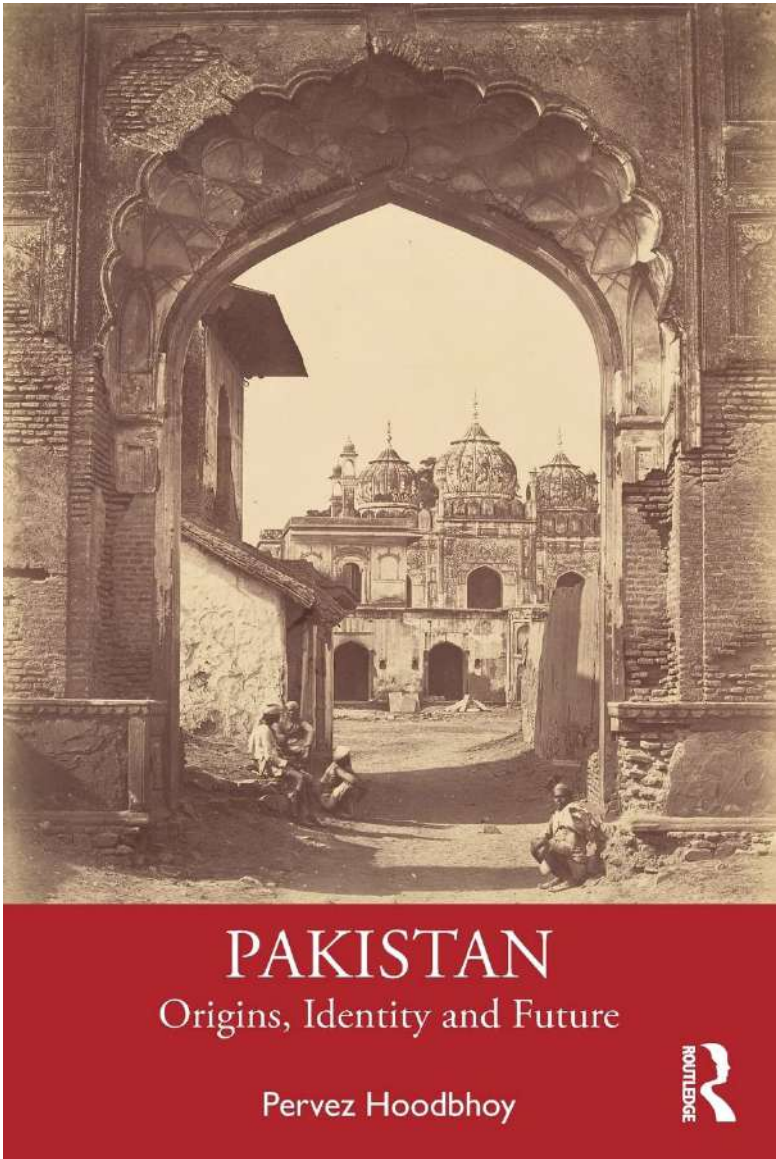
nations. But, after the colonial conquest, India lost its diversity in just a couple of centuries. The basis for the partition that Hindus and Muslims are separate nations has remained contentious. The fact that most Muslims did not cross over to Pakistan in 1947 and represent around 15% of India today defies the argument of a deep civilizational divide, or that Muslims were inherently incompatible with India as a motherland.

The author argues that contrary to official history, the case for the division of India, based on the flawed premise that Hindu and Muslim were separate nations, known as the two-nation theory, was hugely speeded up by the British colonialists and the political and religious leaders of the period to serve their narrow interests. He suggests that just religion is not a sufficient reason for the existence of Pakistan and that there is more to a nation than just religion. He argues that seventy-five years later, if Pakistan is to survive and prosper, the two-nation theory will have to be abandoned in favor of a more inclusive identity.

Hoodbhoy states: “The myth of the two-nation theory emerged towards the tail end of the British Raj and had both Muslim and Hindu versions. With enormous explosive power, these myths fueled political movements that ultimately led to new political boundaries and reconfiguring the Indian subcontinent.” The invention of rival Muslim and Hindu variants of the two-nation theory served diametrically opposite purposes: one was to split India, and the other was to impose Hindu hegemony on a united India.

Undoubtedly, the defining of ‘communities’ based on Muslim and Hindu religious identity and attached political representation quickly unraveled India’s deeply intermixed and profoundly syncretic culture. The polarization of Hindus and Muslims and the growth of competing nationalisms led to the belief of many on both sides that adherents of the two religions couldn’t live together peacefully. Yet, the events of 1971, which led to the creation of Bangladesh, suggest that ethnicity, language, and geography are more solid attributes of a sense of nationhood than religion.

The book dissects the pivotal role of the founders of Pakistan – educationist Syed Ahmed Khan, poet Muhammad Iqbal, and Muslim League leader Muhammad Ali Jinnah – in conceptualizing and propagating the two-nation theory. It offers the opposing view of noted skeptics of the Pakistan movement and the partition of India – pan-Islamist Abul A’la Maududi and Congress politicians Abul Kalam Azad and Abdul



BOOK REVIEW: Pakistan: Origins, Identity and Future
Author- Pervez Hoodbhoy
Publisher- Routledge (London, New York), 2023
Pages- 476

Ghaffar Khan.

Hoodbhoy makes a convincing case that Iqbal and Maududi, who was a late convert to the Pakistan cause, have left a more lasting influence on Pakistan when compared to Syed and Jinnah because the country veered towards religious fundamentalism amid brief periods of modernization. Mohandas Gandhi and Jawaharlal Nehru have met a similar fate in India as Sardar Patel and Damodar Savarkar found favor with Hindu nationalists.

One question crosses the book; what is Pakistan? How can one make sense of its identity, its reality, and its future? It discusses the official history of Pakistan that revolves around the Indus Valley Civilization,

the Arab invasion of Sind under Muhammad bin Qasim, and the Delhi Sultanate. It is a non-Hindu version of history that ignores pluralism and cultural assimilation built over centuries of co-existence. And imagination, invention, and fable bind the past, present, and future to construct a purified Muslim identity.

Hoodbhoy discusses why, despite persistent clamors, Pakistan couldn't become an Islamic State. The Qur'an or the Hadith do not specify an Islamic state, nor are there examples of Islamic states in history. Jinnah made vague statements that Pakistan wouldn't be a theocracy, and that the Qur'an and the Prophet's life were the primary sources of guidance for Pakistan's future.

The Objectives Resolution adopted in 1949 by all religious and secular groups saw the future constitution as one modeled on European constitutions following Islamic guidelines. Pakistan incorporated Islamic clauses in the 1956 and 1973 constitutions, but the constitutions “did not give any special privilege or exclusive power to the Ulema (religious scholars).”

Like Jinnah, who kept the idea of Pakistan ambiguous to attract a mass following, the tiny military-civilian elite that controls Pakistan does not want to alarm its external Western and Arab patrons with talk of an Islamic state to ensure the flow of aid. The populace, with little stake in the system, has consistently rejected Islamic parties at the polls. It is more interested in economic survival than living under an Iranian style revolutionary government or

client state of external powers instead of trusting the strength of its people and self-governing democracy.

Spineless politicians, a subservient judiciary, and an iron fisted civil service made military control and intervention easier. The military has developed like an octopus, with its tentacles firmly embedded in politics, economy, and society. It zealously guards Pakistan's ideology crafted around the ideas that Pakistan and Islam are in danger and that extreme centralization of power, militarization, and elimination of dissent can only contain this danger. Yet, the national security state has failed to remove national insecurities. In fact, the cost of maintaining the security state has pushed Pakistan dangerously close to the precipice of economic disaster.

Hoodbhoy admits that the future

LIKE JINNAH, WHO KEPT THE IDEA OF PAKISTAN AMBIGUOUS TO ATTRACT A MASS FOLLOWING, THE TINY MILITARY-CIVILIAN ELITE THAT CONTROLS PAKISTAN does not want to alarm its external Western and Arab patrons with talk of an Islamic state to ensure the flow of aid. The populace, with little stake in the system, has consistently rejected Islamic parties at the polls. It is more interested in economic survival than living under an Iranian style revolutionary government or Taliban-type regime.

Taliban-type regime.

Pakistan is in a state of confusion and unsure of itself. Created as a self-professed Muslim state, it rejected theocracy; it did not fully embrace political Islam. It flirted with democracy and Western constitutionalism, remained prone to military dictatorships, and seems resigned to a hybrid-democratic model, where the military calls the shots looking over pliant civilian governments.

The author discusses why Pakistan is a praetorian state. It is an intriguing question because there is no record in the narrative of the Pakistan movement to confirm that the founders of Pakistan created the country for its armed forces. Yet, very early on, Pakistan developed a fortress mentality and the uncompromising attitudes of a military state. It became introspective and defensive, tending to protectionism and determined to maintain a large military despite the prohibitive costs of doing so. So afraid of the erosion of national sovereignty, it became a

of Pakistan is the shortest chapter in the book. The incoherent national ideology, the parasitic military-civil-feudal elite, the rampaging Mullah, enforced religious homogeneity, and dogmatic thinking are the primary obstacles to building a modern state. Pakistan needs justice, fairness, and equal representation of all its citizens to progress. Hoodbhoy suggests replacing the failed two-nation theory with a Single Nation theory, keeping religion out of politics, and embracing science and technology. This would be a very tall order indeed.

In conclusion, the book makes a unique scholarly contribution to South Asia and Pakistan studies. It is a well-argued book – contesting the standard Pakistani social science texts. Whether one agrees with it or not, the reader will find it worth the while.

Saad Hafiz is an analyst and commentator. He can be reached at shgcci@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 wa’ced, 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 ﷺ.

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-enchantment with the world. When we engage in a careful witnessing and paying attention to the little things, beyond the dhahir (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 Hağ & Ha • & kha ç 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 ﷺ 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 Sondas, 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 Sondas 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 install dhikr to fit anywhere in our lives and it is always worth it.

- Amaliah

Sporadic violence reported in Manipur; 13,000 rescued as more forces arrive

Agenceis

Imphal: The Imphal Valley in Manipur which remained peaceful for most of Friday witnessed sporadic clashes later in the day as more security forces were rushed in from other states by road and air to calm down a state which had witnessed bloody ethnic rioting over the last 48 hours.

A Defence spokesperson said a total of 13,000 people were rescued and shifted to safe shelters, some in army camps as the army brought Churachandpur, Moreh, Kakching and Kangpokpi districts under its "firm control".

Intermittent gunfights between militant groups and security forces were also reported in the morning hours from various hill districts surrounding the valley, but a wary peace seems to be reigning there since.

"In the past 12 hours, Imphal East and West districts witnessed sporadic incidents of arson and attempts by inimical elements to establish

blockades. However, the situation was controlled by a firm and synergised response," the Defence official said on Friday night.

Details of the incidents, however, were not available.

The exchanges of fire between militant groups, who have involved themselves in the ethnic clashes in the state, and security forces were reported at Kangvai in Churachandpur district, western hill range of Phougakchao in adjoining Bishnupur district and Dolaithabi and Pukhao in Imphal East district, a senior police officer said.

However, it was not immediately known whether there was any casualty on either side.

"Prompt response by Security Forces led to rescuing of civilians of all communities from various minority pockets of areas affected by violence. As a result, Churachandpur, Kangpokpi, Moreh and Kakching are now under firm control with no major violence reported since yesterday night," the

PRO said.

Nearly 10,000 soldiers from the Army and the Assam Rifles have been deployed in the state which was rocked by clashes since Wednesday between the Meitei community, which mainly live in Imphal Valley, and Naga and Kuki tribals who are inhabitants of the hill districts.

"Total of approximately 13,000 civilians have been rescued and are currently staying in various ad-hoc boarding facilities specifically created for the purpose within Company Operating Bases & Military Garrisons," the defence official said.

Union Home Minister Amit Shah reviewed the situation in Manipur with Chief Minister N Biren Singh and top officials, even as the Centre dispatched additional security forces and anti-riot vehicles to maintain peace there.

Around 1,000 more central paramilitary personnel with anti-riot vehicles reached Manipur on Friday, sources said.

At least five Deputy Inspector General (DIG) rank officers and seven senior superintendents of police (SSP) and SP rank officers of the CRPF have been tasked to coordinate the deployment of various security forces in violence-hit Manipur, official sources said in New Delhi.

Multiple sources said the fighting between communities had left several scores of people dead and nearly a hundred injured. However, the police were unwilling to confirm this.

Trains to Manipur have been cancelled with immediate effect on Friday due to the prevailing in the state, a Northeast Frontier Railway (NFR) spokesperson said.

The Defence PRO, in a statement, earlier said, "The Indian Air Force (IAF) undertook continuous sorties from two airfields in Assam employing C17 Globemaster and AN 32 aircraft."

"Induction commenced on the night of May 4 and additional columns commenced domination with effect from

the wee hours of May 5. Domination & evacuation of civilians of all communities from affected areas continued throughout the night. Flag march in Churachandpur and other sensitive areas are underway," it added.

Violence first erupted in Torbung area in Churachandpur district during the 'Tribal Solidarity March' organised by the All Tribal Student Union Manipur (ATSUM) on Wednesday to protest the demand of Meiteis for Scheduled Tribe (ST) status.

The march was organised by tribals -- including Nagas and Kukis -- after the Manipur High Court asked the state government last month to send a recommendation to the Centre within four weeks on the demand for ST status by the Meitei community.

During the march in Torbung, an armed mob allegedly attacked people of the Meitei community, leading to retaliatory attacks in the valley districts, which escalated the violence throughout the state, police said.

Meiteis account for about 53 per cent of the population and live mostly in the Imphal Valley. Tribals, who include Nagas and Kukis, account for another 40 per cent of the population and live mostly in the hill districts which surround the Valley.

Two shopping malls in New Checkon and Chingmeirong areas of Imphal city were vandalised and torched by an angry mob on Thursday evening.

People were not seen gathering in large numbers or venturing out of their houses in Imphal and other areas on Thursday night as patrolling was intensified on the streets, he said.

A tribal MLA, Vunzagin Valte, of Thanlon constituency was critically injured and was undergoing treatment at a hospital after he was assaulted by a mob on Thursday, the officer said.

The violence between the majority Meiteis and tribals over the demand of the former for ST status has displaced over 13,000 people from both communities.

CONTD. FROM FRONT PAGE

5 Soldiers Killed

Kandi - Khadyoon village road, falling under Kandi Police Station, around 35 kilometers far from district headquarters Rajouri. These reports quoting police said that during the CASO, teams established contact with terrorists ensuring a heavy exchange of fire.

"Five army personnel from elite Para Special Force got killed while one Major ranked officer is injured and under treatment at Command Hospital Udhampur," an army officer confirmed, adding, "Two paratroopers suffered fatal casualties after terrorists triggered an explosive device in retaliation, while three succumbed to injuries later during treatment".

The People's Anti-Fascist Front (PAFF), a shadow organisation of the Jaish-e-Mohammed outfit, has claimed responsibility for Friday's attack.

Before Friday's attack, the twin border districts of Poonch and Rajouri have witnessed seven major militancy incidents since October 2021 in which 29 people, including 22 Army personnel, have been killed.

As the operation was underway, mobile internet facilities in the Rajouri area were suspended.

According to a statement from the Army's Northern Command in the morning, its personnel have been conducting "relentless intelligence-based operations to flush out a group of militants involved in an ambush on an Army truck in the Tota Gali area of Bhata Dhurian in Jammu region last month".

"On specific information about the presence of terrorists in the Kandi Forest in the Rajouri Sector, a joint operation was launched on May 3. Around 7.30 am on Friday, a search team established contact with a group of terrorists well entrenched in a cave. The area is thickly vegetated with rocky and steep cliffs.

Officials said additional troops of the Central Reserve Police Force (CRPF) and the Army were inducted into the area to put it in tight cordon so that militants do not escape from the spot.

The forces deployed drones and sniffer dogs and troops hit a cave hideout with heavy fire of mortars and grenades, they said.

"The terrorists triggered an explosive device in retaliation," it said.

In the morning, two Army men belonging to the Special Forces were killed and four, including the major, injured during the operation in Rajouri sector. Later in the day, three died in a hospital in Udhampur.

"There is a likelihood of casualties in the terrorist group and the operation is in progress," it said.

The slain soldiers were lance naik Ruchin Singh Rawat from Gairsain in Uttarakhand, paratrooper Siddhant Chhetri from Darjeeling in West Bengal, naik Arvind Kumar from Kangra district in Himachal Pradesh, havildar Neelam Singh from Jammu and paratrooper Pramod Negi from Sirmara in Himachal Pradesh.

Additional Director General of Police (ADGP) Mukesh Singh rushed to the spot and reviewed the security setup, they said.

The security forces have been engaged in a massive combing operation for the past 15 days in the twin border districts of Rajouri and Poonch districts. The operations started after the attack on Army vehicle in Bhata Dhurian in which five soldiers were killed and another was injured on April 20.

More than 250 people were detained for questioning during combing operations. Six overground workers who extended full support to militants were arrested, they said.

The militants have adopted a twin strategy of engaging troops or attacking people and then laying improvised explosive devices to trigger blast to target security forces.

This also happened in Dhangri village in Rajouri where militants killed seven civilians in twin attacks on January 1 this year.

Militants carried out an attack on 11 October 2021 in Surankote, killing five soldiers, followed by the killing of three soldiers and two jawans in Dera ki Gali on October 13 and 15.

Two jawans were killed in an IED blast in Kalal in Rajouri in October 30.

On August 11 last year, five soldiers were killed in a fidayeen attack on a military camp in Rajouri.

In the last one-and-a-half years, Poonch and Rajouri districts in Jammu and Kashmir have witnessed more killings of Army personnel than the militancy-hit Kashmir Valley, officials said. Inputs from PTI

LG Monitoring

said Friday. Sinha, he said, is in touch with the top officials of Army and Jammu Kashmir Police.

The LG also extended his deepest condolences to the families of the slain army personnel.

"I convey my heartfelt condolences to the families of the brave army personnel martyred in a joint operation against terrorists. We are firmly resolved to combat and defeat the terrorist menace, which is sponsored from across the border," Sinha said.

Parties Express

where an operation is underway to flush out militants.

National Conference vice president Omar Abdullah said terrorism deserves "unreserved condemnation".

"Tragic news from Rajouri where 5 army personnel have laid down their lives in the line of duty. Terror is a scourge that has blighted numerous lives over the decades in J&K & deserves unreserved condemnation. I send my sincere condolences to the families of those we lost today," the former chief minister said on Twitter.

Peoples Democratic Party president Mehbooba Mufti termed the loss of lives in the blast "terrible".

"Terrible news coming in. My deepest condolences to the families of those who died in the line of duty," she said in a tweet.

Apni Party chief Altaf Bukhari said the sacrifice of the soldiers for the safety of the nation will never be forgotten.

"Deeply saddened by the tragic news from Rajouri. My thoughts are with the families of the brave soldiers who lost their lives in the ongoing encounter. Their sacrifice for the safety of our nation will never be forgotten," he tweeted.

According to a statement from the Army's Northern Command, its personnel have been conducting "relentless intelligence-based operations to flush out a group of terrorists involved in an ambush on an Army truck in the Tota Gali area of Bhata Dhurian in Jammu region last month".

Mobile internet facilities in Rajouri have been suspended.

Army Commander

to the Rajouri sector to review the operational preparedness of troops after the April 20 militant attack in which five soldiers were killed in Bhata Dhurian in Poonch.

Earlier, Lt Gen Dwivedi had visited Rajouri on April 26 and the attack site at Bhata Dhurian on April 22.

Apart from reviewing operational preparedness on Thursday, he reviewed the security situation and commended the troops for their sustained efforts in dominating the area, they said.

The search operation to track down militants responsible for killings has been going on for the past 15th day.

More than 230 people were picked up for questioning in connection with the militant attack with most of them being let off, they said.

A six-person module has been busted which gave full support to militants involved in the killings of five jawans, the officials said, adding they have been arrested.

Wake Up & Smell

of Pakistan Occupied Kashmir."

On a question on abrogation of Article 370, EAM Dr S Jaishankar replied, "Wake up and smell the coffee. 370 is history. The sooner people realise it, the better it is."

The external affairs minister said Bhutto Zardari came to India as foreign minister of an SCO member state and it is part of multilateral diplomacy. "Do not see it as anything more than that," he added.

On the so-called China-Pakistan Economic Corridor, Jaishankar said it was made very clear that connectivity is good for progress, but it cannot violate the territorial integrity and sovereignty of states.

He said as a foreign minister of an SCO member state, Bhutto Zardari was treated accordingly.

India, Pak Trade

(SCO) here, Jaishankar said the channel of finances for terror activities must be blocked without any distinction even as Bhutto Zardari raised the issue of "violation of international law" which was seen as an apparent reference to Kashmir.

The SCO norms do not allow raking up bilateral issues and the two foreign ministers did not name any country and made the comments indirectly.

Chairing the conclave, Jaishankar said taking the "eyes off terrorism" would be detrimental to the security interests of the grouping and that when the world was engaged in facing the Covid-19 pandemic and its consequences, the menace of terrorism continued unabated, in another veiled reference to Pakistan.

"We must not allow anybody -- individual or State -- to hide behind non-State actors," Jaishankar said in the presence of Bhutto Zardari and his counterparts from China, Russia, Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan.

"Taking our eyes off the menace would be detrimental to our security interests. We firmly believe that there can be no justification for terrorism and it must be stopped in all its forms and manifestations including cross-border terrorism," he added.

In his address, the Pakistan foreign minister talked about the need for ensuring respect for universally recognised principles and said, "unilateral and illegal measures by States in violation of international law and Security Council resolutions run counter to the SCO objectives."

"We need to be unambiguous in keeping our commitments and charting out a new future for our people. One that is not based on conflict preservation but on conflict resolution," he said.

Though Bilawal Zardari did not make any specific references or elaborated on the context, his remarks were largely seen as an indirect reference to India's policy on Kashmir.

The ties between India and Pakistan came under severe strain after India announced withdrawing special powers of Jammu and Kashmir and bifurcation of the state into two union territories in August 2019.

While expressing Pakistan's commitment to fighting terrorism, Bhutto Zardari also appeared to take a swipe at India as he called for not getting caught up in "weaponising terrorism for diplomatic point scoring".

"We must stop conflating non-state actors with state actors," he noted.

The Pakistan foreign minister also pitched for collective security and said it was a joint responsibility of the member nations.

"Terrorism continues to threaten global security. Let's not get caught up in weaponizing terrorism for diplomatic point scoring," he said.

The Pakistan foreign minister also remembered his mother and former Prime Minister Benazir Bhutto's assassination at the hands of terrorists.

"When I speak on this topic, I do so not only as the Foreign Minister of Pakistan whose people have suffered the most in terms of number of attacks and number of casualties. I also speak as the son whose mother was assassinated at the hands of terrorists," Bhutto Zardari said.

"I feel the pain of this loss, empathize with victims across the world in a way most can't. I and my country are firmly committed to being part of regional and global efforts for eradicating this menace. This requires not only a comprehensive approach but also a collective approach," he added.

"It requires that we let this challenge unite us to fight it rather than divide us to become its victim. Our success requires us to isolate this issue from geo-political partisanship," he said.

Bilawal Zardari also made a special mention of China for its role in bridging differences between Saudi Arabia and Iran.

"I want to make a special mention of the commendable role China has recently played in bridging differences between Saudi Arabia and Iran-- two countries that are also associated with the SCO. When great powers play the role of peacemaker, we can unlock the potential of peace while paving the way for greater cooperation, regional integration and economic opportunities for our peoples," he said.

In his address, Jaishankar noted that current crises facing the world have exposed a credibility and trust deficit in the ability of global institutions to manage challenges in a timely and efficient manner," he noted.

"These challenges, however, are also an opportunity for Member States of the SCO to collaborate and address them collectively. With more than 40% of the world's population within the SCO, our collective decisions will surely have a global impact," Jaishankar said.

Bilawal Zardari landed in Goa on Thursday, becoming the first Pakistani foreign minister to visit India in almost 12 years.

In 2011, Pakistan's then foreign minister Hina

Rabbani Khar visited India and held talks with her counterpart SM Krishna.

India hosted the SCO foreign ministers' conclave in its capacity as the current chair of the grouping.

The SCO is an influential economic and security bloc and has emerged as one of the largest transregional international organisations.

The SCO was founded at a summit in Shanghai in 2001 by the presidents of Russia, China, the Kyrgyz Republic, Kazakhstan, Tajikistan and Uzbekistan.

India and Pakistan became its permanent members in 2017.

India was made an observer at the SCO in 2005 and has generally participated in the ministerial-level meetings of the grouping, which focus mainly on security and economic cooperation in the Eurasian region.

India has shown a keen interest in deepening its security-related cooperation with the SCO and its Regional Anti-Terrorism Structure (RATS), which specifically deals with issues relating to security and defence.

J&K Bank Earns

Kashmir Bank has recorded Rs 1,197 crore as net profit for FY 2022-23 which is the highest ever annual profit," a bank spokesperson said.

"The bank's gross and net NPA as percentages to gross and net advances improved considerably to 6.04 per cent and 1.62 per cent respectively, compared to 8.67 per cent and 2.49 per cent recorded last year."

The growth of advances outpaced the increase in deposits.

While advances grew by 17 per cent to 82,285 crore, deposits increased by around 6 per cent to Rs 1,22,038 crore.

"It is a great feeling to deliver better-than-promised annual numbers. Looking back to March 2022 with these set of numbers, I see an unmistakable shift in performance, as well as the functioning of the bank," Managing Director and CEO Baldev Prakash said.

He said after revamping the business strategy to reduce concentration risk, the loan book in return on investment has grown by more than 20 percent during 2022-23.

"While making our balance sheet stronger on a daily basis, we have now entered into a progressive phase wherein business growth coupled with process excellence is all set to yield better returns to all stakeholders of the bank," Prakash added.

West-Pak Refugees

We used to get angry. We are Hindustani, India is our country. We are Hindus. We thank Sinha sahib from the core of our heart," he added.

In a major decision, LG Sinha announced on May 1 that the administration will grant ownership rights to the refugees for land allotted to them on their migration to India from Pakistan in 1947.

Some of the refugees said Articles 370 and 35A had denied political rights and other benefits to them and hindered their prosperity and upward mobility. Abrogation of these special provisions made them citizens of India, they added.

Soom Lal Saini, 70, whose family came from Beri Pind in Pakistan in 1947, said he had been living with 11 members of his family in a one-room house for several years. He said they sustained their lives by working as labourers for generations.

"It is the biggest gift of my life. Now I will get ownership of the house. It will restore our dignity," Saini said, adding it corrected a historic wrong.

"We are very happy that the LG sahib gave us the rights. We thank him, it is a matter of happiness," he said, adding that now his children will get government jobs too.

Rani Devi too thanked LG Sinha for "thinking about our children".

"Neither we have our own place to live nor any land for farming. It was an insult to us. Our children could not get jobs. But he (LG) has done so much to help us. We are happy now," she added.

After these refugees came to India in 1947, they were given voting rights.

But Article 370 barred them from applying for government jobs, owning lands, avail scholarships and get admission to colleges. The abrogation of the article on August 5, 2019, paved the way for them to get the domicile status. And now, they will get land ownership rights.

"As per official records, 5,764 families who migrated from Pakistan to the border areas of Jammu having lands of 46,666 kanals with them. But today families have extended and as per our records there are 21,160 families in

the community now. Grant of ownership of land and houses should be given as per our figure," West Pakistan Refugee Action Committee President Labha Ram Gandhi said.

"May 1, when the LG came to Chakroi to announce this decision, was a red-letter day for all of us. There is no end to our happiness. We thank him from the bottom of our hearts. First foremost we should thank the central government, particularly the prime minister and the home minister," he said.

Some refugees said they were behind others in terms of development and education but the decision by the Jammu and Kashmir administration will give our children a "new future".

Covid-19 No Longer

from the UN agency's emergency committee, which met on Thursday for the 15th time.

"I have accepted that advice. It is therefore with great hope that I declare Covid-19 over as a global health emergency," he said.

He, however, cautioned that by declaring that Covid-19 is no longer a global health emergency does not mean that the pandemic is over as a global health threat.

Last week, Covid-19 claimed a life every three minutes and that's just the deaths we know about," Ghebreyesus said.

The International Health Regulations (2005) (IHR) Emergency Committee members highlighted the decreasing trend in Covid-19 deaths, the decline in Covid-19-related hospitalisations and intensive care unit admissions, and the high levels of population immunity to SARS-CoV-2.

The Committee's position has been evolving over the last several months.

"While acknowledging the remaining uncertainties posted by potential evolution of SARS-CoV-2, they advised that it is time to transition to long-term management of the Covid-19 pandemic," WHO said.

It said that its Director-General concurs with the advice offered by the Committee regarding the ongoing Covid-19 pandemic.

He determines that Covid-19 is now an established and ongoing health issue which no longer constitutes a public health emergency of international concern (PHEIC).

The WHO first gave Covid-19 its highest level of alert on January 30, 2020, and its panel has continued to apply the label at meetings held every three months.

The head of the WHO said at least seven million people died in the pandemic before adding that the true figure was "likely" closer to 20 million deaths - nearly three times the official estimate.

"The worst thing any country can do now is to use this news as a reason to let down its guard, to dismantle the systems it has built, or to send the message to its people that Covid-19 is nothing to worry about," he said.

Covid-19 first emerged in central China's Wuhan city in 2019 and spiralled into a pandemic.

While at the time, outside China there were fewer than 100 reported cases, and no reported deaths, in the three years since then, "COVID-19 has turned our world upside down," the WHO chief said.

He said Covid-19 has been so much more than a health crisis and has caused severe economic upheaval, erasing trillions from GDP, disrupting travel and trade, shutting businesses, and plunging millions into poverty.

It has caused severe social upheaval, with borders closed, movement restricted, schools shut and millions of people experiencing loneliness, isolation, anxiety and depression, he said.

Covid-19 has exposed and exacerbated political fault lines, within and between nations. It has eroded trust between people, governments and institutions, fuelled by a torrent of mis- and disinformation, he said.

"And it has laid bare the searing inequalities of our world, with the poorest and most vulnerable communities the hardest hit, and the last to receive access to vaccines and other tools," he added.

The Covid-19 Weekly Epidemiological Update issued by WHO on Thursday said that as of April 30, 2023, over 765 million confirmed Covid-19 cases and over 6.9 million deaths have been reported globally.

Globally, nearly 2.8 million new cases and over 17,000 deaths were reported between April 3 and 30, a decrease of 17 per cent and 30 per cent, respectively, compared to the previous 28 days.

The picture is mixed at the regional level, with increases in reported cases and deaths seen in the South-East Asia, Eastern Mediterranean, and Western Pacific regions, and decreases in other regions, it said.

Darakhshan, LG Discuss Religious Tourism



Observer News Service

SRINAGAR: J&K Waqf Board Chairperson Dr Darakhshan Andrabi on Friday discussed ideas to boost the religious tourism in Jammu and Kashmir with the Union Territory Lieutenant Governor Manoj Sinha.

Andrabi discussed with the LG the developmental works & reformative measures taken by the Board, particularly in education sector and to boost the religious tourism through coordinated projects of Waqf Board, Tourism & other departments, in a meeting here at Raj Bhawan on Friday, an official spokesperson said.

Andrabi, he said also apprised the Lt Governor on various issues of public importance.

"The Lt Governor assured Dr Andrabi of all possible support of the government departments in the future endeavours of the Waqf Board," the spokesperson added.

He further said that a delegation of All Minority Employees Association, Kashmir headed by its President Sanjay Koul

also called on LG and projected various issues of employees of minority community under PMDP and other employment schemes, who are working in Kashmir division.

The members of the delegation also expressed gratitude to the Lt Governor led UT administration for promptly resolving many of the issues of the minority community employees.

The Lt Governor assured the delegation of appropriate redressal of the genuine issues and demands projected during the interaction.

Meanwhile, Baba Chanchal Singh, Vice President BJP Kisan Morcha also called on LG Manoj Sinha at Raj Bhawan on Friday.

Baba Chanchal accompanied by Ajit Singh Jammwal, BJP Executive member and Gagan Gupta, Social activist, discussed with the Lt Governor several matters including local developmental issues, promotion of religious tourism and sports activities in the region, among other issues.

The Lt Governor assured appropriate action on the issues raised by the delegation.

DC Anantnag Interacts With Media Fraternity

Says Media Acts As A Bridge Between Administration, Public

Observer News Service

ANANTNAG: DC Anantnag S.F. Hamid conducted an interactive session with the media fraternity, which was attended by DIO Anantnag and all the representatives from electronic, print, and social media in South Kashmir.

During the session, the Deputy Commissioner emphasized the pivotal role of the media as the fourth pillar of democracy. He highlighted how the media shapes and mobilizes opinions and ideas, acting as a bridge between the administration and the public.

The DC appreciated the role of journalists in various social security schemes, including COVID-19, disaster management, electoral enrollment drives, Nasha Mukth Bharat, and Swatch Bharat Abhiyaan. He called the media fraternity the eyes and ears of the administration.

He appealed to the media

fraternity to discourage social evils that can spoil the social fabric and ethos of civilized human society, such as drug addiction, cultivation of poppy and cannabis, and other such issues.

During the session, the media fraternity introduced themselves and put forward their demand for the construction of a press club for Anantnag and better coordination between the officers and media. They also assured the DC of their support and cooperation at any stage for the development and prosperity of the district. The media fraternity appreciated the cooperation and work culture of the Information Department.

The DC sought coordination and cooperation from the media fraternity to add more prosperity and progress to Anantnag. The meeting concluded with DIO Anantnag and the media fraternity thanking the DC for the interactive meeting.

SPO Terminated For Peddling Drugs

JAMMU: A special police officer in Jammu and Kashmir was arrested on Friday after he was dismissed from service for alleged involvement in drug peddling in Doda district, officials said.

The SPO, identified as Javed Ahmed, was attached with the district police lines in Doda.

He was apprehended with cannabis in his possession after it was learnt through reliable sources that he was engaged in illegal narcotics trade, they said.

"A case under provisions of the Narcotic Drugs and Psychotropic Substances Act was registered against him at Doda police station and investigation taken up," Senior Superintendent of Police (SSP) Abdul Qayoom said.



An enquiry was also initiated against him by the department for service misconduct.

"During the course of the enquiry conducted by the department it was proved beyond a

shadow of doubt that he was involved in the illegal trade of charas...his services have been disengaged," the police officer said.

The SSP has appealed to the general public for cooperation in its efforts to eradicate the menace of drugs from society.

All 5 Medical Colleges & AHs To Be Complete By Year End: CS

AIIMS Jammu To Be Dedicated To Public By Oct This Year

Observer News Service

SRINAGAR: During a review of the progress of works on all the newly established Medical Colleges across J&K besides the ongoing work on the two All India Institutes of Medical Sciences (AIIMS) being established at Vijaypur (Jammu) and Awantipora (Kashmir) here with Chief Secretary, Dr Arun Kumar Mehta, it was stated that all five Medical colleges approved during phase one shall be completed before end of the financial year.

The meeting was attended by Secretary, Health; MD, JK-PCC; Chief Engineers of PWD Kashmir/Jammu besides other concerned officers.

It was impressed upon all concerned to complete all the pending works of Colleges such as Academic, Administrative and Hostel Blocks by June this year and finish works of all Associated Hospitals (AHs) by the year end. It was emphasized that the academic and medical activities at these colleges should not get affected in any way.

The progress of two new Medical Colleges being established at Udhampur and Handwara (Kupwara) was also discussed. It was stressed that necessary steps be completed for starting academic activities there.

The meeting was informed that the Academic, Administrative and Hostel blocks at all the earlier sanctioned 05 Medical Colleges are nearing completion and only few minor works are under progress to be completed at an earliest. It was



further added that the work on Udhampur College has been taken in hand recently and the tenders for Handwara College have been opened and contract would be awarded soon.

Moreover it was added that with the operationalization of these 05 New Medical Colleges in Phase-I, the intake capacity of MBBS seats in the UT has increased from 500 to 1100 seats annually. The intake capacity is expected to further increase to 1300 MBBS seats this year with the start of academic session in GMC Udhampur and Handwara sanctioned under Phase-III of Centrally Sponsored Scheme for Establishment of Medical Colleges. The Letter of Permission (LoP) has been received in favour of GMC Udhampur and Handwara for 100 MBBS seats each recently from the National Medical Commission. Additionally, two new AIIMS at Vijaypur and Awantipora shall

add another 200 MBBS seats.

The meeting further deliberated upon the status of two AIIMS level Hospitals being established at Vijaypur (Samba) and Awantipora (Pulwama). It was said that the AIIMS, Vijaypur is all set to be dedicated to public by October this year and AIIMS, Awantipora by 2025 after 34 more acres of land were provided to the institute for its updated design.

It is pertinent to mention here that the medical infrastructure and education has been given a major push during the past couple of years. Besides these 07 Medical Colleges and 2 AIIMS level Institutions, 07 new Nursing Colleges shall also be set up across the UT. Further, the District and Sub-District Hospitals are given being given adequate manpower in addition to other infrastructure required for providing quality health care to public.

G20 SUMMIT

Secy Health Reviews Health Care Preparedness In North Kashmir

Observer News Service

SRINAGAR: Secretary Health & Medical Education, Bhupinder Kumar on Friday visited various health care facilities of North Kashmir and reviewed preparedness of the department for the forthcoming G20 summit.

The Secretary was accompanied by Director Health Services, Kashmir, Dr. Mush-taq Ahmed Rather and other Divisional and District Level Health officers during the visit.

The Secretary, during the visit, inspected facilities at

PHC Gulmarg, SDH Tangmarg, PHC Narbal, SDH Magam and RIHFW Dhoibawan.

He took a detailed review of the upgraded health facility and laid strict directions to the constructing agency to complete the works as per the deadline.

While inspecting the other health facilities, the Secretary expressed satisfaction over the status of logistics, human resource and equipments that have been augmented in view of the upcoming G20 summit.

He gave on spot directions to the Director Health Services

Kashmir to further improve health care facilities at these facilities in view of the G20 summit.

The Secretary also emphasised on having fool proof well-coordinated system at the health care centres for smooth functioning of health care services during the summit.

On this occasion, Director Health Services Kashmir also apprised the Secretary about the status of health care delivery system and status of completion of various works as per the deadlines framed by the higher authorities.

DAK Suggests Hand Wash To Cut Diarrhea, Respiratory Infections

Observer News Service

SRINAGAR: On world hand hygiene day, Doctors Association Kashmir (DAK) on Friday said hand washing is one of the most effective ways to prevent infections and save lives.

"Hand washing acts like a vaccine that prevents deaths," said DAK President Dr Nisar ul Hassan.

Dr Hassan said various studies have found that the simple act of washing hands with soap and water can reduce the incidence of diarrhea in children by almost 50% and cut respiratory infections by 25%.

Diarrhea and respiratory infections are two leading causes of death in children in Kashmir

"Reducing the number of these infections by washing hands



would also help prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance which has reached to unprecedented levels in the valley," he said.

The DAK President said many people die from antibiotic resistant infections acquired while receiving healthcare in hospitals.

"Up to 70% of these infections could be prevented if healthcare providers follow in-

fection prevention and control practices which include hand hygiene," he said.

Dr Nisar said despite saving lives, hand hygiene adherence among healthcare workers is suboptimal.

"There is moral imperative for hospital staff to practice recommended hand hygiene while dealing with patients," he said adding "patients entrust healthcare workers with their lives and clinicians should not be the ones to make them sick."

"Every year on May 5, world hand hygiene day is observed with the aim to raise awareness among general public and healthcare workers about the importance of regular and proper hand washing both at community level and hospital setting," he said.

3 OGWs Held In South Kashmir

SRINAGAR: Three over-ground workers (OGWs) of militants were arrested in separate search operations in the twin districts of Pulwama and Shopian in South Kashmir, police said Friday.

Acting in specific information, a police spokesperson said, a joint team of police, army's 42RR and 3 RR besides the personnel of CRPF 180 battalion launched a cordon & search operation (CASO) in Tral area of Awantipora. During the search operation, he said, two militant associates of Jaish-e-Muhammad (JeM) were arrested and shifted to Police Station.

The accused have been identified as Bashir Ahmad and Gulzar Ahmad, both residents of Tral.

"On their disclosure, arms & ammunition including 01 AK-56, 02 AK Magazine, 56 AK live rounds, 03 Pistols, 06 Pistol Magazines, 24 Pistol live Rounds & other incriminating materials have been recovered," the spokesperson said.

Accordingly, he said, a case under relevant sections of law has been registered at Police Station Tral and further investigation has been initiated.

He further claimed that the timely and effective action of police and security forces by busting the militant associate module have resulted in averting a possible major tragedy as well as avoided the nefarious designs of JeM to recruit young boys for their illegal and unlawful Activities.

In a separate action in Shopian, the spokesperson said that a joint party of police, army's (34RR and CRPF 178Bn intercepted an individual, who attempted to evade a naka checking at Nagisheran, but was apprehended tactfully.

He has been identified as Mohd Asgar Dar of Nagisheran.

The spokesperson said that incriminating materials, arms and ammunition including 01 pistol, 01 magazine and 08 live rounds were recovered from his possession.

Preliminary investigation, he said, reveals that he was working as a militant associate of Lashkar-e-Taiba (LeT).

"Accordingly, a case under relevant sections of law has been registered at Police Station Imamsahib and further investigation has been initiated," the spokesperson added.

Pollen Allergy Hits Northern Baramulla District

Tree Cutting Going On In A Phased-Manner Along Sgr-Bla Highway; For Private Land, People Themselves Can Play A Great Role, Says DC Baramulla



Agencies

SRINAGAR: Despite freaky weather conditions in Kashmir, north Kashmir's Baramulla district is gripped with pollen allergies which is now turning into a perennial health hazard with people alleging that they are falling prey to allergies due to government apathy to cut down the Russian female Russian poplars.

Though pollen allergies in the spring are common, but the roads, streets and corners across north Kashmir particularly Baramulla and Sopore - where thousands of poplars line up is giving a tough time to people.

A group of students from GDC Boys Baramulla said that the government's inaction over cutting down the trees is taking a heavy toll as they are not able to attend their classes due to pollen that leads to various forms of allergies.

"The government needs to take more steps as we face such kinds of issues every year. It becomes quite irritating," the students said. Similarly, local traders have been complaining about the same, stating that they face great inconvenience as pollen-induced allergies are hitting their market as fewer people turn up while the majority prefers to sit in their homes.

They said that every year administration claims of cutting down the Russian female poplars, the main source of producing pollen, but nothing is witnessed on ground. "It's high time to act on it as people including school/college going students, elderly persons are becoming soft targets of allergies," they said.

Dr. Javid Bhat, a Kashmir-based physician posted in Sopore hospital said, that

the person affected with the pollen-induced allergy needs proper medical advice especially for those who are battling Asthma else it could exacerbate, which may have serious consequences.

"The common symptoms of pollen-induced allergy include nasal irritation, running nose and watery eyes coupled with redness and skin rashes. These symptoms may further exacerbate in patients having Asthma - in which a person's airways become inflamed, narrow and swell and produce extra mucus, which makes it difficult to breathe," he said. "The patients suffering from allergies are advised to take precautionary measures like wearing masks, medicines include anti-allergic tablets and in case the infection is high then antibiotic is prescribed."

Meanwhile, deputy commissioner Baramulla, Dr Syed Seh-rish while speaking to media over the issue said that every year they are taking measures and old/toxic trees are being axed. She assured that people will not face pollen issues along Srinagar-Baramulla national highway, as they have taken up the process of cutting down the trees in a phased manner.

About army cantonment areas, the DC said that the government has a role to play over state land rather than private. In terms of privacy, people better can play a great role themselves, she said.

Pertinently, in 2015, High Court passed directions banning plantation and trade of pollen producing poplar trees particularly Russian poplar trees across Kashmir. However, the government has miserably failed in stopping the perennial health hazard by cutting down the said trees—(KNO)

PARVAZ scheme

Dr. Shahid Emphasizes Understanding Of Multifaceted Job Requirements Before Entering Into Public Service

Observer News Service

SRINAGAR: Jammu and Kashmir Mission Youth, organized a one day interactive session and career guidance programme for candidates undergoing coaching under PARVAZ scheme in Srinagar.

Secretary, Tribal Affairs and Chief Executive Officer, Mis-

sion Youth, Dr. Shahid Iqbal Choudhary, was the chief guest on the occasion.

Director, CCPC, University of Kashmir, Professor Ishaq Ahmad Geer and officers from Mission Youth, Sajad Ahmad (CAO), Dr. Mohammad Maqbool Deputy Director (P&M), OSDs Tabish Saleem and Dr. Murtaza Rashid and domain experts were present on the occasion.

The event was aimed to provide exposure to the candidates selected under the PARVAZ scheme through direct interaction and a question answer cum feedback session. The event was attended by

around 400 candidates who are presently undergoing coaching at various institutes empanelled with Mission Youth along with faculty members from the coaching institutes.

On the occasion, Professor Ishaq Ahmad Geer, Head CCPC University of Kashmir, spoke on the important topic of career guidance. He stressed upon the importance of managing stress in hyper-competitive examinations like IAS and JKAS for performing well in these examinations.

The most significant event of the program was the direct one to one session of candi-

dates with Dr. Shahid Iqbal Choudhary.

During the interactive session, Dr. Shahid Iqbal focused on candidate's expectations and aspirations which were taken in the form of questions from the candidates. The candidates were also asked about how they relate themselves with the role, responsibilities and expectations from the public servants.

Dr. Shahid emphasized the importance of understanding the multifaceted requirements of the job before entering into public service. He encouraged the students to remain open-minded, mindful of their

strengths and weaknesses and avoid herd mentality while preparing for these competitive exams.

Furthermore, Dr. Shahid emphasized on the significance of having a backup career plan right from the day first. He encouraged the candidates not to feel disheartened for not clearing such competitive exams rather take the experience as a learning opportunity to become better individuals and citizens. He also highlighted the crucial role of time management in achieving success in these civil service exams. He also emphasized the value of taking a personality test to

gain better insight into one's strengths and weaknesses, which can help in confirming career choices and goals.

He shared his insight on the importance of writing concise and precise answers, staying within the designated word limit to effectively communicate ideas while managing time efficiently.

CEO Mission Youth further advised the candidates to choose the right study materials as it can significantly impact their understanding and retention of information. He also emphasized that besides investing quality time in studies, one should also devote

some leisure time in the extra curricular activities of their interest to destress and relax their mind and body.

Throughout the interaction, the students actively participated and provided feedback on the ongoing PARVAZ scheme. They also expressed gratitude to J&K government for implementing such a scheme that helps to fulfil aspirations of thousands of youth in the region. They also requested to conduct such programs in future also to harness their potential and motivate them to achieve their goals and satiate aspirations.

A promotional poster for 'Bun Maska' featuring a cup of chai and a large bun. The text 'Bun Maska' is in a stylized font, and 'Chai Ka Chaska With Bun Maska' is written in a cursive script. The Swiggy logo is in the top right corner, and the address 'JK Bank Lawns, Opp Ghat 6 Boulevard, Srinagar' is at the bottom left.