



Union Territory of Jammu & Kashmir

**WELCOMES**

**Shri Amit Shah**

Hon'ble Union Minister of Home Affairs  
and Minister of Cooperation

to the land of enchanting beauty  
and revered spiritual splendor

**JAMMU & KASHMIR**



**Department of Information & Public Relations  
Government of Jammu & Kashmir**

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Srinagar | Friday | 23-06-2023

# 'Cancer Medication Helps To Fight Against Malaria'

ANI  
A group of UCF researchers are looking to use cancer pharmaceuticals to hasten the development of fresh, life-saving malaria treatments because the disease is getting more and more resistant to existing medications. The findings of the study were published in the ACS Infectious Diseases journal. Malaria, one of the most prevalent infectious diseases in the world, is a potentially fatal condition brought on by parasites of the Plasmodium species and spread through the bite of infected mosquitoes. It causes more than 600,000 fatalities annually, primarily in sub-Saharan Africa. Around 80% of these

fatalities involve youngsters under the age of five. "Over time, genetic mutation of the malaria parasite makes it resistant to current drugs," Chakrabarti says. "The World Health Organization reported that malaria parasites are increasingly becoming resistant to the current therapy used to treat malaria, which was discovered in the 1990s. So, new and more effective drugs for malaria are long overdue as about 30 years have gone by since we have had a new class of compounds in the market against malaria." But drug discoveries can take years, even decades, Chakrabarti explained, as compounds go through many phases of testing for efficacy and safety. "One of the ways we can accelerate the discovery of new treatment options is to use existing



drugs that are already approved by the Food and Drug Administration," Chakrabarti says. "This is called taking a piggyback approach, looking at existing drugs that are already on the market to see if they have anti-malarial properties. This will help

to shorten the initial stages of drug discovery which is usually quite time-consuming." To meet the urgent need for new drugs, the team decided to repurpose protein kinase inhibitors -- drugs originally developed for cancer treatment -- for an

accelerated path to drug therapy for malaria. Protein kinases are enzymes that regulate proteins in the body and are heavily targeted for cancer and other disease therapies by the pharmaceutical industry. Protein kinases are very important for the malaria parasite's life cycle and as such make good drug targets. As part of the study, Ph.D. candidate Monica Bohmer, working under Chakrabarti's supervision, tested a range of anti-cancer protein kinase inhibitors to identify inhibitors that are known to target human Polo-like kinase, a type of protein kinase that plays an important role in cell division in humans. She discovered that a group of inhibitors, specifically BI-2536, a known human Polo-like kinase 1 inhibitor, exhibited strong anti-malarial properties.

## From The Principal District Judge, Srinagar

Present : Mr. Jawad Ahmad

Bashir Ahmad Sheikh S/O Mohda Sheikh R/O Makhdoom Sahib Bachi Darwaza Sgr. Shameema D/O Mohda Sheikh, W/O Khazir Mohammad Sheikh R/O Inside Kathi Darwaza Makhdoom Sahib Sgr

In the matter of Application for issuance of Succession certificate in favour of the petitioner(s)

**Notice to public at Large**  
Where the petitioner(s) FILED ABOVE TITLED PETITION BEFORE THIS COURT OF ISSUANCE OF SUCCESSION certificate in favour of Petitioner(s) in respect of Rs 580,000 as debits and securities in name of Deceased Namely: Mst Mughli W/O Mohda Sheikh R/O Bachi Darwaza Makhdoom Sahib Srinagar who died on 17-04-2014. The petition is pending disposal before this court and the next date of hearing is fixed on 15-07-2023 Public Notice is hereby issued, informing all and sundry through the drum of this proclamation that at any anyone has any objection for issuance of succession certificate, he/she / they shall appear before this court either personally or through counsel or any authorized agent and file objections on or before 15-07-2023. Failing which the petition will be taken up and appropriate orders will be passed in the same. In case, the date fixed is declared as holiday the matter shall be taken on the next working day.  
Given under my hand and seal of this court on

Jawad Ahmad  
Principal District Judge, Srinagar

## NOTICE FOR GENERAL PUBLIC

I have changed my name from (old name) Mohd Mehdi to (New name) Mohd Mehdi Bhat. In future I will be known as (new Name) Mohd Mehdi Bhat. If any body having any objection he/she may contact Passport Office, Srinagar within 7 days. After 7 days no objection will be accepted.  
**Mohd Mehdi**  
S/o Sajad Hussain Bhat  
R/o Wahadatpora Budgam Kmr. Cell. 7006848511. mcb

## From the office of Advocate Fahim Mehraj

In the case of:  
Zamrooda wife of Gh Nabi Pahalwan  
R/o Maharaj Bazar Lal Chowk sgr  
VS  
PUBLIC AT LARGE  
In the Petition in terms of Section 148-A The caveators have reason to believe that Non-Caveators may file any Application, Petition, Appeal, Suit or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/misrepresentation and cooked story and may seek in obtaining some relief/order at their back /in exparte against the caveators and in such eventuality the caveators will be put in irreparable loss and inconvenience. It would be proper that caveators be given an opportunity of being heard by the Hon'ble court before passing any order.  
nj  
Sd/ Advocate

**Office Of The Executive Engineer, Electric Division- Ist, Srinagar.**  
Email: xen.ed1st@gmail.com Tel No. 0194-2452079 Fax No.0194-2452079

**e-TENDER ABBREVIATED NOTICE**  
e-NIT No. 018/EDI, dt: 21.06.2023

For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer, Electric Division-Ist, Srinagar invites online e-bids from registered A-Class Electrical Contractors/firms for as under:

S.No	Particulars	Estimated Cost (In Lacs)
1	Construction of 2 No 11 KV Feeder on 11/9 mtr ST Pole with 100 mm Sq ACSR for Transit camp Zewan.	23.58

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

i)	Date and Time of downloading/ Sale (Start) of Tender Document	21.06.2023; 16:00 Hrs
ii)	Date & Time of Download/ Sale (End) of Tender Document	11.07.2023; 16:00 Hrs
iii)	Date and time of bidding queries/clarifications	21.06.2023; 16:00 Hrs to 23.06.2023; 16:00 Hrs
iv)	Date & Time of Bid Uploading (Start/End)	21.06.2023; 16:00 Hrs to 11.07.2023; 16:00 Hrs
v)	Commercial/Technical Bid Opening Date & Time	12.07.2023 at 13:00 Hrs
vi)	Financial Bid Opening	Shall be declared later on for the technically qualified bidders
vii)	Venue of Commercial/ Technical Bid Opening	Electronically on J&K Government e-Procurement System website <a href="http://jktenders.gov.in">http://jktenders.gov.in</a>
viii)	Cost of e-Bid document	Rs.1000.00 (Rupees One Thousand Only) (Non-refundable) [Treasury Receipt Only]
ix)	Amount of Earnest Money Deposit	Rs. 47,200/- (Rupees Forty Seven Thousand Two Hundred Only)

DIPK-NB-1456/23  
dated: 22-06-2023

Sd/-  
Executive Engineer  
Electric Division Ist, Srinagar

Union Territory Jammu & Kashmir  
**Office Of The Executive Engineer R&B Division Sumbal**

**NOTICE INVITING TENDERS**  
FRESH NIT No.24 of 2023-24/R&B Sumbal Division (Single Cover System)

For and on behalf of the Lieutenant Governor, UT J&K, e-tenders (In single cover system) are invited on item rate basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following work:-

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/ Doc. (In Rupees)	Earnest Money (In Rupees)	Time of Completion	M.H of Account	Class of Contractor
1	Supply, installation and successful commissioning of one No. Sine wave inverter of 3500 VA/48V Capacity supporting 4 No. batteries RC 18000 Rugged rated tall tubular batteries of 150 AH/12V Capacity with 06 water level indicators of Luminous, Exide make or equivalent, including P/F of 32 ampere MCB for protection from input main, 63 ampere auto over-load handling capacity, bypass switch for supplying output directly from grid in case of UPS Fault including Supplying and installation of One No. 4KVA, Digital Voltage Stabilizer of aulten, Philips or equivalent Make. Including checking /repairing of old wiring/switches, testing and successful commissioning etc. Complete Job.	200/-	1,30	2600/-	3-Days	2059-M&R	Registered Supplier/ Electric Card Holder

Position of AAA: - Accorded  
Position of Funds: - Available

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

1.	Date of Issue of Tender Notice	
2.	Period of downloading of bidding documents	21.06.2023 from 4.00 P.M.
3.	Bid submission Start Date	21.06.2023 from 4.00 P.M.
4.	Bid Submission End Date	26.06.2023 upto 4.00 P.M.
5.	Date & time of opening of Bids (Online)	27.06.2023 at 11.00 A.M in the office of Executive Engineer R&B Division Sumbal

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Sumbal (tender inviting authority) (The Date of Treasury Challan should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Sumbal (tender receiving authority).

3. The successful Bidder has to produce Performance Security Deposit @3% of contract value in the shape of CDR/FDR/BG within 02 days after opening of Bids which shall be released after successful completion of work with DLP. This will replace the EMD @ 2% of the Advertised cost uploaded by the Bidder. The date and time of opening of Bids shall be notified on Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Sumbal (tender receiving authority).

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids

5. Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website [www.jktenders.gov.in](http://www.jktenders.gov.in) to acquaint bid submission process.

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

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

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

6.5 Bidders must ensure to upload scanned copy of all necessary documents with the technical bid. Note: - Scan all the documents on 100 dpi with black and white option.

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

8. Scanned copy of cost of tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Sumbal (The date of Treasury Challan should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Sumbal must be uploaded with the documents of the bid. The original Treasury Challan (cost of tender document), and other relevant bid documents shall be obtained from the lowest bidder before the fixation of contract.

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

10. Price escalation and Taxes:- The %age quoted by the bidder shall be deemed to include price escalation and all taxes upto completion of the bill. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

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

12. In case of CRF and any other specified project, the relevant guidelines / standard bidding document shall be followed.

13. Instructions to Bidder (ITB)

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

- All bidders shall upload Copies of original documents defining constitution/ legal status, place of registration and principal place of Business with Cell No. and Correspondence address.
- Scanned copy of Registration Card with latest renewal on JKPWDOMS portal.
- All bidders shall upload Treasury Challan.
- All bidders shall upload CDR/FDR/BG @ 2% of advertised Cost pledged to opening authority.
- All bidders shall upload Valid Registration card front and renewal Side (Latest), Valid GSTIN No. & PAN No.
- All bidders shall upload Scanned Copy of GSTIN Registration and latest clearance certificate FORM GST-3B i.e. latest clearance certificate FORM GST-3B and read circular issued by finance deptt. Vide his No:-FD-CODE/371/2021-02, Dated:-24-02-2023

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

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

16. Bidder must ensure to upload scanned copies of all necessary documents including tender documents fee in terms of soft copies with technical bid. No document (s) which have not been uploaded shall be entertained in the form of hard copy. However, in case of any clarification the bidders shall have to produce original documents in support of soft copies if need arises

17. All other terms conditions are as per PWD Form 25 (Double agreement Form) and detailed NIT issued

18. Treasury Challan should indicate tender document cost deposit in-between commencement date and end date of NIT. For the authentication of Treasury Challan it is mandatory to record on it either/ any one among the following. Name of the work with S.No of NIT/Adv. Cost/NIT No and also address to tender inviting authority.

19. For drawing of agreement of the contract and memorandum of an agreement relating to sake of bill of exchange one rupee for Rs.10,000/- or part thereof shall have to be realized/deposited by the Contractor at his own to revenue Head of Accts.0030/Stamps of Deputy Commissioner Stamps J&K UT.

Sd/-  
Executive Engineer,  
(R&B) Division Sumbal

No.R&B/Sbl/23/1265-71.  
DIPK-3955/23 Dated:-22-06-2023.

Government of Jammu & Kashmir UT  
**Office Of The Executive Engineer Muffasil (R&B) Division Budgam**  
Engineering Complex Budgam PIN No.191111  
E-mail:- xenrbdivbud@gmail.com,Phone-FAX:- 01951-255208

**FRESH TENDER NOTICE**  
E-tendering NIT No.- 46-MDB of 2023-24/3627-42 DATED:-21-06-2023

For and on behalf of the Lt. Governor, J&K UT, e-tenders (In Single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works.

S. No	Name of Work	Adv. Cost	Cost of T/Doc.	Earnest money CDR/FDR	Time of Completion (days)	Class of Contractor	Major Head of account
1	Repairs/Renovation of Horticulture Office Building at Khag	Rs.10.95 Lacs	Rs.600/-	Rs.21900/-	25 days	BEE/ CEE/ DEE	Capex Budget 2023-24

Position of AAA = Accorded  
Position of TS = Accorded  
Position of funds:- = Available/Committed,  
The Bidding documents consisting of qualifying information, eligibility criteria, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://www.jktenders.gov.in) as per schedule of date given below:-

1.	Date of Issue of Tender Notice	22-06-2023
2.	Period of downloading of bidding documents	22-06-2023
3.	Bid submission Start Date	22-06-2023
4.	Bid Submission End Date	03-07-2023 upto 4.00 P.M
5.	Date & time of opening of Bids	04-07-2023 at 11.00A.M in the office of Executive Engineer Muffasil (R&B) Division Budgam
	Submission of Performance Security (PS)	Within 7days of receipt of LOL. (The bidder as to provide 5% of allotted Cost as Performance Security within 7days after opening of Financial Bid) in shape of CDR/FDR

No: EE/MDB/NIT/ 3627-42  
DIPK-3903/23  
DATED:- 22-06-2023

Sd/-  
Executive Engineer  
Muffasil (R&B) Division  
Budgam,

**ازنیات پہاں**  
عنوان:- درخواست منجانب ثاقب فیاض فیاض احمد خان ساکنہ موضع وایگام پان تحصیل پتن برادرانی EWS سرٹیفکیٹ اشتہار ہرخاص وعام  
معاملہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست EWS سرٹیفکیٹ پیش کی ہے جو کہ ریکاروئی ہے اس بارے میں ہناری ملتے سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن وایگام پان تحصیل تحصیل پتن میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے اور ساکن کے رہائشی پات کی ہمٹائش 28.25x51.5 مربع فٹ 1604 مربع فٹ تک ہے۔ اس کے علاوہ ساکن والد کو دھ بڈ میں کوئی خشتی آبی یا باغ موجود نہیں ہے۔ ساکن کے کنوینینس مہمان آمدنی 8000 روپے تک ہے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عزیز یا ہوتو وہ بدستہر اخبارات دن کے اندر اندر اپنے مندرجہ عنوان سے درخواست کو فوری اداقت کے دوران پیش کریں۔ بعد گزرے میا کوئی مندرجہ عنوان سے تامل قبول نہیں ہوگا۔  
ثاقب فیاض  
FKO

**ازنیات پہاں**  
عنوان:- درخواست منجانب محسن اکبر ولد محمد اکبر نثار ساکنہ موضع پان برادرانی خوش کاسٹ سرٹیفکیٹ تحت SRO 294/144 بزمہ نثار اشتہار ہرخاص وعام  
معاملہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض خوش کاسٹ سرٹیفکیٹ بزمہ نثار پیش کی ہے جو کہ ریکاروئی ہے اس بارے میں ہناری ملتے سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن واقعی نثار ذات سے تعلق رکھتا ہے اور ساکن پہاں تحصیل پتن میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن مذکورہ خوش کاسٹ سرٹیفکیٹ حاصل کرنے کا خواہ ہے ساکن کا کنوینینس بڈ میں افراد پر مشتمل ہے  
محمد اکبر  
49 سال تجارت  
ایڈمنسٹریٹو ایڈیٹر اکبر 45 سال گھریلو کام  
شادہ اکبر نثار محمد اکبر نثار 26 سال تعلیم  
عاقبہ اکبر ولد محمد اکبر 19 سال  
محسن اکبر ولد محمد اکبر نثار 18 سال  
اسکے علاوہ اور کوئی افراد نہیں ہیں۔ کنوینینس سالانہ آمدنی 103200 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عزیز یا ہوتو وہ بدستہر اخبارات دن کے اندر اندر اپنے مندرجہ عنوان سے درخواست کو فوری اداقت کے دوران پیش کریں۔ بعد گزرے میا کوئی مندرجہ عنوان سے تامل قبول نہیں ہوگا۔  
ثاقب فیاض  
FKO



## Kashmir Sizzles At 34.8 Deg Celsius

### Second Warmest June In A Decade

#### Agencies

**Srinagar:** Sweltering heat conditions continued unabated in Kashmir Valley as Srinagar recorded season's hottest day and 2nd warmest June day in a decade on Thursday.

Quoting a meteorological department official, news agency GNS reported that the maximum temperature in Srinagar soared to 34.8°C and it was 5.6°C above normal for the season. Today's temperature surpassed the previous highest of 34.0°C recorded only yesterday and was the second warmest day in June in a decade, the official said. He said barring 3 June 2018 when mercury increased to 35°C, never in a decade the mercury has soared above 34.8 in the summer capital of J&K.

Other places including Pahalgam (29.3°C), Qazigund (34.6°C), Kokernag (32.7°C), Kupwara (33.7°C) and Gulmarg (26.0°C) also recorded the hottest day of the season so far, he said.

Qazigund and Kokernag, he said, recorded the hottest June day in more than a decade.

He said Gulmarg recorded the hottest June day in nine years as mercury had on 15 June 2014 touched 26.2°C. Night temperature also saw an increase at most places as Srinagar recorded a low of 20.5°C against 19.7°C on the previous night and it was above normal by 4.79°C for the summer capital. **More on P10**

# Biden Welcomes PM Modi With White House Pomp

KO Web Desk

**Srinagar:** President Joe Biden rolled out the White House red carpet for Prime Minister Narendra Modi on Thursday as part of his effort to jumpstart a stronger U.S.-India relationship and counter China's global influence with a series of defense and trade agreements.

Biden treated Modi to a colorful White House South Lawn arrival ceremony before some 7,000 people in the morning, before the leaders gathered for Oval Office talks ahead of a glittering state dinner in the evening.

"The challenges and opportunities facing the world in this century require that India and the United States work and lead together, and we are," Biden said during the ceremony.

Washington wants India to be a strategic counterweight



"I'VE LONG BELIEVED that the relationship between the United States and India will be one of the defining relationships of the 21st century"-- Joe Biden

to China and sees India as a critical partnership, although some analysts and former officials question India's

willingness to stand up collectively to Beijing over issues such as Taiwan. Washington has also been frustrated by

India's close ties with Russia amid Moscow's war in Ukraine, according to a report by Reuters. **More on P10**

## PM Modi Holds One-On-One Meeting With Biden

Prime Minister Narendra Modi held talks with President Joe Biden at the White House on Thursday to discuss a wide range of issues of mutual and global interests, aimed at further boosting the Indo-US strategic relations in areas like defence, space, clean energy and critical technologies. Modi held a one-on-one meeting with Biden in the Oval Office of the White House before holding delegation-level talks. In his initial remarks, Prime Minister Modi told Biden that the President's commitment to the ties between the two countries has prompted India to take bold and audacious measures. He also described strong people-to-people ties as the real engine of India-US **More on P10**

**THE VISIT IS THE LATEST MOVE ON THE GEOPOLITICAL** chess board as Biden seeks more allies against increasingly aggressive governments in Moscow and Beijing. India, which remained staunchly nonaligned during the Cold War, has refused to join the American-led coalition aiding Ukraine in its war against invading Russian forces. And while it shares a certain enmity for China, it has not fully subscribed to Washington's strategy for dealing with the Asian giant. - New York Times

## Beat The Heat DSEK Issues Advisory for Students, Parents

**Srinagar:** In order to combat the ongoing heat wave in Kashmir, the School Education Department Thursday issued detailed instructions to be followed by all educational institutes.

In the guidelines regarding precautions to be observed by schools to combat the ill-effects of heat wave, Directorate of School Education Kashmir (DSEK) in a circular said that the prevailing heat wave in various parts of Kashmir Division may pose a risk at times to the health of the school going Students.

DSEK said that in order to combat the ill effects of the heat wave, the heads of all educational institutions of government as well as private are advised to adhere to the issued guidelines.

"The guidelines are advisory in nature and schools may use as per local conditions in the manner deemed fit to prepare their own SOPs and guidelines to combat ill effects of the heat wave in their schools," DSEK said.

It also said that the guidelines shall be disseminated among parents, students and teachers for maximum care and benefits.

#### Guidelines:

Modifications in daily routines: Morning Assembly should be brief and conducted in such an area or in classrooms where students are not exposed **More on P10**

## Art-370 Was Temporary But Lasted For 70 Yrs: VP



Press Trust Of India

**Jammu:** Asserting that people are happy since the provisions of Article 370 of the Constitution were abrogated in Jammu and Kashmir, Vice President Jagdeep Dhankhar on Thursday said the article was temporary but still lasted for 70 long years.

He also said B R Ambedkar had refused to draft Article

370 while drafting the other articles of the Constitution.

"I had been advocating for it for 20 years. It was an aberration. Go to the text of the Constitution and see that this article was put as a temporary article. It lasted for the last 70 years," Dhankhar said while addressing a convocation of the University of Jammu here.

He said Ambedkar, the architect of the **More on P10**

## NEP-2020 Promotes Life-Long Learning: LG

### 'It Enables Students To Adapt To Change In Different Sectors'

Observer News Service

**Jammu:** The Union Territory Lieutenant Governor, Manoj Sinha on Thursday strongly advocated for the National Education Policy (NEP) 2020, saying that it promotes life-long learning and enables

students to adapt to change in different sectors.

"Under the guidance of PM Narendra Modi, NEP 2020 is promoting an education system that makes students conscious, not mechanical. It makes them carrier of knowledge, wisdom and values and not a store-house of memories," Sinha said.

He was addressing the students at the Special Convocation Ceremony of University of Jammu. **More on P10**

## HM Amit Shah Arrives Today, Security On Alert

Press Trust Of India

**Jammu:** Elaborate security measures have been put in place here ahead of the two-day visit of Union Home Minister Amit Shah to Jammu and Kashmir beginning Friday, officials said.

Shah is scheduled to address a public rally in the Bhagwati Nagar area of the city and pay homage to founder of Jan Sangh Shyama Prasad Mukherjee on 'Bhaldan Divas'.

The officials said on Thursday multi-tier security arrangements have been set up at the venue of the rally.

Personnel from the police, CISF and CRPF have taken



positions to guard the venue, they added.

Soon after his arrival in the city on Friday, Shah will offer floral tributes to Mukherjee at the BJP office at Trikutanagar.

He is also likely to visit Shri Tirupati Balaji temple in the Mujeen area on **More on P10**

## Shah To Inaugurate 'Vitasta Cultural Festival' At SKICC

The Union Home Minister, Amit Shah will inaugurate the third and final high profile event of "Vitasta Cultural Festival" beginning Friday at Sher-i-Kashmir International Convention Centre (SKICC) here. Apart from Home Minister, a multitude of distinguished dignitaries from Jammu and Kashmir, as well as other parts of the country, including Lieutenant Governor, **More on P10**

## Mehbooba Offers Prayers At Last Kashmir King's Grave



Observer News Service

**Srinagar:** Ahead of the anti-BJP opposition parties meeting scheduled to be held Friday in Patna, People's Democratic Party (PDP) President Mehbooba Mufti on Thursday offered prayers at the cemetery of the last Emperor

of Kashmir, Yusuf Shah Chak in Nalanda district of Bihar.

Yusuf Shah Chak was the last Muslim ruler of Independent Kashmir. He ruled Kashmir from 1579 AD and 1589 AD. Yusuf succeeded his father, Ali Shah Chak, who crowned Yusuf before he died. **More on P10**

## Kashmiri Artisans Thank PM Modi For Promoting Papier-mâché In US

Press Trust Of India

**Srinagar:** Papier-mâché artisans in Kashmir are elated that one of their products -- the exquisite box holding the diamond gifted by Prime Minister Narendra Modi to US First Lady Jill Biden -- has graced the White House.

Modi gifted an eco-friendly lab-grown 7.5 carat diamond, placed in Kashmir's exquisite Papier-mâché box, to Jill Biden.

US President Joe Biden and First Lady Jill Biden hosted the prime minister for an intimate dinner at the White House on Wednesday, during which they discussed a range of issues, exchanged gifts and enjoyed a musical tribute to the regions

of India.

Tassaduq Hussain, an artisan, said he was happy that the Kashmiri paper mache box had reached the home of Bidens.

"Papier-mâché artists are very happy that the paper mache product reached Mrs Jill Biden as it will raise demand for this artifact. It will benefit us," Hussain told PTI.

He said this type of promotion will create more avenues for the artisans.

"Today, it has been recognised at international level. Those who did not know about Papier-mâché art will now come to know about it," he added.

Syed Amjid Shah, who owns a paper mache unit in the old

city area here, said it was a moment of pride when the prime minister gifted the box to his hosts in the White House.

"Paper mache boxes are exported to many countries. These boxes are used as gifts also and today it is a pride moment for us that PM Modi gifted the first lady of America a diamond which was contained in a Papier-mâché box. We are very fortunate that our art was promoted at this level," Shah said.

Bashir Ahmed, another artisan, said it was for the first time that Papier-mâché has been promoted at such a level.

"PM Modi promoted this art, which has sent a wave of joy among artisans. This was the first **More on P10**

### S H O R T T A K E S

#### SIU Attaches House Of Militant Associate

The State Investigation Unit (SIU) of police on Thursday attached house of a Lashkar-e-Taiba (LeT) militant in South Kashmir's Anantnag district, as part of its ongoing crackdown against militants and their supporters. SIU Shopian under the close supervision of DIG SIU Kashmir, SSP Shopian, DySP CIO SIU Shopian attached the residential house of a militant associate in Subhanpora Bijbehara area of Anantnag district, after obtaining necessary sanctions from competent authority, a police spokesperson said. **More on P10**

#### Teacher Held On Charges Of Sexual Assault

The Jammu and Kashmir government has suspended a teacher on charges of alleged sexual assault on a girl student in Central Kashmir's Budgam district. Office of the Chief Education Officer (CEO) Budgam has issued an order which reads: "pending inquiry into his conduct and in the backdrop of serious allegations, Mr Abdul Rasheed Mir, RREt Teacher High School Rawalpora, Hardpanzo Zone is placed under suspension with immediate effect and is attached to this office till further orders." **More on P10**

#### ITBP Officer On Yatra Duty Dies

An Indo Tibetan Border Police officer posted on Amarnath yatra duty died at Sonamarg in Ganderbal district of Jammu and Kashmir, police said on Thursday. ASI Madan Raj, 58, fell unconscious near the Baltal base camp for the Amarnath yatra on Wednesday night, a police official said. Raj, a native of Uttarakhand, was rushed to a hospital where he died during treatment, the official said. Though the cause of his death was not known yet, death due to cardiac arrest -- triggered by **More on P10**

#### Two OGWs Held In Anantnag: Police

Police on Thursday claimed to have arrested two militant associates of Lashkar-e-Taiba (LeT) in Bijbehara area of South Kashmir's Anantnag district. Quoting a senior police officer, news GNS that during checking, two persons were arrested along with arms and ammunition. They belong to the LeT outfit, the officer said. Both have been identified as Abrar ul Haq Katoo son of Mushtaq Ahmed Katoo resident of Arwani Bijbehara and Tauseef Ahmad Bhat son of Mushtaq **More on P10**

#### PDD Lineman Dies Of Electrocution

A power development department (PDD) lineman died on Thursday after receiving an electric shock in Fateh Kadal area of this capital city. The lineman Ishaq Ahmed of Zaldagar was busy in carrying out maintenance work at e Ban Mohalla locality of Fateh Kadal, when he received an electric shock, reports said. The injured was removed to nearby SMHS hospital for treatment. However, he succumbed to the grave injuries. The deceased was **More on P10**

#### Shopian Youth Killed In Ramban Accident

Youth died while another was injured after a truck rolled down into a deep gorge near Battery Chashma in Ramban district last night, an official said. Quoting an official, news agency KNO reported that a truck bearing registration number (JK03E-3581) met with an accident near Battery Chashma after it rolled into a deep gorge. He said two persons who were travelling in the truck were wounded. "Both were shifted to hospital and one of them succumbed", he said. **More on P10**



## Air Conditioning In India Poses Risk Of Dramatic Rise In Emissions: Study

Press Trust of India

The increasing use of air conditioners in India could lead to a rise in emissions by as much as 120 million metric tonnes by 2050, according to a study.

The research, published in the journal Scientific Reports, is the first to illustrate the impacts of climate change on the demand for air conditioners and electricity for cooling in Europe and India.

Between now and 2050, with the current fuel mix, there is a risk of a mismatch between what is done for adaptation and mitigation, with increased



emissions as a result, the researchers said.

The rush to buy new air conditioners in the residential sector and the resulting increased use of electricity associated will characterise both relatively richer but more temperate European countries, and relatively poorer but warmer Indian states, they said.

The study estimates that by 2050, under an over 2-3 de-

grees Celsius warming forecast, air-conditioning uptake could double in Europe and grow fourfold in India, reaching about 40 per cent of homes in both regions.

More air conditioning will bring benefits to the population by reducing the heat exposure connected to global warming. Researchers have estimated that cooling technologies will lead the population being exposed to 40 per cent less heat in Europe and 35 per cent less in India by 2050.

On the other hand, this will have a strong impact on emissions. Between now and 2050 the energy production required by the increased use of air conditioners will cause a rise in annual CO2 emissions between 7 and 17 million tonnes in Europe, and between 38 and 160 million tonnes in India.

"With electricity production still based essentially on fossil fuels, air conditioning as a heat adaptation strategy risks undermining our mitigation efforts, i.e., reducing greenhouse gas emissions," said Enrica De Cian, professor at Ca' Foscari University of Venice, Italy.

Researchers noted that mitigating these increases would require a significantly higher energy efficiency of air conditioners sold, especially in India, is far below the efficiency of the best available models.

## India, US Committed To Working Together For Global Peace And Prosperity: PM Modi



Press Trust of India

The societies and institutions of both the US and India are based on democratic values and both countries take pride in their diversity, Prime Minister Narendra Modi said at the ceremonial welcome at the White House ahead of his official talks with US President Joe Biden.

The constitution of both countries begins with the "three words -We the People- as President Biden just mentioned", said Modi, who is on his first state visit to the US.

Thanking Biden, his wife Jill Biden and the US administration for a warm and grand welcome, Modi said this is the first time the gates of the White House have been opened for Indian-Americans in such large numbers.

"This grand welcome ceremony at the White House today is an honour and pride for 1.4 billion people of India. This is also an honour for

more than 4 million people of Indian origin living in the US. For this honour, I express my heartfelt gratitude to President Biden and Dr. Jill Biden," Modi said.

He said both countries take pride in their diversity, and "both of us believe in the fundamental principle of 'In the interest of all, for the welfare of all'".

He said about three decades ago, he had come to America as a common man and at that time, he had seen the White House from the outside.

"After becoming the Prime Minister, I've come here many times, but today for the first time the doors of the White House have been opened for the Indian-American community in such large numbers," he added.

He said Indian community members are enhancing India's glory in the US through their hard work and dedication.

Noting that in the post-Covid era, the world order is taking a new shape, the Prime Minister

said the friendship between India and the US will be instrumental in enhancing the strength of the whole world.

"The two countries are committed to work together for the global good and for global peace, stability and prosperity. Our strong strategic partnership is a clear proof of the power of democracy," he said.

Modi said he will discuss with President Biden the India-US relations and various regional and global issues.

"The societies and institutions of both India and the US are based on democratic values. I'm sure that as always our conversation today will be very positive and useful."

Modi said he was thankful to have an opportunity to address the US Congress for the second time. "I am deeply grateful for this honour".

On his part, President Biden said that the relationship between the US and India is one of the most defining relationships in the 21st century.



## Nitish Kumar Meets Mamata Banerjee A Day Ahead Of Opposition Meet

Press Trust of India

Bihar Chief Minister Nitish Kumar on Thursday met West Bengal CM Mamata Banerjee, who is in Patna to take part in the crucial meeting of opposition leaders.

The JD(U)'s supreme leader and the Trinamul Congress chief spoke for nearly 15 minutes at the Circuit House.

Banerjee enquired about the health of Kumar, who was taken ill earlier this week resulting in the cancellation of his visit to Chennai and other programmes.

"I express my sincere gratitude to Nitish-ji for taking the time to meet with me in Patna today. It was a pleasure to have the opportunity to discuss various matters of mutual interest and concern. I am truly thankful for his willingness to engage in constructive dialogue," Banerjee said in a Facebook post.

"We had the chance to address several important issues that affect our respective states and the overall development of our nation. Nitish-ji's leadership and experience have been instrumental in driving progress and addressing the challenges faced by Bihar. I convey my best wishes to him for all his future endeavours," she added.

Notably, the idea of such a meet to be held in Patna was floated by Banerjee when Kumar and his deputy Tejashwi Yadav called on her in Kolkata two months ago.

The TMC chief had hailed Kumar's efforts to bring together leaders opposed to the BJP and invoked the memory of the late Jayaprakash Narayan to assert that Bihar should, once again, take a lead in the fight against the existing regime.

## Journey To The Bottom Of The Sea: On A Titanic Tour



LOS ANGELES: The journey to the ocean floor to reach the wreck of the Titanic is one that gets relentlessly colder and darker, says one of the handful of people who have ever visited the luxury liner's watery grave.

Tom Zaller, who runs the company behind "Titanic: The Exhibition," said touring the ship's resting place in a tiny submersible -- like the one that vanished Sunday in the North Atlantic -- was unforgettable, but frightening.

"As you get deeper and deeper, it gets darker and darker," he told AFP of his voyage, 23 years ago.

"When you when you first start off on the top, it's quite warm inside. But as you descend, it gets cold.

Zaller, whose exhibition opens in Los Angeles at the end of the month, said he was hoping desperately that the missing submersible could be found before its oxygen supplies run out -- estimated to be some

time Thursday. The 21-foot (6.5-meter) tourist craft lost communication with its mothership less than two hours into its trip.

The submersible, named Titan, was carrying British billionaire Hamish Harding and Pakistani tycoon Shahzada Dawood and his son Suleman, who also have British citizenship, on \$250,000 tickets.

Also on board is the company's CEO, Stockton Rush, and a French submarine operator Paul-Henri Nargeolet, nicknamed "Mr Titanic" for his frequent dives at the site.

More than two decades ago, Zaller travelled to the site, 400 miles (650 kilometers) from the nearest land as part of a research trip, aboard a Russian vessel with two submersibles.

"The sub is a two-meter wide pressured sphere," he said. "There's a pilot seat in the center, and then two benches on either side, with three portholes.

## How Heatwaves, Fueled By Climate Change, Affect People

Agencies

TOKYO: Heatwaves across Asia and beyond have already broken records this year, while the arrival of the El Nino climate phenomenon will mean even more extreme temperatures.

Extreme heat is defined from a baseline of the average temperature in any one location, which varies widely across the world.

So a temperature of 25 degrees Celsius (77 degrees Fahrenheit) could be record-breaking in parts of Canada in spring, but might be below average for the same period in the Middle East.

What role does climate change play?

"Greenhouse gases trapping heat are at the root of the problem," said Martin Jucker, a lecturer at the University of New South Wales' Climate Change Research Centre. Gases like carbon dioxide, methane and nitrous oxide play a crucial role in stopping heat from being reflected or lost from our atmosphere. When this process is balanced, it keeps the planet at a livable temperature.

What about human interventions? The problem is made worse in some places by the way cities are built -- the so-called heat island effect, where urban conglomerations are warmer than surrounding rural areas.

This happens because cities with too little greenery and



too much concrete, asphalt and other building materials absorb heat and often offer insufficient shade.

The use of cooling technologies like air conditioners creates surging demand for energy, including the fossil fuels that are behind the climate crisis in the first place.

Are all heatwaves linked to climate change?

To determine climate change's role in any given event, experts use a technique called attribution science. They simulate a world with and without climate change, using historical and more recent measurements, or computer models. Comparing the two then "gives us a measure of how much more likely a given extreme is under climate change", Jucker told AFP.

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### NEWS MAKERS

## At Dinner With PM Modi, Biden's Favourite Pasta And Ice-Cream Served

Agencies

WASHINGTON DC: Prime Minister Narendra Modi on Wednesday (local time) thanked US President Joe Biden and First Lady Jill Biden for hosting him at the White House. PM Modi noted that they held "great conversation" on several subjects.

Taking to his official Twitter handle, PM Modi stated, "I thank @POTUS @JoeBiden and @FLOTUS @DrBiden for hosting me at the White House today. We had a great conversation on several subjects."

US President Biden hosted PM Modi for an intimate dinner at the White House, a day before the high-profile state dinner. National Security Advisor Ajit Doval and his US counterpart Jake Sullivan, Foreign Secretary Vinay Kwatra and Deputy Chief of



Protocol Aseem Vohra also attended the dinner, which featured the President's favourite foods - pasta and ice cream.

During the dinner, they enjoyed a musical tribute to the regions of India, performed by youth dancers from Studio Dhoom, a DMV-based Indian dance studio that helps connect a new generation to the vibrant culture of In-

dian dance, according to the White House.

The leaders also exchanged gifts at the White House. PM Modi presented a special sandalwood box to US President Biden that has been handcrafted by a master craftsman from Jaipur, Rajasthan. He also gifted a lab-grown 7.5-carat green diamond and 'papier mache' to US First Lady Jill Biden.

## Explained: Why PM Modi Gifted Salt, Jaggery And Ghee To Bidens

Agencies

WASHINGTON DC: Prime Minister Narendra Modi, who is on his first state visit to the US on Wednesday (local time) gifted a handcrafted sandalwood box with Das Danam and a lab-grown green diamond to First Lady Jill Biden.

The gifts were exchanged during the private dinner hosted by Joe Biden and Jill Biden for PM Modi at the White House.

The special sandalwood box presented to US President Joe Biden has been handcrafted by a master craftsman from Jaipur, Rajasthan. The sandalwood sourced from Mysore, Karnataka has intricately carved flora and fauna patterns, officials said.

The box contains a silver idol of Lord Ganesha, the Hindu deity considered as the destroyer of obstacles and the one who is worshipped first among all gods. The idol has been handcrafted by a family of fifth-generation silversmiths from Kolkata.

The box also contains a diya (oil lamp) that occupies a sacred space in every Hindu household. This silver diya has

also been handcrafted by artisans from the family of fifth-generation silversmiths in Kolkata. The copper plate also called tampra-patra has been sourced from Uttar Pradesh and a shloka has been inscribed on it.

The handcrafted delicate silver boxes contain symbolic Das Danam or the ten donations which denote the donations made on the occasion when a person becomes Drishhta Sahasrachandro or the one who has seen one thousand full moons when he completes the age of eighty years and eight months.

At this stage of life, the individual (who has seen one thousand full moons) is honoured and celebrated for the sheer experience of human life. During Sahasra Poorna Chandrodayam celebrations, there is a custom of Das Danam or donations of ten different kinds, which include - Gaudaan (cow), Bhudaan (land), Tildaan (sesame seeds), Hiranyadaan (gold), Aiyadaan (ghee or clarified butter), Dhaanyadaan (food grains), Vastradaan (clothes), Guddaan (jaggery), Raupyaadaan (silver) and Lavandaan (salt).

## Pregnant Woman Accidentally Shot Dead By 2-Year-Old Son In US

Agencies

WASHINGTON, UNITED STATES: A pregnant woman and her unborn child died last week in the US state of Ohio after her two-year-old son shot her in the back with a handgun left loaded in the house, police said.

Police chief David Smith told local media on Tuesday that 31-year-old Laura Ilg had called 911 on the afternoon of June 16.

"She explained she was 33 weeks pregnant and her two-year-old had accidentally just shot her in the back with a firearm," Smith said to local ABC affiliate News 5 Cleveland.

Police on Friday arrived quickly at the home in Norwalk, Ohio, and Ilg was rushed to hospital, but her unborn baby could not be saved after an emergency c-section, Smith said.

Ilg died from her injuries hours later, he added. Early Saturday, the Norwalk Police Department said on its Facebook page that it offered "sincere and heartfelt condolences to the family, friends, and all those affected by the tragic passing of the young mother and her unborn son."

Ilg was conscious when police arrived and told officers that her son had somehow gotten into the usually locked bedroom while she was doing laundry and started playing with the gun, according to Smith.



## Srinagar Admin Conducts Raid On Courier Agency

About 23000 Tablets Tapentadol  
Tablets Worth 6.70 Lakh seized

Observer News Service

Srinagar: On the directions of the Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad, the District Administration in collaboration with the Drug Control Organization wing carried out an intensive raid of a Courier agency operating in Srinagar District and seized a huge quantity of intoxicating drugs/consignments.

Taking cognizance of the specific input regarding trafficking of psychotropic substances by some anti-social elements through aerial route, a team of Drug Control Organization under the supervision of Deputy Drug Controller, Kashmir, Mrs Night Shah Jabeen raided a courier service agency and seized as many as 23000 tablets of different brands of Tapentadol valued at around Rs 6.70 lakh.

Meanwhile, the particulars of consignee and consignor mentioned on the consignment are under investigation and the Drug Controller department is in process of completing the procedure of relevant regulations and all such persons who have connived in the omission/breach shall be booked under law in due course of time

Worth to mention that Tapentadol is a schedule H1 Opioid analgesic and has to be sold against the prescriptions of RMP for medicinal purposes. The Drugs and Cosmetics Act 1940 provides that the record of sale of this drug has to be maintained by preserving the prescription for record and also maintain records of sale in the shape of cash memo/credit memo. It has been observed that these drugs are being used by adolescents for addiction purposes.

Appreciating the efforts put in by the team of Drug Controller Organization, Kashmir, the Deputy Commissioner, Srinagar Aijaz Asad stressed the team to bring the matter to its logical end. He further asked the Department to continue such inspection in future to eradicate the menace of drugs from the District.

The DC also urged the Pharmaceutical agencies and Courier service agencies operating in Srinagar District to bring such illegal activities into the notice of Drug Controller organization and District Administration, so that menace of drug addiction which has become a social evil can be eradicated from the society.

## Orientation Training Program On Yatra Monitoring Held At ICCC, HMT

Observer News Service

Srinagar: Following the directions of Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, an orientation cum training program was today held at Integrated Command & Control Centre (ICCC), HMT regarding the functioning of the centre to make officers of the concerned departments familiar with their roles and responsibilities.

The entire training program was supervised by incharge, ICCC and Director Land Management, SDA, Zahoor Ahmad Magray.

The training was imparted by the Incharge Divisional Control Room and Revenue Attorney in Div Com Office, Tahir Magray.

In a detailed presentation, he gave an overview regarding operation ICCC which has been put in use for Shri Amarnath Ji Yatra since 2022 and is being integrated with RFID to monitor Yatra remotely on a real time basis. ICCC has been envisaged to facilitate effective management of operations, exceptional scenarios and disaster mitigation using information and communication technologies.



A vendor sells famous Kashmiri street food Masal Tchot amidst intense heat in Srinagar on Thursday. KO Photo, Abid Bhat

## Minor Girl Abducted, Raped: Two Held

Majid Nabi

Srinagar: Two youth from Habbakadal area of Srinagar have been arrested by the police for allegedly kidnapping and then raping a 13-years old minor girl in Kangan hamlet of Central Ganderbal district.

The accused duo, police said was arrested on the basis of the statement recorded by the victim, alleging that the accused kidnapped her from Srinagar and took her to Kangan hamlet of Central Ganderbal, before being raped.

A police official while confirming the incident said the accused were arrested hours after the family of the minor girl lodged a missing report at police station Maisuma.

Investigations, officials said, were started as soon as the missing report was filed by a family from Maisuma area of Srinagar.

He said the victim was traced

Two accused namely: 1 Sahil Javid S/o Javid Sodagar R/o Ganpatyar Habbakadal and Sahil Yousuf S/o Yousuf Dar R/o Nai Sadak Habbakadal arrested for abducting & raping a minor girl (13 yrs) of Maisuma. FIR no 11/2023 u/s 363, 376 DA of IPC & sec 5,6 of POSCO act at Maisuma PS

the same day and a formal case FIR No. 11 of 2023 under IPC sections 363, 376 and 5,6 of POSCO Act was registered at the concerned police station in this regard and investi-

gations taken up. The accused, he said, were arrested on Wednesday evening and are presently lodged at Maisuma police station.

Accused duo has been identified as Sahil Javid son of Javid Sodagar of Ganpatyar Habbakadal and Sahil Yousuf son of Mohammad Yousuf Dar of Nai Sadak Habbakadal.

Srinagar police in a tweet also confirmed that two persons from Srinagar have been arrested for kidnapping and then raping a minor girl in Ganderbal district.

"Two accused namely: 1 Sahil Javid S/o Javid Sodagar R/o Ganpatyar Habbakadal and Sahil Yousuf S/o Yousuf Dar R/o Nai Sadak Habbakadal arrested for abducting & raping a minor girl (13 yrs) of Maisuma. FIR no 11/2023 u/s 363, 376 DA of IPC & sec 5,6 of POSCO act at Maisuma PS," Srinagar police tweeted on Wednesday.

## Jugnoo, Novo Cab Offices Sealed In Srinagar

Observer News Service

Srinagar: The transport authority has sealed the offices of Jugnoo Cabs and Novo Cabs in Srinagar after they were found operating without proper registration, reports said.

Syed Shah Nawaz Bukhari, the Regional Transport Officer (RTO) of Kashmir, said, "We have sealed two cab services, Jugnoo and Novo, as they are currently operating without a license. We have received court instructions to shut down these two cab services, and we have complied."

Notably, "Jugnoo and Novo were both app-based ride-hailing services that were operating in Srinagar. These services allowed users to book a cab through a Smartphone application, which connected them with nearby drivers.

- TRAFFIC POLICE : 9419993745, 01998-266686
- 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 - (Closed)  
Mughal Road - (Open)  
Srinagar-Leh- (Open)



PRAYERS	
FAJR	3:35
ZUHR	12:33
ASR	5:33
Magrib	7:49
ISHA	9:31

04 Zil-Hajj  
1444

### This Day In History

- 1942- World War II: Germany's latest fighter, a Focke-Wulf FW190 is captured intact when it mistakenly lands at RAF Pembrey in Wales.
- 1943- RAF discovers Werner von Braun's V1/V2-base in Peenemunde
- 1952- US air planes bomb energy centers at Yalu Korea
- 1960- Japan signs security treaty with the US
- 1961-The Antarctic Treaty, ensuring that Antarctica is used for peaceful purposes; for international cooperation in scientific research; and does not become the scene or object of international discord, comes into force
- 1972-Hurricane Agnes becomes US's costliest natural disaster, effecting 15 states, with 119 deaths, \$3 billion damage
- 1972- President Nixon & his Chief of Staff H. R. Haldeman agree to use CIA to cover up Watergate
- 1973- World Court condemns French nuclear tests in the Pacific
- 1974- 1st extraterrestrial message sent from Earth into space
- 1980- 1st solar-powered coast-to-coast two-way radio conversation
- 1983- Syria throws out PLO leader Arafat
- 1985- Bomb destroys Air India Boeing 747 in air near Ireland, 329 die
- 1990- African National Congress leader Nelson Mandela, on a US tour, receives a tumultuous welcome in Boston.
- 1991- Mazda becomes 1st Japanese car to capture Le Mans 24 hour race
- 1994- South Africa is readmitted to the United Nations Organisations (UNO)
- 2000- The bulk ore carrier MV Treasure sinks off the western coast of South Africa, soiling more than 19 000 penguins; this resulted in the world's largest ever rescue of birds from an oiling event

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### PREMISES REQUIRED

The Jammu & Kashmir Bank invites offers from Owners of premises on lease basis for housing its Offsite ATM at Frisal, Kulgam on ground floor, as per the details given below:

S. No	Name of the Premises	Location	Carpet Area in sq. ft (approx.)
01	Offsite ATM at Frisal, Kulgam	Locality: Frisal. Tehsil: Frisal. District: Kulgam.	Upto 120 sq. ft

Further details, requirements, terms and conditions, Technical Bids and Financial Bids proforma relating to the same can be obtained in person from Zonal Office Anantnag during working hours and also can be downloaded from Bank's website [www.jkbank.com](http://www.jkbank.com) from 22/06/2023 under the link "EOI & Tender / Notification" in the Quick Access Tab.


The interested parties/persons owning the premises and having a clear title over the property should submit their offers in format prescribed by Bank by or before 12/07/2023 (05:00 PM IST) at Zonal Office Anantnag-192101.

Bank reserves the right to cancel/reject any/all offer(s) without assigning any reason thereof.

**Dated: 20/06/2023** **Zonal Premises Committee**

Registered office : Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India  
CIN: L65110JK19385G000048 ; T : +91 (0)194 2481 930-35 ; F : +91 (0)194 248 1928 ; E : info@jkbank.com ; W : www.jkbank.com

DIPK-NB-1460/23 dated: 22-06-2023



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E-Tender Notice

Dy.CEE/GSU/FZR acting for and on behalf of The President of India invites E-Tenders ([www.ireps.gov.in](http://www.ireps.gov.in)) against below titled Tenders. Bidders will be able to submit their original/revised bids up to closing date and time only.

Tender No.	Name of work	App. Cost (in Rs.)	Earnest Money (in Rs.)	Completion period	Opening of tender	Website Particulars
27-Elect/ GSU-T-12-2023-24	Electrical works in c/w with soft upgradation of the stations under Amrit Bharat Stations Scheme (ABSS) covering various areas viz. Improvement of lighting to traffic circulation, circulating area, entrance porch, Platforms, Platform shelters, existing station building, toilets, foot over bridge and facade lighting including other ancillary works at Pathankot city, Gurdaspur and Fazilka Railway Station.	24783912.04	273900.00	06 Months	14.07.2023 after 15.00 Hrs.	<a href="http://www.ireps.gov.in">www.ireps.gov.in</a>

Open Tender Notice No. NIT-12/2023-24 Dated: 22.06.2023

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**From KO Archives**

## Quit Worrying On Hurriyat: PM To Atal

**N**EW DELHI - Brushing aside the charge that the Government mishandled Hurriyat leaders' visit to Pakistan, Prime Minister Manmohan Singh has affirmed its commitment to take the Indo-Pak dialogue process forward while ensuring that India's vital interests are fully safeguarded.

Replying to a letter from former Prime Minister Atal Bihari Vajpayee on June 15, Singh emphasised that there was no room for ambiguity regarding India's position on Jammu and Kashmir in its discussions with Pakistan or actions.

"I have reiterated on every possible occasion that there can be no redrawing of boundaries. We have also ruled out any role for a third party — either through intervention or as guarantor or as mediators — in an form," he said in his letter dated June 20 to Vajpayee.

He said that India had consistently held that the dialogue with Pakistan was predicated on its commitment to end cross border terrorism, as outlined in the joint statement of January six 2004. The centrality of this position was recently reflected in the Joint Statement released after my meeting with President Musharraf. "With regard to the Hurriyat leaders' visit to Pakistan, he said it was not correct to state that the authorities on the Indian side had mishandled it.

By allowing the Hurriyat leaders to travel beyond Pakistan-administered Kashmir, Islamabad violated the understanding reached between the two countries on the Srinagar-Muzaffarabad bus service.

Drawing Vajpayee's attention to the fact that the Hurriyat leaders have regularly met dignitaries from Pakistan visiting India as well as its diplomats in the last four or five years, the Prime Minister said that their track to Pakistan-administered Kashmir using Srinagar-Muzaffarabad was cleared on the basis of agreed procedures. "That Pakistan decided to invite them to visit Islamabad and other cities in Pakistan violated an understanding on these procedures that had been reached between India and Pakistan," Singh said.

He said passports were issued to those Hurriyat leaders who did not possess it and made request for the issue of such documents.

Noting that Hurriyat Conference was one of the groups that is outside the electoral process in Jammu and Kashmir, the Prime Minister said that nevertheless, the Government was willing, to enter into dialogue with such groups provided they agree to abjure the path of violence.

*(Kashmir Observer, 23 June, 2005)*



KASHMIR OBSERVER<sup>TM</sup>

Friday | 23-06-2023

## PM's US visit

US President Joe Biden warmly welcomed Prime Minister Narendra Modi to Washington on Wednesday, terming ties with India as: "one of the defining partnerships of our age." Spanning two days of crucial talks, the visit highlights the growing recognition of India's rise as a key global player.

The United States sees India as a strategic counterweight to China, seeking to harness the potential of the world's most populous democracy. President Biden aims to bolster India's influence on the world stage, acknowledging its significant role in shaping the Indo-Pacific region and beyond.

The anticipated agreements between the two leaders encompass a wide range of areas, including defense cooperation and sales, artificial intelligence, quantum computing, and investments by prominent US companies like Micron Technology. The American multinational corporation General Electric (GE) on Thursday announced it has signed an agreement with India's state-owned Hindustan Aeronautics Ltd (HAL) to make fighter jet engines for the Indian Air Force (IAF). These collaborations not only enhance bilateral ties but also underscore India's emergence as a vital partner in key technological and strategic domains.

Prime Minister Modi's visit, distinguished by its full diplomatic status of a state visit, signifies the importance that the US gives to its relationship with India. But more than that it shows India's arrival on the global stage as a major power whose cooperation is sought to address the key global concerns of the day. The reception accorded to PM Modi by American CEOs and his meeting with Tesla's Elon Musk showcase the recognition of his role in bolstering economic growth and innovation in India.

Both the PM Modi and Biden face the common challenge of navigating China's growing influence in the Indo-Pacific region and other spheres. While the visit is not solely centered on China, discussions regarding China's role in military, technology, and economic domains are expected to feature prominently.

The visit included a private dinner at the White House and visits to key institutions such as the National Science Foundation. There was a colourful arrival ceremony on the White House South Lawn before Oval Office talks. The high-profile visit served as a platform for deep strategic discussions and tangible progress across various dimensions of the bilateral relationship.

That said, the visit is also about the evolving new geopolitics in the world where China is fast emerging as a rival to the US. So, the primary motivation behind the US outreach to India is to draw India into its orbit. But India has traditionally zealously guarded its independence and refused to be part of any geopolitical bloc. It has always acted in the interest of its people. With the US also, India will rather prefer a relationship based on accommodation of each other's interests and concerns rather than act in subservience to the US interests.

### OTHER OPINION

## On Danger at Sea: Looking Out for all those in Peril

Only about 100 survived, making this one of the deadliest disasters in the Mediterranean. Greece and the EU blame people smugglers, who overcrowd boats and abuse those aboard them. But both have profound questions to answer about their own role in such disasters. Activists say authorities were repeatedly warned of the danger this boat faced, hours before it went down, but failed to act.

Greece has said that the vessel was moving steadily, was not at risk, and that passengers refused help; survivors and tracking data paint a very different picture. The Greek coastguard's record includes forcible and dangerous pushbacks of asylum seekers, with a recent video showing a family including small children being set adrift on a raft. Frontex, the EU's border and coast guard, is also rightly - under growing scrutiny.

Ursula von der Leyen, the European Commission president, has praised Greece as the bloc's "shield" against migration - not only applauding its role, but using the language of combat and self-defence. Josep Borrell, the EU's foreign policy chief, last year described Europe as a "garden" and most of the world as a "jungle" which "could invade" it unless there was greater engagement. Following the backlash, he said he was sorry "if some were offended" and insisted he was referring to the rule of law in contrast with lawlessness. On the most generous interpretation, he showed a startling ignorance of the implications of such language. On a more cynical one, he pandered to it.

The rhetoric of a hostile world's encroachment upon Europe is used in part to try to stem the advance of the far right, showing that mainstream politicians and officials are not ignoring the issues it exploits to win support. But this contributes to an environment in which there is a growing sense of an "us", living in safety and relative comfort, menaced by a "them" seeking the same things. Most of those on board the boat last week are believed to have been Pakistani nationals, who had grown desperate as the country's economic situation deteriorated.

"Migrant" has become a word that disguises rather than illuminates the individuals behind the label - humans with the usual struggles, hopes and fears for themselves and their families, loved as dearly as any others, and as deserving of dignity, safety and concern. That mass drownings have become so common - more than 25,000 people have died or gone missing in the Mediterranean since 2014 - is shameful in itself. What is worse is that these disasters have come to be seen as almost normal. Planes and boats are scrambled to save a handful of people who took a risk for an adventure, while children and adults in imminent danger wait until catastrophe strikes.

The Guardian

Various studies over the years have shown a disconcerting trend of rising domestic abuse in Jammu and Kashmir. Recently, a study conducted by Department of Community Medicine, Government Medical College, Srinagar, revealed that 6.5 percent women in Srinagar started experiencing intimate partner violence during covid-19 lockdowns. Earlier, a National Family Health Survey report 2021 had also revealed that over 49% of women in Kashmir justified violence done by their husbands. The 2021 report also stated that over 11% of married women had experienced physical or sexual violence at the hands of their husbands. Anecdotal evidence, such as videos on social media of men harassing women on the streets is also indicative of the normalisation of violence against women in our society.

Violence against women, especially domestic violence does not see the light of the day very often and is mostly unreported. Very often women do not feel safe, informed or empowered enough to take a step. However, legal provisions take into account the many challenges that women may face within their marriages as well as challenges they may face when they decide to report the crime.

In a society in which the sanctity of homes is frequently tainted by unseen tragedies, the war against domestic abuse continues to be an essential fight for gender equality. The Indian government, in recognition of the critical need to protect women from the widespread problem of domestic abuse, passed the Domestic Violence Act in 2005. This legislation represented a key milestone in the effort to defend the rights and well-being of women across the country.

The Domestic Violence Act, 2005 in India is the subject of this article, which aims to provide a full overview of the terms of the act, its impact, and the path it has paved towards empowering survivors and combatting this serious social issue.

The Domestic Violence Act of 2005 was passed with the intention of enabling women who were experiencing violence inside the limits of their homes with access to legal action and protection from that violence. This important legislation recognises unequivocally that domestic violence comprises not just the infliction of physical injury but also a variety of other forms of abuse, such as emotional, verbal, sexual, and economic abuse as well as sexual assault. The act acknowledges the complexities of the mechanisms that contribute to the ongoing cycle of domestic violence by acknowledging the various manifestations of violence.

In the course of this article, we will go into the specific provisions of the Domestic Violence Act, breaking down its fundamental parts, and investigating the opportunities it affords to survivors who are looking for justice and protection. I seek to give a thorough picture of the legal processes that are in place to combat domestic abuse by discussing topics such as the rights of survivors to obtain protection orders and help and the role of support services and counselling.

Domestic Violence Act of 2005 functions as a ray of light, giving survivors the ability to wriggle out from under the shackles of abuse and take back control of their lives. By gaining an awareness of its provisions and ramifications, we can all work together towards the common goal of constructing a society that takes a unified stance against domestic abuse. This will help us create an atmosphere in which every individual is treated with dignity, respect, and equality.

**How to identify domestic violence?**

Domestic violence is a pervasive issue that affects individuals across various socio-economic backgrounds and cultures. Identifying the signs of domestic violence is crucial to ensuring the safety and well-being of those



## Domestic Violence Act 2005 What and Why We Need to Know It

Madiya Mushtaq Nadroo

“This important legislation recognises unequivocally that domestic violence comprises not just the infliction of physical injury but also a variety of other forms of abuse, such as emotional, verbal, sexual, and economic abuse as well as sexual assault. The act acknowledges the complexities of the mechanisms that contribute to the ongoing cycle of domestic violence by acknowledging the various manifestations of violence

who may be experiencing such abuse. The Domestic Violence Act, 2005 in India provides a comprehensive definition of domestic violence, encompassing various forms of abuse under its protective umbrella.

Domestic violence can manifest in different ways, and it is important to recognize the signs and patterns that may indicate an abusive relationship. Some common indicators of domestic violence include:

- **Physical Abuse:** Physical violence, such as hitting, slapping, punching, or any form of physical harm, constitutes a clear sign of domestic violence.

- **Emotional Abuse:** Emotional abuse includes actions intended to undermine an individual's self-esteem, manipulate their emotions, or exert control over them. It may involve verbal insults, constant criticism, humiliation, threats, or isolation from family and friends.

- **Sexual Abuse:** Sexual abuse involves any non-consensual sexual activity imposed upon an individual. It includes forced sexual acts, marital rape, coercion, or any form of sexual violence.

- **Economic Abuse:** Economic abuse refers to controlling an individual's financial resources or restricting their access to money. It may involve withholding finances, preventing employment or education, or exerting financial control to maintain power over the victim.

- **Psychological Abuse:** Psychological abuse can include intimidation, threats, stalking, or any behavior that instills fear and manipulates the victim's thoughts, emotions, and actions.
- **Social Abuse:** Social abuse involves isolating the victim from their support system, such as family, friends, or community, thereby making them dependent on the abuser and amplifying their control.

By recognizing the signs of domestic violence and

Protection of Women from Domestic Violence Act, is a crucial legislation in India that aims to address and combat domestic violence. It provides a legal framework to protect the rights and well-being of women who experience violence within the confines of their homes. Let's explore in detail the key provisions of this act:

- **Definition of Domestic Violence:**

The act encompasses various forms of abuse, including physical, sexual, verbal, emotional, and economic abuse. It recognizes that domestic violence extends beyond physical harm and encompasses acts or omissions

that harm, injure, or endanger the aggrieved person's health, safety, life, dignity, or well-being.

- **Protection Orders:** The act empowers the affected women to seek different types of protection orders from the court, including Protection Orders, Residence Orders, and Monetary Relief Orders. These orders are designed to provide immediate protection, restrict the offender's access to the victim, and ensure the victim's safety and well-being.

- **Definition of Aggrieved Person:**

The act defines an "aggrieved person" as any woman who is, or has been, in a domestic relationship with the abuser and who alleges to have been subjected to domestic violence. It recognizes that victims may be wives, live-in partners, former wives, mothers, sisters, or any other woman residing in the same household.

- **Emergency Assistance:**

The act provides for immediate and emergency assistance to the aggrieved person. It allows the victim to seek help from Protection Officers, who have the authority to assist in obtaining medical aid, shelter, counseling, and legal aid.

- **Residence Orders:**

Under the act, the aggrieved person can seek a Residence Order that grants her the right to reside in the shared household, regardless of her ownership or interest in the property. This provision ensures that victims are not forced to leave their homes due to violence.

- **Monetary Relief:**

The act recognizes the economic impact of domestic violence and provides for monetary relief to the aggrieved person. This relief may include compensation for injuries and losses, as well as maintenance for the victim and her children.

- **Custody orders**

Under Section 21 of the Protection of Women from Domestic Violence Act, 2005 when the Magistrate receives an application concerning domestic violence, he has the authority to direct the custody of any child or children to the victim or the person making the application on behalf of the victim.

- **Counseling and Support Services:**

The act emphasizes the importance of counseling and support services for victims of domestic violence. It provides for the establishment of counseling

- **Confidentiality:**

The act ensures the confidentiality of the proceedings and protects the identity and privacy of the aggrieved person. It prohibits the disclosure of any information that may lead to the identification of the victim.

- **Penalties for Non-Compliance:**

The act imposes penalties and consequences for non-compliance with protection orders or other provisions. Violations can lead to fines or imprisonment, ensuring that offenders are held accountable for their actions.

**What should a woman do when she is facing domestic violence?**

The aggrieved individual, their local Protection Officer, or a representative acting on their behalf is required to submit an application to the Magistrate, seeking one or more reliefs outlined in the Protection of Women from Domestic Violence Act, 2005. The application must adhere to the prescribed details as specified by the Act. The Magistrate will schedule a hearing within three days of receiving the application and must aim to resolve all applications filed under Section 12 of the Act within sixty days from the first hearing. Additionally, the Magistrate is authorized by the Act to issue various orders and provide reliefs to address the domestic violence situation.

It is important for the aggrieved woman to have a support system throughout this process, which can include family, friends, support groups, or NGOs specializing in domestic violence cases. Their emotional and practical support can provide strength during the legal proceedings.

By following this procedure, an aggrieved woman can approach the court and seek legal intervention to address domestic violence. The aim is to provide her with the necessary protection, support, and justice, while holding the offender accountable for their actions.

The Domestic Violence Act of 2005 stands as a crucial legal framework in India, providing essential protection and empowerment to women facing domestic violence. By recognizing the multifaceted nature of domestic violence and encompassing various forms of abuse, this act strives to create a safer environment for survivors.

Through its provisions, such as protection orders, monetary relief, counseling services, and legal aid, the act aims to address the complexities of domestic violence and ensure justice for victims. Moreover, the act establishes the duties and responsibilities of magistrates and police officers in safeguarding the rights of aggrieved women and enforcing the provisions of the act.

By understanding the provisions and procedures outlined in the act, we can collectively work towards combating domestic violence, supporting survivors, and creating a society where every individual is treated with dignity, respect, and equality. It is our shared responsibility to raise awareness, promote gender equality, and foster an environment free from domestic abuse. Together, we

can empower women, unmask the hidden tragedies, and create a society that values the sanctity of every home.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The full article can be read at [kashmirobserver.net](http://kashmirobserver.net). The author is Advocate, Jammu & Kashmir and Ladakh High Court and can be reached at [madiyanadroo@gmail.com](mailto:madiyanadroo@gmail.com)



Mindful Fridays

# The Complex Connection: Emotional Issues, Junk Food, and Psychological Well-being

Wasim Kakroo

In today's fast-paced world, junk food has become a ubiquitous presence in our lives. While the occasional indulgence may not have severe consequences, the excessive consumption of junk food can have significant psychological disadvantages. In this article, we will explore how emotional issues can lead to bingeing on junk food and how this, in turn, can contribute to the development of emotional disorders. Additionally, I will suggest some healthier alternatives that can help individuals overcome these challenges.

## 1. Emotional Issues and Binging on Junk Food:

The relationship between emotions and food is complex, with emotional issues often playing a role in the excessive consumption of junk food. Emotional eating refers to the tendency to eat in response to emotional cues, such as stress, sadness, or boredom. This behavior can lead to a vicious cycle, as the temporary comfort provided by junk food can reinforce negative emotions and contribute to further overeating.

a) Stress: When confronted with stress, it is common for individuals to seek solace in the consumption of junk food. These foods are often laden with excessive amounts of fat, sugar, and salt, which can stimulate the release of dopamine—a neurotransmitter linked to feelings of pleasure and reward. As a result, indulging in junk food can offer momentary respite from stress, providing a temporary sense of relief. Unfortunately, relying on such unhealthy coping mechanisms can impede the cultivation of more beneficial stress-management strategies. Rather than developing healthier approaches to deal with stress, individuals may become trapped in a cycle of turning to junk food as their primary means of self-soothing. This can have detrimental effects on both physical and mental well-being in the long run.

b) Depression and Anxiety: Emotional disorders such as depression and anxiety can significantly influence individuals' eating habits, leading to the consumption of junk food. When people find themselves grappling with these conditions, they often turn to food as a source of comfort and temporary relief from their

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Graphic by Sara Mizanojehdehi

overwhelming emotions. Junk food, with its highly palatable nature, offers a momentary respite from feelings of sadness or worry. However, this coping mechanism can have detrimental effects on their mental health in the long term. Junk food is typically devoid of essential nutrients and is often high in unhealthy fats, sugars, and additives. These nutritional deficiencies can exacerbate the symptoms of depression and anxiety, contributing to a vicious cycle of emotional distress and unhealthy eating habits.

## 2. Psychological Consequences of Binging on Junk Food:

a) Negative Self-Image: The excessive consumption of junk food has detrimental effects on both physical and mental well-being. One of the most noticeable consequences is weight gain, as these foods are typically high in calories, unhealthy fats, and sugars. This weight gain, in turn, often leads to poor body image and feelings of dissatisfaction with one's appearance. Individuals who struggle with their body image may experience decreased self-esteem, feeling guilty, ashamed, or inadequate. This negative self-perception can create a vicious cycle, where emotional distress leads to further emotional eating as a coping mechanism. Consequently, the excessive consumption of junk food not only poses a threat to physical health but also has profound implications for mental and emotional well-being.

b) Addictive Behavior: The highly palatable nature of junk food, with its excessive amounts of sugar, salt, and fat, possesses a remarkable ability to trigger addictive-like responses within the brain. The combination of these three elements creates a sensory experience that stimulates the pleasure centers of the brain, leading to a heightened sense of enjoyment and satisfaction. As individuals consume junk food regularly, their brains adapt to these intense flavor profiles, leading to the development of food cravings. These cravings can be difficult to ignore, as the brain associates the consumption of these foods with feelings of pleasure and reward. Moreover, prolonged exposure to junk food can result in an increased tolerance for these highly palatable substances, requiring individuals to consume larger quantities in order to achieve the same level of satisfaction.

c) Nutritional Deficiencies: Junk food, often characterized by its high levels of calories, sugar, unhealthy fats, and low

nutritional value, is typically devoid of essential nutrients necessary for optimal physical and mental health. This lack of vital vitamins, minerals, and fiber can have detrimental effects on our well-being. The absence of these nutrients in junk food can directly impact brain function, resulting in mood imbalances and decreased cognitive performance. Without the necessary building blocks for a healthy mind, individuals may experience difficulties in concentration, memory retention, and overall mental clarity. Furthermore, the nutritional deficiencies caused by consuming junk food can increase the vulnerability to mental health disorders such as depression, anxiety, and even contribute to long-term cognitive decline.

## 3. Seeking Healthier Alternatives:

While it may seem daunting to break free from the grip of junk food, healthier alternatives can provide both physical and psychological benefits. Here are a few suggestions:

a) Whole Foods: Incorporating whole foods into your diet is a vital step towards achieving optimal health and well-being. By choosing a variety of nutrient-rich options such as fruits, vegetables, whole grains, lean proteins, and healthy fats, you can nourish your body with essential vitamins, minerals, and antioxidants. Whole foods provide numerous benefits, including enhanced mood stability, cognitive function, and overall well-being. Fruits and vegetables are packed with vitamins and fiber that support a healthy immune system and promote digestive

health. Whole grains are a great source of complex carbohydrates, offering sustained energy and improved brain function. Lean proteins, such as chicken, fish, and legumes, provide essential amino acids for muscle repair and growth. Additionally, incorporating healthy fats from sources like avocados, nuts, and olive oil supports heart health and aids in nutrient absorption. By prioritizing whole foods, you can optimize your diet and experience the positive effects they have on your physical and mental well-being.

b) Mindful Eating: Practicing mindfulness while eating involves cultivating a heightened awareness of the present moment and fully engaging in the sensory experience of each bite. By consciously savoring the taste, texture, and aroma of our food, we can develop a healthier and more fulfilling relationship with what we eat. This mindful approach encourages us to slow down, chew slowly, and truly appreciate the nourishment that our meals provide. By being fully present during meals, we become more attuned to our body's signals of hunger and fullness, helping us make more informed choices about when and how much to eat. Moreover, practicing mindfulness while eating can reduce emotional eating by allowing us to recognize and address underlying emotions or stressors that may drive us to seek comfort in food. Ultimately, this mindful practice fosters a sense of satisfaction, gratitude, and balance in our relationship with food, leading to improved overall well-being.

c) Stress Management: Rather than



Photo for representational purpose only. Source: Glamour UK

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**RATHER THAN RESORTING TO JUNK FOOD AS A MEANS of coping with stress, it is advisable to consider alternative stress-relief techniques that promote overall well-being. Engaging in regular exercise not only provides physical benefits but also releases endorphins, which are known to improve mood and reduce stress levels**

resorting to junk food as a means of coping with stress, it is advisable to consider alternative stress-relief techniques that promote overall well-being. Engaging in regular exercise not only provides physical benefits but also releases endorphins, which are known to improve mood and reduce stress levels. Meditation offers a way to calm the mind and find inner peace, allowing for better stress management. Journaling can serve as a therapeutic outlet, enabling individuals to express their thoughts and emotions. Additionally, participating in hobbies that bring joy and fulfillment can act as a distraction from stressors, helping to alleviate tension and anxiety. By exploring these alternative stress-relief methods, individuals can regulate their emotions more effectively and diminish the inclination to turn to junk food for comfort, ultimately fostering healthier coping mechanisms.

d) Support System: Surrounding yourself with a supportive network of family, friends, or professionals is essential when tackling emotional eating patterns. These individuals can provide valuable guidance, understanding, and encouragement as you strive to overcome this challenge. Family members can offer unconditional love and support, creating a safe space to express your emotions and seek comfort without resorting to food. Friends who understand your struggles can provide empathy and motivation, helping you stay on track with your goals and providing distractions from emotional triggers. Additionally, seeking professional help, such as a therapist or nutritionist, can be immensely beneficial. These experts can offer specialized guidance, helping you develop healthier coping mechanisms, addressing underlying emotional issues, and providing strategies to manage stress and cravings. By building a supportive network, you can find the strength and resilience needed to break free from emotional eating patterns and cultivate a healthier relationship with food.

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## In A First, Voter Cards Being Provided To KPs At Their Doorsteps

Observer News Service

**JAMMU:** In a first, Relief Organisation (M) J&K is providing EPICs to the Kashmiri migrant voters at Jammu who filled their voter forms during the Special Summary Revision held in the month of September 2022.

Before this, the EPICs, after final printing, were placed at the disposal of local BLOs of Kashmir Valley for further distribution.

Kashmiri Migrants being out of valley were not able to collect their EPICs owing to the fact that they are residing at various places in Jammu and

other parts of the country.

The Relief Organisation, in collaboration with office of Chief Electoral, J&K, in a first of its kind initiative, are facilitating distribution of EPICs to Kashmiri Migrant voters to their convenience and for the purpose a Special Campaign has been launched from June 19, 2023 to July 1, 2023 in migrant camps and non camp areas in Jammu.

Continuing with the Campaign, EPICs were distributed among the Kashmiri Migrant voters today at Migrant Camp Jagti where a large number of migrant voters availed this facility and collected their EPICs.

## PIB Srinagar Organizes Media Workshop 'Vartalap' At Pulwama



Observer News Service

**PULWAMA:** To build a direct interface between the government and the journalists working at district and sub-district levels across Kashmir division, Press Information Bureau (PIB), Srinagar, Ministry of Information and Broadcasting, Government of India on Thursday organised Media Workshop "Vartalap" at Town Hall Pulwama.

The theme of the workshop was "9 Years of Seva, Sushasan and Garib Kalyan". Assistant Commissioner Development, Pulwama, Dr Peerzada Farhat Ahmad was the Chief Guest on the occasion.

Addressing the gathering, Dr Ahmad encouraged the media to provide feedback to the administration so that it helps in better governance. He said that media has a lot of power and media persons should use that power wisely and judiciously and make sure that the power is not misused. He asserted that the relation between the government and the media should be an honest one as it is ultimately the public that gets to benefit from it.

Dr Ahmad also spoke about the implementation and progress of MGNREGA and PMAY schemes in the district. He said that MGNREGA has been a great success in Pulwama district and against a target of 5 lakh person days for the last financial year, more than 11 lakh person days were generated in the district which is an achievement in itself. He said that under the scheme, more than 200 streams in the district which had been converted into dustbins have been cleaned and rejuvenated.

Talking about the PMAY scheme, Dr Ahmad said that more than 500 installations of money have been distributed among beneficiaries in the previous financial year. He said that besides providing money for houses, the government is also providing financial assistance for construction of individual house hold latrines which is mandatory under the Swachh Bharat Mission.

Earlier in his welcome address, Joint Director (Media and Communication) PIB Srinagar Qazi Salman said that the purpose of the workshop is to get in touch with media at the grassroots level.

He said that the schemes of the government are well directed and the masses are getting their due. He added that there is a difference in how the world sees India now as compared to 10 years ago and that is evident by the fact that India is holding the G20 presidency at the moment.

Salman said that journalists working in rural and far flung areas have an added responsibility on their shoulders as the areas that they serve are usually far from the centres of power and it is their responsibility to highlight issues of the people in an efficient manner so that their grievances can be addressed effectively.

District Agriculture Officer, Pulwama, Mohammad Munaf gave an overview of the various achievements and objectives of the Agriculture Department.

He said that the Holistic Agriculture Development Programme was conceived by the J&K Government keeping the interest of 13 lakh farming families in mind and 29 projects are running under it.

Mohammad Nadeem Bhat, District Programme Manager National Rural Livelihood Mission spoke about the implementation of various schemes under the programme in Pulwama district.

He said that under the programme, Self Help Groups of women have been formed and the department helps in capacity building and also provides financial assistance so that beneficiaries can take maximum benefit out of the schemes.

District Immunisation Officer, Pulwama, Dr Masooda talked about the status of PMJAY-SEHAT and Jan Aushadi programmes. She said that 100 per cent families of the district have been provided PMJAY-SEHAT cards and there are eight empanelled hospitals working in the district. She said that the Jan Aushadi scheme has proved to be a beacon of hope as it provides quality generic medicines at an affordable price and people do not have to compromise with their well being due to financial constraints.

Assistant Commissioner Panchayats, Pulwama, Owais Mushtaq spoke about the implementation and progress of Swachh Bharat scheme in the district. He said that district administration is working day and night to achieve the target of being ODF+ (Open Defecation Free) by August 15 which has been set by the Chief Secretary.

District Information Officer, Pulwama, Naushad Ahmad said that Pulwama district is excelling in every field and is fast becoming the first preference of visiting dignitaries and tourists. He added that things will not work out until media and administration work in coordination and are on the same page.

Earlier in the programme, Media Communication Officer, PIB Srinagar, Majid Mushtaq Pandit gave a detailed presentation on the working and mandate of PIB. He emphasized on the need to work closely with local media to create awareness about various Central Government schemes and programmes.

The technical sessions were followed by an interactive question-answer session in which journalists talked to the experts and cleared their doubts regarding various schemes and programmes. The journalists also thanked PIB for organising the workshop and expressed hope that more such workshops will be conducted in future.

The proceedings of the workshop were conducted by Tariq Ahmad Rather, Deputy Director (Media and Communication), PIB Srinagar.

## Law Applies To Everyone, Regardless Of Their Status Or Background: VP Dhankhar

Press Trust Of India

**JAMMU:** Vice President Jagdeep Dhankhar expressed concern on Thursday over orchestrated efforts by certain forces that aim to spread false narratives that are detrimental to the country.

While acknowledging that the number of such individuals is small, he emphasised the need to remain vigilant.

Dhankhar raised concerns about those who protest against being summoned by law-enforcement agencies, emphasising that no one is exempt from the law. He said a clear message has been given in the last few years that the law applies to everyone, regardless of their status or background.

"I can tell you that these (protests on streets in response to legal issues) changes are taking place in the last few years. No one is above the law. The long arm of law will reach you. Some people in the country have taken to themselves that 'we are above law'.

"If 'X' is summoned by a regulatory agency, how can you take to the streets...?" Dhankhar said at the convocation of the Jammu University here.

Asserting that there is zero tolerance to corruption, he said everyone will be accountable to law.

"Stakeholders in corruption will get all forces together to get an escape route. The good thing is that all their escape routes have been plugged. There is zero tolerance for corruption. The message is loud



and clear. You may be anyone or having any identity or lineage, you are accountable to law. The mechanism is transparent and accountable and effective," he said.

Referring to an episode involving Time magazine about Chat-GPT, the vice president stressed that if the silent majority chooses to remain silent, their voice may be silenced forever.

He urged all citizens to actively embrace nationalism and not underestimate the gravity of these sinister designs that seek to undermine India's growth story. Protecting the country's progress from impediments is of utmost importance, he added.

"It is ironic that false narratives are set afloat in an orchestrated manner by forces that are inimical to this country. Some of us do not take it seriously. Their number is small. I was enthused by what the lieutenant governor (of Jammu and Kashmir) said about Time magazine. I will reflect on another episode focussed on Time magazine. It was a cover story. If the silent majority decides to remain silent, it may

be silenced forever," he said.

Dhankhar appealed to people to use their mind, activate their nationalism and not to take lightly these erroneous designs communicated in a sinister manner to run down India's growth story. "We cannot allow it to be impeded," he said.

The vice president underscored the country's remarkable achievements and called upon the citizens to take pride in its accomplishments.

Emphasising the country's rising stature as the mother of the oldest democracy, he expressed his belief that India's progress is unstoppable.

He encouraged everyone to make their voices heard, particularly during times when global events shape the world like never before. He expressed concern over a small faction of individuals attempting to tarnish and demean the nation's institutions, stressing the importance of addressing such behaviour.

"Our rise is unstoppable. I urge and call on you to take pride in our achievements when all is going well and the world looks toward the leader of the biggest democracy, which is the mother of world democracies. These are the days when we have to make our voice clear to the world," he said.

Without naming anyone, Dhankhar said, "It is a cause of concern and worry when some of us, a small category of people, try to tarnish, demean and decry our institutions. How can we ignore it? We cannot allow historic achievements to be run down."

## 1 Lakh Devotees Attend Annual Fair At Baba Chamliyal Shrine

Observer News Service

**SAMBA:** The Annual Fair at Baba Chamliyal Shrine located on International Border in Samba on Thursday witnessed unprecedented rush as devotees from different parts of Jammu and Kashmir and neighbouring states came all the way to pay obeisance at the revered Shrine.

Deputy Commissioner Samba, Abhishek Sharma, Senior Superintendent of Police, Benam Tosh and several other officers offered Chadar at the shrine of Baba Dalip Singh Manhas.

According to officials, nearly one lakh devotees from different parts of Jammu and Kashmir and neighbouring States visited the shrine. About

45,000 devotees visited the shrine by this afternoon but the rush of devotees increased after that and touched the record breaking figure. The Management Committee of the Mela, District Administration Samba and Border Security Force (BSF) had made elaborate arrangements for the devotees visiting the shrine to pay their obeisance.

As the shrine is located very close to IB, the BSF and local police had also made elaborate security arrangements in the area to ensure safety and security of devotees. "Elaborate security and other arrangements have been put in place for the devotees who have been thronging the shrine since early this morning, said Abhishek Sharma, Deputy Commission-

er Samba. Hundreds of stalls were set up by the devotees in the area serving eatables, cold water and juice to the people visiting the shrine to pay their obeisance.

The children also enjoyed fun and frolic during the Annual Fair. Baba Chamliyal is revered by the people of both India and Pakistan alike and lakhs of people thronged the shrine from the Indian side.

A Community langar was set up by the Mandir Committee where the villagers from all walks of life rendered their sewa. The holy pond containing shakkar has been developed by the Tourism Department with tiles, railing & artificial lights and thronged open before the mela.

## Omar Calls Yoga Event At Sufi Saint Shrine 'Photo-Op'

Press Trust Of India

**SRINAGAR:** Former Jammu and Kashmir chief minister Omar Abdullah has criticised the holding of the International Yoga Day event on the lawns of a revered shrine in Budgam district, calling the programme a "photo-op."

The Army had on Wednesday, in collaboration with the administration, organised a yoga session for school students on the lawns of the shrine of Sufi saint Sheikh Noor-ud-Din Noorani, popularly known as Sheikh-Ul-Alam and Alamdar-e-Kashmir, at Charar-e-Shareef in the central Kashmir district.

"The burial place of one of our most revered saints is used as a venue for a yoga day photo op!" Abdullah, the vice president of the National Conference (NC), said in a tweet.



Srinagar Mayor Junaid Azim Mattu too took exception to the event calling it "absolutely hare-brained."

"An absolutely hare-brained, inconsiderate idea to organise a demonstration at the shrine of Sheikh Noor-ud-Din Noorani, Sheikh-Ul-Alam (RA).

"I'm all for Yoga but this is immensely problematic. Places of religious importance should be treated with utmost

sensitivity," Mattu wrote on Twitter.

Socio-Political activist Tahir Peerzada said it was a deliberate attempt to hurt people's religious sentiments.

"This is a deliberate attempt to hurt the emotions, and sentiments of the majority community! But! Do they know HIS life is an example of peace, and brotherhood! The concerned Tasildar or SDM, who allowed this to happen should be sacked!" he too said on Twitter.

To Adil, another Twitter user, the exercise was "outrageous." "Outrageous that the resting place of Kashmir's beloved Sheikh Noor-ud-Din Noorani's has been used by the state for this photo op. Sheikh-ul-Alam is the top-most Kashmiri Sufi wali, who all his life preached monotheism, and summarised the Holy Qur'an in his poetry," he said.

## Cop Dies Of Suspected Cardiac Arrest In Bandipora

**BANDIPORA:** A policeman on Thursday died after suffering a massive cardiac arrest, official sources said.

They told a local news agency GNS that the policeman identified as one Aijaz Ahmad

Tantray, son of Ghulam Mohammad Tantray, a resident of Athwatoo Bandipora was engaged in his routine morning exercise at DPL, when he suddenly collapsed there.

"Despite administration of

immediate medical assistance, he succumbed shortly after", they said.

A police official has in the meantime also confirmed to GNS about the death of the policeman.

PM's New 15 Point Programme

## Syed Shahezadi Reviews Implementation In Pulwama

Observer News Service

**PULWAMA:** Member National Commission for Minorities, Syed Shahezadi, today reviewed implementation of Prime Minister's new 15 point programme of Central government and State government

enjoy equal opportunities of growth and development. The programme will ensure these minorities could avail benefit of various government welfare schemes and contribute towards overall socio-economic development of the country. She said the government



schemes on Minority Welfare.

On the occasion, Syed Shahezadi was briefed about implementation of PM's 15 point programme through Power-Point Presentation. Officiating Chairperson undertook sector wise review of Minority Welfare Schemes pertaining to different departments and sought feedback from all the sectoral officers.

While speaking on the occasion, Syed Shahezadi said that 15 point programme is an attempt to uplift the livelihood of minorities by ensuring that the underprivileged and weaker sections of six centrally notified minority communities

was committed to implement the Prime Minister's new 15 point programme for welfare of minorities. She added that proactive steps need to be taken in this regard and any delinquency in this regard won't be tolerated.

Emphasizing that minorities shall be provided every kind of support, she said that better facilities of transport, health, education and other areas would be provided to them. She also emphasized the need to focus on women development schemes ensuring an appropriate share for them in infrastructure development schemes.

## Two IUST PhD Scholars Conferred With ICSSR Doctoral Fellowship

Observer News Service

**SRINAGAR:** Islamic University of Science & Technology Awantipora has conferred two Research scholars with centrally-administered Doctoral Fellowship by the Indian Council of Social Science Research (ICSSR) for the year 2022-23 & 24.

Zeeshan Majeed Nadroo is working on 'Determinants of Consumer Shopping Behaviour - A Study of North India' under the supervision of Dr Mohd Asif Naqashbandi at the department of Management studies.

The other researcher namely Umer Iqbal is working on 'Media Initiatives Of Digital India and Social Changes In Jammu and Kashmir' under the supervision of Dr Monisa Qadir at the department of Journalism and Mass Communication at the varsity.

The coveted fellowship conferment is a testament to the high-quality research being conducted at IUST and the dedication of its scholars.

Dean Research IUST Prof A.



H Moon while extending his greetings to the duo, said that "Our scholars are among few selected for this prestigious fellowship at the national level", adding "IUST is at a defining moment in research and development with such recognitions and grants. Centrally sponsored fellowships like ICSSR establish the standard of our research ecosystem nationally."

Notably, the ICSSR is an autonomous body under the Ministry of Education Govt of India, which aims to promote Social science research throughout the country. The Doctoral Fellowship is one of its flagship programmes that support doctoral research scholars in pursuing their research in different fields of societies.

## Studying In Tin Shed, Students In J&K NEET Topper's Village Await School Building

Press Trust Of India

**SRINAGAR:** Children dressed in blue checkered uniforms play outside a tin shed that stands on the roadside in Chewa Kalan village in Jammu and Kashmir's Pulwama.

These are the students of the primary and upper primary schools of the village, the native place of Jammu and Kashmir's NEET topper Abdul Basit, and the tin shed is where their classes are held. The shed also houses a kitchen where the students' mid-day meals are prepared.

Inside the shed, classrooms have been created using thigh-high tin sheets and their walls are dotted with whiteboards, maps and various charts. Teachers' lessons from different classes overlap.

Due to the metal sheets, the students and teachers sweat profusely in the summer and shiver in the winter.

On some days, when the heat gets unbearable, teachers prefer to take classes under the shade of a tree.

With the village shooting into the limelight due to Basit's achievement, the students hope that the authorities will take steps to construct a school building.

A student, Munazah Nisar, told PTI that the heat becomes

so unbearable at times that children find it hard to even talk.

"I hope the school building is constructed expeditiously," she said.

Another student, Toiba Jan, said "Our school does not have a building. There is no water facility or even a toilet. We study inside a tin shed which was built by our teachers."

It is due to the teachers' efforts that the students are able to study, she said, adding, "We appeal to the government to construct a school building for us at the earliest."

Jammu and Kashmir Civil Society chairman Mohammad Altaf said the condition of the school was brought to his notice by locals when he visited the village to facilitate Basit.

"Two schools have been clubbed and are housed in a tin shed. The teachers also suffer as other classes have to be stopped when one class is in session," Altaf said.

He appealed to the administration to address the issue on priority.

While Pulwama's Chief Education Officer (CEO) Abdul Qayoom refused to comment on the matter, Deputy Commissioner Basharat Qayoom said he has sought a report from the CEO and will comment only after receiving it.



## Lab-Grown Meat Approved For Sale In US, Becomes 2nd Country To Do So

Washington: The United States has granted its first ever approvals to two companies to sell chicken grown directly from animal cells, becoming only the second country to allow lab-grown meat to be offered to consumers. The US Department of Agriculture (USDA) approved food safety systems at facilities of Upside Foods and Good Meat, a spokesper-



son for the agency told AFP Wednesday, with the companies adding the products would be available soon at select restaurants.

Both Upside Foods and Good Meat were cleared on safety grounds by the Food and Drug Administration in November, and the USDA last week reviewed and approved their product labels to ensure they were not misleading.

"This approval will fundamentally change how meat makes it to our table," said Uma Valeti, CEO and founder of Upside Foods, in a statement.

"It's a giant step forward towards a more sustainable

future -- one that preserves choice and life."

Josh Tetrick, CEO of Good Meat, the cell-cultured food division of Eat Just, added its "cultivated meat" was now "approved to sell to consumers in the world's largest economy."

Producing the meat in large, high-quality volumes is expensive.

But, following approval, Upside processed its first order, placed by three-Michelin-star Chef Dominique Crenn's restaurant Bar Crenn in San Francisco.

Good Meat, meanwhile, started production of its first batch that will be sold to celebrity chef and philanthropist Jose Andres.

Andres will sell the product at a yet-to-be-revealed restaurant in the capital Washington.

Several start-ups are aiming to produce the so-called lab-grown meat, which would allow humans to consume animal protein without the associated environmental harms of farming or animal suffering.

The products differ from plant-based substitutes such as soy burgers that mimic the texture and flavor of meat but do not contain any animal protein.

Eat Just was the first to receive authorization to make artificial meat, in Singapore in 2020.

While succeeding in the general lab-meat market has proven complicated, some companies have set their sights on pet food, whose consumers are less picky.

## Handicrafts Deptt Starts Inspection Drives To Check Sale Of Notified Craft Items

Observer news Service

SRINAGAR- With the onset of Tourist Season in the Union Territory of Jammu & Kashmir and huge tourist inflow in the tourist areas, Enforcement Wing of Quality Control Division, Directorate of Handicrafts has started special Inspection drives to check if the deal-



ers are carrying on the business of notified craft items in conformity to the Jammu & Kashmir Tourist Trade Act 1978, Jammu & Kashmir Namdha Quality Control Act 1960 and Jammu & Kashmir Handicraft Quality Control Act 1978.

The aim of such inspections is to preserve the centuries old cottage industry and safeguard the interests of Handicraft artisans, whose livelihood is at stake due to the influx of machine made products in the market often misbranded and sold in the

name of Kashmir Handicrafts.

The department has launched an ambitious campaign of GI tagging/QR coding of the notified crafts, to ensure that only genuine Craft products manufactured as per the laid down standards are displayed for sale.

A customer/ tourist can check all the parameters/specifications of the product

just by the click of a button. The label also provides the details of an artisan/manufacturer. This step will go a long way in empowerment of the real stake holders, who shall also have to play a vital role in promotion of the GI labeling/QR coding of notified craft products.

Meanwhile, on 21 June, 2023, a special inspection drive was conducted by the field inspection team in respect of Handicrafts dealers operating in the Nishat and Shalimar tourist areas.

During the course of inspection some handicraft dealers found violating the norms of the above acts and were penalized with an amount of Rs 40,000. The dealers were strictly warned to desist from the sale of fake machine made lookalikes of Kashmir art products and advised to affix tags depicting price and composition on each item displayed for sale.

It was advised that they should also refrain from any kind of malpractice such as touting and impersonation, which carries huge penalties under the said acts.

All the visiting tourists through the medium of this press release are hereby informed, to ensure purchase of only genuine handicraft items especially GI tagged notified Kashmir Art products from such handicrafts business establishments which are registered with Directorate of Handicrafts & Handloom. They should also seek from the dealer Cash memos for every purchase and retain /preserve the copy of the same for any future use.

In case of any complaint of malpractice, they can contact the below mentioned addresses Directorate Of Handicrafts & Handloom (Kashmir) Kashmir Haat Srinagar Phone No. 0194 2472065 and Deputy Director (Quality Control) Salina Srinagar Phone Number: 0194 2313538.

## Agriculture Deptt Signs MoU With GCW Srinagar For Mushroom Cultivation

Observer News Service

SRINAGAR- In an important step towards the promotion of small scale Agri-enterprises like mushroom cultivation and to attract educated young minds towards these enterprises, Agriculture department Kashmir Thursday signed a Memorandum of Understanding (MOU) with Government College for Women (GCW) M.A Road Srinagar.

The MOU was signed be-

and allied sectors.

He said with the help of this initiative the Agriculture department would be able to incorporate agri-skills among the students, which on one hand will make them acquainted with the basic agriculture activities and on the other hand will increase the employability among the students in agriculture and allied fields.

Iqbal said the agri-skilled educated youth could play a vital role in the development



tween Chowdhury Mohammad Iqbal, Director Agriculture Kashmir and Professor Ruhi Jan Kanth, Principal GCW, M.A road Srinagar.

Speaking on the occasion, Director Agriculture observed that the signing of MoU with the said Educational institution will provide us an opportunity to reach out to the students and make them understand the skill based interventions in the agriculture

of the agriculture sector in the region and could contribute to the economic scenario of the valley. He said the main aim is to make our educated youth job providers, not the job seekers.

Principal GCW, MA road Srinagar also expressed her views and marked the importance of signing the MoU with the agriculture department for the overall benefit of students.

**In the Court of Additional Munsiff / Judicial Magistrate 1st Class Srinagar**  
Present: Shafeeq Ahmad Malik

Mohammad Ashraf Dar  
V/S  
Canara Bank

Notice Through Publication  
To Canara Bank Through Its Branch Manager Exchange Road Srinagar Kashmir

Whereas, above titled suit has been filed against you in this court and you have been conveyed as defendant no: 1, The next date of hearing is fixed on 28-08-2023 Whereas, Summons were issued for your appearance in this court, but you avoided to acknowledge the summons, as a result the summons got returned as untraced. This way you did not appear before the Court to answer the suit and it appears that your attendance may not be procured through the issuance of ordinary summons. You are as such summoned through this Publication and directed to appear before this Court personally or through counsel on 28-08-2023 failing to which appropriate orders will be penned against you. In case the date fixed in declared as holiday the matter shall be taken up on next following day. Given under my Hand and Seal of this court.

Ist Additional Munsiff Srinagar

Government of Jammu and Kashmir  
**Office Of The Child Development Project Officer Poshan Beerwah**

Phone/Fax: Email Id:cdpobeerwah@gmail.com

**EXTENSION NOTICE**

In pursuance to poor response from the candidates for filling of application forms for the post of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers), the date for submission of application is hereby extended further for 7 (Seven) days. Yours faithfully

SD/  
Child Development Project Officer  
POSHAN Beerwah

No:- CDPO/ICDS/BR/2023/185-87  
DIPK-3936/23 Dated:- 22/06/2023

Government of Jammu & Kashmir  
**Office Of The Executive Engineer Water Works Division Srinagar**

GIST OF NOTICE INVITING e-TENDER  
E-N.I.T. No:- 11/WW/D OF 2023-24 DT:-21.06.2023

Executive Engineer Water Works Division Srinagar on behalf of Lt. Governor of J&K (U.T), invites tenders by e-tendering mode from approved & eligible "CEE & DEE Class" registered Contractors of Union Territory of J&K.

Position of A.A = Accorded Position of Funds: 'Available'

S. No	Name of Work	Estd.Cost (Lacs)	Cost of EMD (In Rs.)	Cost of Tender Document (In Rs.)	Head of Account	T.O.C	Class of Contractor
1	Renovation / upgradation of Hut / Watch & Ward quarter at head site of WTP Nishat at Dachigam	5.16	10320/-	300/-	M&R	30 days	"CEE & DEE"

Note: For further details, bidders are requested to refer to E-NIT No: - WWD / 10 of 2023-24 Dt: 21-06-2023. Instructions published on website: http://www.jktenders.gov.in The dates showing 'bid submission date/closing date etc. are given below:

1	Date of publishing	21-06-2023
2	Document downloading date	21-06-2023/1230 hrs
3	Bid submission start date	21-06-2023/1230 hrs
4	Bid submission closing date	28-06-2023/1600 hrs
5	Date and time for opening bids	01-07-2023/1400 hrs
6	Place of opening of bids	Office of The Executive Engineer Water Works Division Srinagar

No: WWD/1853-64  
DIPK-3922/23 Dated: 22-06-2023

SD/-  
Executive Engineer  
Water Works Division Srinagar

Office of the Commissioner Food and Drugs Administration, Drugs and Food Control Organization. J&K  
Civil Secretariat, Srinagar

**FOOD ALERT/ STOP USE NOTICE**

Whereas, a sample of food article "Fit Milk Flavored Biscuit" (Pran) was lifted by Food Safety Officer Mattan, District Anantnag, from the premises of M/S South Sales Organization. Mattan, for analysis; and

Whereas, the Notified Food Analyst for the UT of J&K, National Food Laboratory, Ghaziabad, where the said sample was analyzed, has declared it as 'Unsafe', the report whereof is as under:-

Name of the Food Article	Trade Name/ Manufacturer/ Packer	Batch/Lot. No/ Date of Packing/Mfg Date of Expiry / Net Content	Test Certificate/ Report No. & Date	Opinion of the Food Analyst	Reasons of failure
"Fit Milk Flavoured Biscuit" (Pran)	"Fit Milk Flavoured Biscuit" (Pran) Imported & Mkted by M/S Pran Beverages (India) Pvt Ltd. Unit 6B1, 6 <sup>th</sup> Floor New Town Square, New Town Road Kolkata-700136. Product of Bangladesh.	19 July 2022/ 18 July 2023, 120Gms	JK-172/June/23/652 /05.06.2023.	Unsafe	Not conforms to the standards laid down under regulation No. 24.15(1) of Food Safety & Standards (Food Products & Standards and Food Additives) Regulation 2011, as the sample shows sulphites above the maximum prescribed limit.

Now, therefore, through the medium of this notice, it is hereby notified for information of the general public to discontinue usage of the food product with Batch/Lot No. detailed above.

Further, the stakeholders who are in possession of any stock of the food product detailed above shall not only inform the concerned Designated Officer(s) about the stock position but also recall the said product from the market forthwith.

The food alert is being issued as a abundant caution and shall in no case prevent FBOs from having the said food product reanalyzed from any Food Safety and Standards Authority of India(FSSAI) notified Referral Food Laboratories( RFLs) after following due procedure as laid down under the Food safety & Standards Act 2006.

(Shakeel-ul-Rehman), IAS  
Commissioner,  
Food & Drugs Administration.

No: FADA-Leg/3/2021-05  
DIPK-3958/23 Dated: 22.06.2023

UNION TERRITORY OF JAMMU AND KASHMIR,  
**Office Of The Executive Engineer Jal Shakti Department (PHE) Mechanical Rural Division Balgarden Srinagar**

TELE: 0194-2473956. E-Mail: xenphemrd@gmail.com

**NOTICE INVITING TENDER**  
e-NIT No. PHE/MRD/TS 19OF 06/2023 Dated: -20-06-2023

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Mechanical Rural Division Balgarden Srinagar, invites e-tenders from reputed and resourceful Bidders/ Firms/Companies/Joint Ventures/Consortiums between bidder/firm and Financer of all classes registered in JKPWD/CPWD/Railways or any other state Government or GST Registration for Elect/Mech. Works for "Supply, Installation, Testing and Commissioning of Electro-Mechanical equipments for WSS Apparpora Balhama under JJM". The bidding process shall be completed online on www.jktenders.gov.in in two covers viz. Cover 1st consisting of Pre-Qualification Criteria, General Terms and Conditions and Technical Specifications and Cover 2nd shall consist of Financial Bid on percentage basis, in the prescribed BOQ.

Sr No	Particulars of the work	Estimated Cost (Lacs)	Tender fee (In Rs)	Earnest Money Deposit	Bid Validity	Time of Completion of work (days)
1.	Supply, Installation, Testing and Commissioning of Electro-Mechanical equipments for WSS Apparpora Balhama	19.00	Rs. 200/-	In the Shape of Bid Security Declaration (enclosed as FORM-XII)	180 days	60 days

Position of funds: Approved Under Jal Jeevan Mission (JJM)  
Status of AAA : Accorded  
The tender inviting authority is Executive Engineer, Jal Shakti (PHE) Mechanical Rural Division, Balgarden, Srinagar.  
The awarding authority is District Jal Jeevan Mission (DJJM) Srinagar.

Critical Dates:

i.	Publish Date	20-06-2023 (5.00PM)
ii.	Document Download/sale start Date	20-06-2023 (5.00PM)
iii.	Date of Pre-bid meeting	24-06-2023 (11.30AM)
iv.	Bid submission start date	20-06-2023 (5.00PM)
v.	Document Download/sale end Date	26-06-2023 (11.00AM)
vi.	Bid submission end date	26-06-2023 (11.00AM)
vii.	Date and time of Bid opening	26-06-2023 (02.00PM)

1. Other details can be seen in the bidding documents from the website www.jktenders.gov.in.  
2. Queries by email if any, should be made at xenphemrd@gmail.com.

FORM I  
SCHEME WISE LIST OF WORKS OF DISTRICT SRINAGAR

Sr No	Name of Water Supply Scheme	Description of work	District	Estimated cost/Tender fee (In Rs.)	Time of completion (Days)	Status of AAA
	Apparpora Balhama	SITC of Electro Mechanical Equipments	Srinagar	200/-	60 Days	Accorded

No: PHE/MRD/1007-18  
DIPK-3965/23 Date: 22-06-2023

SD/-  
Executive Engineer,  
Jal Shakti (PHE) Mech.  
Rural Division, Srinagar.



**Biden Welcomes**

Modi is seeking to raise the influence that India, the world's most populous country at 1.4 billion, has on the world stage in the wake of strained ties with neighboring China.

"This grand welcome ceremony at the White House today is an honor and pride for the 1.4 billion people of India," Modi said, speaking in Hindi. "This is also an honor for more than 4 million people of Indian origin living in the U.S. For this honor, I express my heartfelt gratitude."

Both leaders noted that their country's constitution started with the same three words, "We, the people."

The festival-like opening ceremony featured violinist Vibha Janakiraman and a cappella group Penn Masala performing renditions of songs by the American group Maroon 5 as well as from movies featuring Bollywood superstar Shah Rukh Khan.

Biden said in the Oval Office before their private conversation that the two countries' relationship needed to be "one grounded on democracy, human rights, freedom and rule of law."

Modi, reading from prepared remarks, said all eyes were on the world's two largest democracies.

**NEW US INDIA DEALS**

Biden administration officials say sweeping agreements to be announced on semiconductors, critical minerals, technology, space cooperation and defense cooperation and sales will ring in a new era in relations between the two countries.

Some are aimed at diversifying supply chains to reduce dependence on China. The United States has also sought to address China's rising influence in the Indo-Pacific region by bolstering defense ties with countries like India and Australia.

Biden and Modi will sign off on what one official called a "trailblazing" deal to allow General Electric (GE) to produce jet engines in India to power Indian military aircraft, through a memorandum of understanding with Hindustan Aeronautics to produce the engines.

U.S. Navy ships in the region will be able to stop in Indian shipyards for repairs under a maritime agreement, and India will procure U.S.-made armed MQ-9B SeaGuardian drones.

U.S. chipmaker Micron Technology's \$2.7 billion plans a new semiconductor testing and packaging unit, to be built in Modi's home state of Gujarat. The U.S. will also make it easier for skilled Indian workers to get and renew U.S. visas.

India also agreed to join the U.S.-led Artemis Accords on space exploration and to work with NASA on a joint mission to the International Space Station in 2024.

Modi has been to the United States five times since becoming prime minister in 2014, but the trip will be his first with the full diplomatic status of a state visit. The two leaders held a private, intimate dinner at the White House on Wednesday night.

Biden and his wife Jill were set to give Modi gifts including a vintage American camera, a print of George Eastman's patent of the first Kodak camera, a book of American wildlife photography and a signed first edition of Robert Frost poems.

Modi will address U.S. CEOs at a reception on Friday, as American companies plan new investments in India.

**PM Modi Holds**

relationship and referred to the energetic diaspora crowd in the White House to assert that a "roar" was heard about this connect.

"Today India and the US are walking shoulder-to-shoulder from the depths of the ocean to heights of the sky, from ancient culture to artificial intelligence," Modi said.

The diplomatic relations between the two countries are generally spoken in terms of joint statement, working groups, he said, adding that they are indeed important. "But the real engine of India-US relations is our strong people-to-people ties," he said.

This is the second interaction between the two leaders within 24 hours.

President Biden and First Lady Jill Biden hosted Prime Minister Modi for an intimate dinner at the White House a day earlier during which they discussed a range of issues, exchanged gifts and enjoyed a musical tribute to the regions of India.

The day began with President Biden and First Lady Jill Biden greeting Prime Minister Modi for the Official Arrival Ceremony on the South Lawn. The two national anthems were played along with a 21-gun salute to the visiting leader.

In his remarks at the welcome ceremony, Modi said he will soon hold talks with the President and discuss regional and global issues. "I am sure our talks will be

positive."

Modi said India and the US are committed to working together for global good and peace, stability and prosperity.

President Biden described the relationship between the US and India as one of the most defining relationships in the 21st century.

Vice President Kamala Harris and Second Gentleman Douglas Emhoff were also present at the welcome ceremony.

Several thousand Indian-Americans, who have converged in the American capital from far and near, attended the welcome ceremony on the South Lawns. Indian Americans were chanting "USA USA" and 'Bharat Mata Ki Jai' and 'Modi Modi.'

Modi and Biden are scheduled to address a news conference together from the East Room of the White House after their talks.

They are likely to take questions from journalists. Normally each side takes two questions, but sometimes it can be one from each side. During the last Indian State visit of former prime minister Manmohan Singh in November 2009, the two sides took one question each.

The prime minister would then head to the Congress to deliver an address to the joint meeting of the US Congress, which would be attended by Congressmen and senators in the presence of several hundred Indian Americans from the visitor's gallery.

In the evening, President Biden and the First Lady will host a State Dinner at the South Lawn of the White House, which is expected to be attended by 400 guests.

Preparations for the visit have been going on for more than six months now and a lot of efforts have gone to ensure that the deliverables are historical in nature.

The major areas include space, education, defence, technology, climate change and health.

**Kashmir Sizzles**

Qazigund, he said, recorded a low of 17.2°C against 17.4°C on the previous night while the tourist resort of Pahalgam recorded a low of 11.3°C against 10.6°C on the previous night.

In Kupwara town, he said, the mercury settled at 17.4°C against 16.5°C on the previous night and it was above normal by 3.3°C for the north Kashmir area.

Kokernag recorded a low of 17.7°C against 18.0°C on the previous night and it was 3.6°C above normal for the place, the officials said.

Gulmarg recorded a low of 13.5°C against 13.6°C on previous night and it was above normal by 3.8°C for the popular skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 27.8°C against 30.5°C on the previous night and it was 4.7°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 19.8°C (4.7°C above normal), Batote 21.1°C (3.9°C above normal), Katra 27.2°C (5.2°C below normal) and Baderwah 20.0°C (above normal by 5.1°C). Ladakh's Leh and Kargil recorded a low of 5.2°C and 13.4°C respectively, he said.

Regarding the forecast, he said, mainly dry weather was expected till June 23 "but a brief spell of shower and thunderstorm at one or two places towards late afternoon or evening can't be ruled out".

From June 24-28, he said, generally cloudy weather with intermittent light to moderate thunderstorms at fairly widespread places has been forecast. "Few places over Jammu Division may receive intense showers for a short period," he said.

**DSEK Issues**

to direct sunlight.

Sports and other outdoor activities be adjusted in early hours.

Care be taken during assembly and dispersal of students.

**Transportation:**

Overcrowding in school buses be strictly avoided and students as per seating capacity be carried in school buses.

Drinking water and first aid kits must be available in buses.

School buses and vans are parked in shaded areas.

Parents be sensitized to pick up the children personally wherever applicable.

**Hydration:**

Sufficient potable water be kept available at multiple places preferably in water coolers or earthen pots (Pitchers).

Students should be sensitized regarding proper hydration and advised to sip water at regular intervals.

Increased hydration naturally results in increased use of washrooms so washrooms need to be kept in clean and hygienic conditions.

**Food and Meals:**

Meals served to students under PM POSHAN must be served hot and fresh.

Students carrying food in tiffin be advised to bring light food for lunch which would not become stale easily.

Lunch of the students be checked before consumption.

Do's and Don'ts to be displayed at prominent places

**Do's:**

Drink sufficient water even if not thirsty.

Use ORS (Oral Rehydration Solution), homemade drinks like Lassi, Lime Water etc. to keep yourself hydrated.

Cover your head by Hat, Umbrella or scarf etc.

Stay indoors as much as possible. In case of illness or faintness, consult a doctor immediately.

**Don'ts:**

Don't go outside empty stomach or immediately after consuming food.

Avoid direct sun especially in the afternoon.

Don't go outside barefoot.

Don't eat junk or spicy or stale food

**Art-370 Was**

Constitution, declined to draft Article 370. "Now, we are happy that it is not there (in Jammu and Kashmir)," he said.

Remembering the words of Shyama Prasad Mukherjee -- "ek mulk mein do nishan, do pradhan nahi challenge" (a country cannot have two symbols and two leaders), Dhankhar said that is no longer the case now.

He said there is a harmonious atmosphere in Jammu and Kashmir now since the provisions of Article 370 have been abrogated and added that it is the greatest tribute to Mukherjee, who laid down his life for a strong and united India.

"Tomorrow (on June 23) is his martyrdom day. He died as a detainee in the Srinagar jail on this day. He died within days after his arrest," the vice president said.

Lauding the work done by Jammu and Kashmir Lieutenant Governor Manoj Sinha, he said massive development is taking place in the Union Territory after the abrogation of Article 370.

The erstwhile state's integration with the Union has paved the way for investments and a boom in tourism, Dhankhar said while pointing out that Jammu and Kashmir has all the top institutions of the country now, including an Indian Institute of Management (IIM), an Indian Institute of Technology (IIT) and "even an AIIMS (All India Institute of Medical Sciences)".

"Jammu will be an education hub," he added.

Talking about India's growth in the global market, Dhankhar said the country has 70 crore internet users, much more than in the United States or in China.

Asserting that democracy is flourishing in India, he said Indians feel proud about it.

He also credited the success of a G20 meeting in Srinagar to the LG.

**NEP-2020 Promotes**

at General Zorawar Singh Auditorium here.

"In the coming future, only that education will be relevant which will prepare the student for life-long learning with spiritual and cultural values. Education that will not just impart technical knowledge but promotes individuality, uniqueness of the student. Education that will sharpen student's skill of critical, creative thinking, communication and collaboration and help them to flourish," he added.

The LG also expressed gratitude to the Vice President Jagdeep Dhankhar for attending the convocation and blessing the students at the beginning of their working life.

Congratulating the students, the LG urged them to follow their passion, move forward with new resolutions, adapt to the change and learn new things accordingly, and share the wisdom earned at the University with the world.

"Convocation is the moment of transformation in a student's life. Stepping into the real world is also considered as start of a new mission, a mission to use special knowledge and skills and to contribute in building a strong and prosperous India," he said.

"In this era of Artificial Intelligence and new emerging technologies, rapid changes are happening around us. This change has given us an opportunity to see the entire education system in a new perspective," he added.

The LG further said that we have

to respect individuality and unique talent hidden within each student. He said classrooms should inculcate courage, give students the power of independent thinking and inspire them to become a better person and not just a class topper.

"In the future, students will not come to Universities to receive just bookish knowledge or to accumulate more information. Universities will have to prepare human capital which will ensure its relevance in this fast changing world powered by algorithms," he added.

The LG appreciated the J&K Higher Education Council and Vice Chancellors of all Universities of J&K and associated stakeholders for their significant contribution in implementing National Education Policy and promoting independent thinking, scientific temper, creativity and nurturing unique personality among the students.

"National Education Policy 2020 promotes life-long learning and enables students to adapt to change in different sectors. We cannot predict skills that would be required in the next 10 years but individuality, independent and Critical Thinking, and Creativity will improve resilience and adaptability," he said.

He also extended his hearty congratulations to all the faculty members and teachers of University of Jammu.

"Convocation is also a moment of pride for teachers. Our ancient scripture beautifully describes the relationship between Guru and Disciple. Guru prays that his fame and his disciple fame may increase together. This is an example of the highest values of our Indian culture. In that sense, students are not handed over just medals and degrees, but a legacy of values and a huge responsibility on their shoulders to enrich and preserve it for future generations, he said.

Commending the new initiatives of University of Jammu, the LG said, "I am confident that in the coming days, Jammu University will give new direction to the education sector of the country".

Prof Umesh Rai, Vice Chancellor, University of Jammu, presented the University report and highlighted special programmes to be rolled out soon. The University is in the process of setting up a full-fledged Directorate of Hindi and a Centre of Excellence in Dogri, he said.

**HM Amit Shah**

the outskirts of the city, BJP sources said.

The home minister will also inaugurate some important works and lay the foundation of CFLS in Samba through virtual-mode.

Later in the day, he will fly to Srinagar.

Shah will inaugurate Vitasta Mohatsava in Srinagar Friday evening and will lay the foundation of Balidhan Stambh at Paratpark in Srinagar on Saturday.

On Thursday, top police and civil administration officials, along with senior BJP leaders, reviewed the security measure at Bhagwati Nagar.

J-K BJP chief Ravinder Raina said a large number of people will attend the rally to be addressed by the Union minister.

"Amit ji has kept a special focus on Jammu and Kashmir. He ensured that no pending issue of this region goes unattended. It is due to his dedicated efforts that the terrorism in the region has continuously been decreasing," Raina said.

He said the efforts of the Modi government to bring peace and progress in Jammu and Kashmir were being spearheaded by Shah.

Raina said Article 370 was abrogated due to the "bold stance of the Modi government", which was taken to "conclusion" by the home minister.

**Shah To Inaugurate**

Manoj Sinha and Union Minister of State for Culture, Meenakshi Lekhi, will also grace this momentous occasion, scheduled to be held from June 23 to 25, an official spokesperson said Thursday.

He said that the grand festival, named after the ancient Vedic name of Jhelum River, aims to bring to life Prime Minister Narendra Modi's vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi ka Amrit Mahotsav initiative.

"The festival being organised by the Union Ministry of Culture through the North Zone Cultural Centre, Patiala, is the last in the series of three programmes of 'Vitasta'. Earlier, this festival was organised in Chennai (Tamil Nadu) and Pune (Maharashtra)," he added.

The dignitaries, the spokesperson said, will also visit the exhibition and art camp organised at the venue.

He further said that the entry of the attendees would be strictly on the entry cards being issued by the organisers. All the participants are required to bring their invitation letters for entry to the event.

**Two Doctors**

a conspiracy with its assets

within Kashmir to falsify the post-mortem report of Asiya Jan and Neelofar of Shopian, who had unfortunately died due to accidental drowning on May 29, 2009, the officials said.

The ultimate aim of the two doctors was to create disaffection against the Indian state by falsely accusing the security forces of rape and murder, they said.

The two doctors have been dismissed by Lt Governor Manoj Sinha under Article 311 of the Constitution. Under this provision, government officers can be dismissed summarily without any enquiry.

The LG is satisfied after considering the facts and circumstances of the case and on the basis of the information available, that the activities of Dalal, medical officer, New Type Primary Health Centre (NTPHC), Shopian, and Chillloo, consultant gynaecologist in Sub-District Hospital, Chadoora are such as to warrant their dismissal from service, official orders stated.

Dalal and Chillloo are among 13 people who were charge-sheeted by the CBI in December 2009. A hearing in the case is yet to take place because almost all of the accused had approached the Jammu and Kashmir High Court separately.

The two doctors have been charge-sheeted by the CBI for fabricating evidence and twisting the accidental deaths due to drowning as rape and murder.

Dalal was the first doctor to conduct an autopsy of the bodies, whereas Chillloo was a part of the second team of doctors that conducted post-mortem examination, the officials said.

In a gross violation of medical ethics, Chillloo took vaginal swabs of two women admitted in her hospital and projected them to be of Asiya Jan, who she had claimed was raped and murdered, they said.

However, an AIIMS forensic team comprising Dr T D Dogra and Dr Anupama Raina got the bodies exhumed and found that Asiya Jan's hymen was intact. The same reports were part of the CBI charge sheet, they said.

In December 2009, the CBI concluded that the two women were neither raped nor murdered.

The CBI filed the charge sheet against six doctors, five lawyers and two civilians, including the brother of one of the deceased women, for fabricating evidence.

Five police officials were arrested in connection with the case and the subsequent protests.

The 66-page CBI report absolved the policemen, who were in jail for around 47 days in connection with the case and against whom a state-appointed judicial commission had levelled charges of destruction of evidence, of all the charges.

The CBI report accused the 13 accused of hatching a criminal conspiracy to stir public anger against the security forces.

Since neither rape nor murder took place, the CBI report concluded that there was no case. It said the lawyers had hatched a conspiracy and forced two persons to become witnesses.

The CBI report gave a detailed account of how the two were forced by the lawyers and some of the family members of Shakeel Ahanger, the husband of one of the deceased women.

The agency also rejected the theory of the Majlis-s-Maashwarat, an amalgam of separatist groups that spearheaded the agitation in Shopian, that the two women were abducted, raped and murdered when they had gone to their orchard on May 29, 2009.

According to the CBI, the two women drowned while trying to cross the river.

AIIMS doctors who conducted post-mortem examination on the exhumed bodies found the same diatoms (algae) in the lungs of two women that exist in the area where the bodies were found.

The CBI probe found that both teams of doctors lied in the post-mortem reports. The first team of doctors said Asiya Jan died due to cardiovascular arrest and Neelofar died due to neurogenic shock.

The second team of doctors from Pulwama claimed Asiya Jan was sexually assaulted and died due to haemorrhage and shock caused by bleeding from multiple injuries. Neelofar, the team had claimed, died due to neurogenic shock following sexual intercourse.

The CBI report quoted the medical opinion of AIIMS doctors who conclusively stated that the deaths took place "due to asphyxia as a result of ante-mortem drowning". They said the lacerated wound on Asiya Jan's forehead was not sufficient to cause death.

**Mehbooba Offers**

Yousuf defeated all the contenders for the throne, including his uncle Abdal Chak and ascended the throne in 1578.

He was exiled thousands of miles away in Bihar's Nalanda district, when Mughal emperor Akbar

annexed Kashmir in 1586 AD. He was also given land in Islampur block of Nalanda distinct, where he lies buried today.

The former Chief Minister of Jammu and Kashmir took to Twitter to express her displeasure over the condition of the cemetery.

"Paid obeisance at Yousuf Shah Chak's grave in Bihar. As the last muslim ruler of Kashmir, his resting place symbolises the ties between Kashmir & Bihar. Unfortunately the site is in absolute disrepair & ruins. Appeal @NitishKumar ji to take steps to preserve this relic of history," she tweeted.

She also laid a Chadar and recited verses from the holy Quran at the cemeteries of King Yusuf Shah Chak and his family members.

Mehbooba is in Bihar to attend the opposition parties meeting aimed to devise a strategy to defeat BJP in next year's general elections. Besides her, National Conference (NC) Vice-President Omar Abdullah, West Bengal Chief Minister Mamata Banerjee, Delhi Chief Minister Arvind Kejriwal, Punjab Chief Minister Bhagwant Mann and Member of Parliament Raghav Chaddha, besides left parties leader D. Raja and Dipankar Bhattacharya will also attend the meeting.

**Kashmiri Artisans**

time that the Papier-mâché product was promoted at this level. We hope in future also that such dignitaries of India will also help us to promote this art, which will benefit Kashmiri artisans," he said.

Director, Department of Handicrafts, Mahmood Shah said Prime Minister Modi has been consistently promoting Kashmiri handicrafts, be it 'Kani' shawl or 'Sozni' pashmina, through his attire.

"Last year he also gifted a pashmina shawl in a paper mache box to the PM of Sweden and today we got this news that the PM has gifted a souvenir to madam Biden in a paper mache box," Shah said.

He said it was an acknowledgment of the fact that Kashmiri handicrafts promoted by the prime minister brings global recognition.

"We wish that such things are repeated in future as well," he added.

**SIU Attaches House**

He said during the course of investigation in case FIR No. 22/2022 of Police Station Zainpore Shopian, under UA(P) Act, house of Abdul Rehman Ganai, father of militant associate Zubair Ahmad Ganai has been found used by militants of proscribed militant outfit LET.

"Accordingly, process for attachment of property belonging to the above accused falling within the ambit proceeds of militancy was initiated by SIU Shopian under section 25 of UA(P) Act," he said.

The spokesperson advised people to not harbour or provide shelter or extend logistics to militants and their associates in their houses or premises.

**Teacher Held**

The father of the girl student told a local news agency KNT hat her daughter, a class 7 student, was hospitalized after the teacher brutally pounced on her.

"The classmates of my daughter told me that the teacher came over to her knees and pinched her skin all over. She has developed blue marks all over her body," he said and demanded the termination of the said teacher.

Meanwhile, police have registered a case of sexual assault against the accused teacher and arrested him.

A police official confirmed that an FIR vide number 75/2023 under section 354 (assault or criminal force to woman with intent to outrage her modesty) and section 8 (sexual assault) of the POSCO Act.

**ITBP Officer**

lower oxygen concentration at high altitudes -- is one of the most common causes of fatalities among Amarnath pilgrims and security forces posted there for duty.

The 62-day yatra is scheduled to begin on July 1.

**Two OGWs**

Ahmed Bhat resident of Shetipora Bijbehara, the officer said. From their possession, 12 AK 47 rounds, one Grenade and Rs 1 lac were recovered, the officer said.

Meanwhile, an FIR No.150/23 has been registered in police station Bijbehara and investigation has been taken up, the officer added.

**PDD Lineman**

posted at sub-division Khanyar. Meanwhile, Police have registered a case in this regard under relevant sections of law. (KNT)

**Shopian Youth**

The deceased has been identified as Asif Bashir son of Bashir Ahmad Wani, a resident of Nowgam Shopian while injured identified as Mehraj Ahmad son of Abdul Rehman from Shopian.



## Kashmir Willow Bats Make Grand Slam In International Cricket

### Agencies

**SRINAGAR:** The global market for Kashmir Willow bats experienced a surge in demand following their exceptional display in the hands of international cricket players from Oman and the United Arab Emirates during the T20 World Cups. Building on this momentum, an impressive roster of around 17 players representing six cricketing nations has eagerly sought out Kashmiri Willow bats for their participation in the highly anticipated ODI World Cup 2023, set to grace the cricketing stage in India this October.

From the sprawling industrial area stretching from Sangam to Awantipora, the rhythmic symphony of hammers resonated through the air, as skilled artisans crafted cricket bats from the coveted Kashmir Willow. This humble industry, once confined to local markets, had now captured the attention of the

world, leaving an indelible mark on the global cricketing stage. Within this vibrant tapestry of craftsmanship, approximately 400 units bring their expertise to life. Among them, one unit, GR8 Sports, has risen to the pinnacle of recognition, proudly showcasing their bats on the international stage, resonating with players and fans alike.

Fawzul Kabir, the proud owner of GR8 Sports, is a 30-year-old MBA graduate from the Islamic University of Science and Technology (IUST) Awantipora, currently pursuing his PhD from DCU in Ireland. With fervour in his voice, he passionately expressed, "Our bats are not mere instruments of the game; they embody the very essence of Kashmir, serving as a testament to our rich craftsmanship and unwavering spirit."

He said that the journey of Kashmir Willow bats began with the resounding success of players from Oman and the United Arab Emirates wielding



these magnificent bats in the T20 World Cups.

"Their impeccable performance and undeniable charm caught the eye of cricket enthusiasts worldwide, paving the way for a newfound demand", he added. With pride and excitement, Fawzul Kabir proclaimed, "The international cricketing community has recognized the excellence of Kashmir Willow bats. Now, 17 more players from six cricketing nations have chosen our bats for the highly anticipated ODI World Cup".

In the tranquil town of Hallmulla Sangam, where beauty was as abundant as the flowing rivers, the GR8 Sports industry stood as a beacon of hope. With each stroke of the bat, they etched a new chapter in their legacy, carrying the dreams and aspirations of an entire region. The artisans worked tirelessly, their hands dancing with grace and precision. Fawzul Kabir remarked, "The

artistry and dedication of our craftsmen shine through every bat we create. Each piece tells a story, woven with the essence of Kashmir's natural beauty."

As the news of the rising popularity of Kashmiri bats spread like wildfire, the people associated with this industry felt a surge of happiness and pride. Their once local trade had now become a global phenomenon, captivating the hearts of cricketers and fans alike.

A local bat manufacturer shared their delight, saying, "To witness our bats being used by players from different countries fills us with immense joy. It is a testament to the exceptional quality and craftsmanship of Kashmir Willow."

"Seeing players from around the world choose Kashmir Willow bats is like a dream come true for us. We've always known the magic our bats hold, and now the world is witnessing it too. Local Bat Manufacturer Willow bats extended far beyond the boundaries of the cricket field. It became a symbol of resilience, craftsmanship, and the unyielding spirit of a region long known for its natural wonders," locals said.

Fawzul Kabir's eyes shined with determination, noted, "Our aim is to bring our bats into the hands of iconic players like Virat Kohli and Babar Azam. We want the world to witness the magic that unfolds when the spirit of Kashmir

meets the passion for cricket."

These bats were imbued with the soul of the region. From the gentle whispers of the valleys to the majestic peaks, they carried the essence of their birthplace, transcending the realm of mere sports equipment. Another artisan, his voice filled with pride, shared, "Each stroke of the bat reverberates with the spirit of Kashmir. When players wield our bats, they carry a piece of our land with them, infusing their game with the mystique of our beloved valley."

"The success of our Kashmir Willow bats on the global stage fills our hearts with joy and pride. It's a testament to the exceptional craftsmanship and dedication of our local artisans," said Mushtaq Ahmad, a local worker.

"Seeing players from around the world choose Kashmir Willow bats is like a dream come true for us. We've always known the magic our bats hold, and now the world is witnessing it too," he added. (ANI)



## Inter District Subroto Football Cup Trials Begin

### Observer News Service

**SRINAGAR:** The Department of Youth Services & Sports (DYSS) inaugurated the highly anticipated Inter-District Provincial Level Subroto Mukherji Cup for Under-14 Boys began on Thursday at Degree College Ground in north Kashmir's Baramulla.

The tournament was inaugurated by the Principal of Government Degree College Baramulla and Chairman Municipal Council Baramulla jointly.

The participating teams come from all 10 districts of the Kashmir province.

The 62nd edition of Subroto Cup International Football Tournament 2023 is scheduled to be held at New Delhi for Junior Boys (U-17) and Junior Girls (U-17) and the Sub-Junior Boys (U-14) is scheduled at Bengaluru. The tentative dates for the tournament is Sept 14th to October 23rd 2023.

Meanwhile to select the

champion school teams in different age group categories, DYSS conducted matches of girls football teams.

Joint Director Kashmir of YSS Waseem Raja visited Bakshi Stadium Srinagar on Thursday and interacted with girls football teams of IDPS Bandipora and Islamia High School Budgam. Bandipora team after defeating their opponents played another scheduled match of the day.

In the second scheduled match, IDPS Bandipora locked horns with football team of Mallinson Girls School, Srinagar. MGS emerged winners while shooting 8 goals to nil. Team MGS shall lock horns in the Inter-Divisional UT level finale with the winning team of Jammu division in the days to come. The final team shall represent J&K in the esteemed tournament at National Level.

Pertinently the Subroto Cup 2023 returned after a hiatus of two years.



## Srinagar Premier League: Final Round 3 Matches Played

### Observer News Service

**SRINAGAR:** The 2023 Srinagar Premier League witnessed the final two matches of Round 3 on Thursday at Synthetic Turf TRC.

The first match was played between AG's XI and Kashmir Maharaja FC. AG's XI took the lead in the 8th minute and maintained it till the end of first half. AG's XI managed to double their lead through Amarjot in 72nd minute before Wasim

added the third in 87th to make the score 3-0.

The second match saw Jhelum FC take on JK Bank Academy. At half time the scores were 0-0. The highly competitive match saw Bank coach being sent off. But both teams failed to find the back of the net as the match ended 0-0.

The Srinagar Premier League continues today, with Novelty FC set to take on Galaxy FC at 7:00 PM.

## Pulwama Pencak Silat Championship Inaugurated

### Observer News Service

**PULWAMA:** The District Pulwama Pencak Silat Championship began on Thursday at Govt Degree College Pampore. The event is being organised by District Pulwama Pencak Silat Association in collaboration with Pencak Silat Association of J&K under the aegis of J&K Sports Council.



Rajeev Bharti and Mir Murawat Hussain Chairman Falah Bebbod Committee Pampore were the Chief Guests at the inaugural ceremony. Office bearers of the District Association were also present on the occasion.

More than 380 players from different Schools/clubs will participate in this two-day long District Championship. The winners of this district event will be shortlisted for the forthcoming State and National level championships held in next few months.

The championship is sponsored by J&K Sports Council.

## PCB's Would Be Chairman Ashraf Does U-Turn



### Press Trust of India

**ISLAMABAD:** In less than 24 hours after he had officially "rejected" the 'Hybrid Model' for the Asia Cup after Asian Cricket Council's formal nod, Pakistan Cricket Board's soon-to-be chairman Zaka Ashraf did a complete 'volte-face' by accepting the four matches awarded to the original hosts.

The Hybrid Model by virtue of which Asia Cup will be co-hosted by Pakistan and Sri Lanka will have India playing all their games, including two against the arch-rivals in the island nation.

The model was proposed by Ashraf's predecessor and bete noire Najam Sethi and the

banker, who will take over the reins of PCB on June 27 had "rejected" the idea during a media conference. It has been learnt that Ashraf didn't know that PCB chief Sethi had already been a signatory to 'Hybrid Model' which has been passed by the all-powerful ACC Executive board headed by BCCI supremo Jay Shah and the decision can't be reversed. Pakistan Cricket Board could have faced punitive action if Ashraf without full details of the event would have created a roadblock.

"In my personal opinion, this whole hybrid model isn't beneficial for Pakistan and I didn't like it," Ashraf was quoted as saying by ESPN Cricinfo.

"Being a host, Pakistan should have negotiated better to make sure that the entire tournament should have been played in Pakistan. Sri Lanka taking the bigger lot of games, leaving Pakistan with only four games, isn't in the best interest of our country," he added.

Ashraf then admitted that he didn't know full details and did a complete U-turn.

"But I see the decision has been made, so we have to go with it. I will not block or have any intention not to comply with the decision. I cannot do much about it but to honour the commitment. But going forward, every decision we make will be made for and in the interest of the country."

## Ollie Robinson A Forgettable Cricketer, Says Matthew Hayden



### Press Trust of India

**MELBOURNE:** Legendary Australian cricketer Matthew Hayden has called England pacer Ollie Robinson a "forgettable cricketer", while wicket-keeping great Ian Healy has dismissed the 29-year-old quick, saying "Who, Ollie?" Robinson was trolled for his expletive-laden sendoff of Usman Khawaja after he dismissed the Australian opener for 141 in the first innings of the Ashes opener at Edgbaston.

However in the second essay, he could not break the partnership between tail-

enders Pat Cummins and Nathan Lyon who chased down the target on the fifth day to give the visitors a 1-0 lead in the series.

Cummins remained unbeaten on 44, while Lyon scored 16 not out as Australia chased down the victory target of 282 for the loss of eight wickets.

Hayden said, Robinson had shown Australia the way to combat England. "That's how you combat England as well. As soon as Pat Cummins started coming at Joe Root and hit a couple of sixes... then the other bloke (Robinson), he's a forgettable cricketer," Hayden said on 'Sen

Radio' on Wednesday.

"A fast bowler that is bowling 124 (kph) and he's got a mouth from the south," said Hayden about Robinson, who refused to apologise for his foul-mouthed send-off of Khawaja.

Former Australian wicketkeeper Healy even refused to acknowledge Robinson's existence, saying, "Who, Ollie Robinson?" "Someone like him, you can just go, 'Brother, I'm coming at ya'. Davey Warner can do that, right. He can just say, 'You're bowling 120km...'", added Hayden.

The second Test will be played at Lord's on June 28.

## Saudi Arabia's Lavish Recruitment Drive Rolls On

### Agencies

**MANCHESTER:** Missing out on Lionel Messi hasn't slowed Saudi Arabia's ambitious recruitment drive as the oil-rich kingdom tries to establish itself as a viable destination for the world's top players.

Having already lured two of the sport's biggest stars in Cristiano Ronaldo and Karim Benzema, the Saudis, amid allegations of sportswashing, are targeting a host of other high-profile players from Europe's best leagues.

World Cup and Champions League winner N'Golo Kante became the latest stellar player to head to the lucrative Pro League, signing a three-year contract Wednesday to team up with Benzema at Al-Ittihad.

more than \$100 million across the length of his contract.

Benzema will reportedly earn \$107 million per year over his three-year contract.

Ronaldo joined Al-Nassr in December in a deal reportedly worth up to \$200 million a year.

China went on a similar spree from 2015, signing internationals like Carlos Tevez, Pato and Hulk, but that initiative has fizzled out.

It looks like this is just the start of Saudi's plans to grow the profile and quality of its league, while expanding its influence in global sport.

The kingdom's sovereign wealth Public Investment Fund has taken a majority ownership stake in four of the country's top clubs, including Al-Ittihad and Al-Nassr, as part of a na-



Messi opted for Inter Miami, rather than the Middle East, but the Saudis are pressing on. Premier League stars like Hakim Ziyech, Kalidou Koulibaly and Ruben Neves are expected to follow Kante this summer.

Chelsea had offered Kante a new contract to stay at Stamford Bridge. But just as Real Madrid discovered in the case of world player of the year Benzema, money talks. France midfielder Kante is reportedly set to earn

tionalization project encouraging public sector organizations to invest in sports. Soccer teams are seen as a priority under the initiative backed by Crown Prince Mohammed bin Salman.

The fund is worth around \$700 billion and has already backed the takeover of Premier League club Newcastle and the launch of the contentious LIV Golf tour, which is merging with the PGA tour.

## Barcelona To Sign Gundogan From Man City - Reports

### Agencies

**ILKAY Gundogan** will join Barcelona on a free transfer from treble winners Manchester City, the BBC and Sky Sports reported on Wednesday. Gundogan will leave City after captaining the English club to the Premier League, FA Cup and Champions League last season, ending a successful seven-year stint in England where he won 14 trophies, including five league titles.

proved to be the man for the big occasion at City, especially over the last two seasons when he scored crucial goals that helped City seal several trophies.

Gundogan leaves City having made more than 300 appearances, scoring 60 goals. His experience will be invaluable to Barca coach Xavi after the Spanish side's long-serving and trusted midfielder Sergio Busquets left the club at the end of the season after 18 years with the Catalan outfit.



Gundogan was Pep Guardiola's first recruit when he took over at City in 2016 despite the German being sidelined with a knee injury when he was signed from Borussia Dortmund. He

Barcelona won the LaLiga title last season but failed to get out of the group stage in the Champions League while they were knocked out in the semi-finals of the Copa del Rey.



## Codebreakers Hope To Use AI to Unearth History's Well-Kept Secrets

Agencies

More than 400 years ago, Mary, Queen of Scots, was imprisoned in an English castle on charges that she'd conspired against Queen Elizabeth I, her cousin. As she tried to save her head, Mary wrote dozens of secret letters to friends and allies. In several of them, she discussed with France's ambassador how rivals had abducted her son; in others she complained about conditions of her captivity and said she supported a controversial marriage that would've aided a political alliance between France and England.

Mary used a "spiral locking" technique to fold the letters, so the recipients would be able to tell if anyone had opened them before they were received. She and her associates also corresponded in a complex code, which protected the content for 436 years. Then in February, a group of codebreakers detailed in a paper how they'd designed a computer system to break it. In the paper, they showed how Mary had used a type of encryption known as a complex homophonic cipher, substituting various symbols for individual letters of the alphabet.

The researchers, part of a group of computer-savvy historians who call themselves the Decrypt Project, have spent the past decade poring over manuscripts from European archives, trying to solve hidden messages. The inspiration for the idea came

in part from the 2011 cracking of the Copiale cipher, a 105-page collection of handwritten characters that German occultists wrote in the 1700s. Among the things depicted in those decoded manuscripts



was an initiation ritual for a secret society that involved repeatedly asking recruits to read a blank piece of paper before plucking a single one of their eyebrows.

The Decrypt Project uses a combination of image analysis, computer algorithms designed to identify patterns and the researchers' own expertise in centuries-old languages to translate forgotten texts into readable formats. As technology improves, the people behind the project, along with other historians doing similar work, anticipate that artificial intelligence will help unlock the secrets of an increasingly wide range of centuries-old texts.

The Decrypt Project's long-term aspiration is to design a kind of Google Translate for the ages - a tool that could scan historical documents and translate them into mod-

ern English, regardless of their age, the language they were written in or the encryption they used. The prospects of building such a tool remain unclear, but historians are gaining confidence in their

code-cracking abilities. "For historical texts we don't have a lot of uniform data because people wrote in different ways with different writing systems and different handwriting," says Beata Megyesi, leader of the Decrypt Project and a professor of computational linguistics at Sweden's Uppsala University. "We developed AI models to transcribe these systems, and that can make things more efficient."

History is full of coded mysteries, many of which can't be solved through decryption alone. One study is examining how the sophistication of the encryption of the Roman Catholic Church employed when communicating with world leaders diminished between the 16th and 18th centuries. While the regression has been documented, the reasons behind it are unclear. One theory is that there was a group with-

in the Vatican that specialised in coded messages, then failed to pass their techniques down to their successors.

In 2020, a group of mathematicians said they'd cracked the cipher that the Zodiac serial killer used when communicating with police officers in 1969. Like many coded messages, the notes used a complex substitution methodology, in which one or multiple characters were used in the place of the alphabet. The Zodiac killer used multiple symbols for each letter, varying which symbols he used in a way that made the code harder to break. Using custom-built software, the mathematicians found that, in one note, the killer had cycled through the symbols in a regular pattern, allowing them to break the code, says Kevin Knight, a professor of computer science at the University of Southern California, who was involved in the Copiale cipher decryption and analyzed some Zodiac correspondence.

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The decoded message, which the FBI confirmed, said, "I hope you are having fun in trying to catch me." Other Zodiac letters remain encrypted, and the killer's identity is still a mystery. But Knight says the evolution of code-breaking techniques is giving historians a leg up in revealing long-kept secrets. "The historical significance is big," he says. "It's been an arms race since ancient times between the codemakers and the breakers."

## Nearly 1.5 Million Hajj Pilgrims Have Arrived In Saudi Arabia So Far



**RIYADH:** Nearly 1.5 million Hajj pilgrims have arrived in Saudi Arabia from abroad since the start of the Hajj season, Saudi Press Agency reported on Thursday.

Of the 1,499,472 to have made the journey to the Kingdom,

1,435,014 pilgrims arrived by air, 59,744 by land, and 4,714 by sea. Of those who arrived by air, 230,170 pilgrims benefitted from the Makkah Route initiative.

The cost of Hajj for foreign pilgrims has decreased by 39

percent, the Minister of Hajj and Umrah Tawfiq Al-Rabiah said on Thursday. He added that the number of pilgrims participating in this year's Hajj will return to pre-pandemic levels.

## Call Centre, Delivery, Cooks' Job In High Demand In Bengaluru, Mumbai, Chennai: Report

Press Trust of India

Bengaluru, Mumbai and Chennai have emerged as the top cities that are hiring for call centres, delivery executives and cooking jobs, according to a report by global job site Indeed.

The report is based on data on Indeed platform from May 2020 to May 2023.

Among the Indian cities posting for the above-mentioned job roles, Mumbai leads the way for call centre jobs (12 per cent), followed by Bengaluru (11.86 per cent) and Chennai (8 per cent).

Mumbai also accounts for the highest posting in cooking jobs (13 per cent), followed by Bengaluru (7.47 per cent) and Chennai (7 per cent).

However, Chennai continued to post the highest for delivery

executive jobs on our platform," Indeed India Career Expert Saumitra Chand said.

"The surge of e-commerce and quick commerce has truly been remarkable in driving large customer support teams to

employment.



"The food delivery industry has given rise to many restaurants and cloud kitchens, creating a high demand for skilled cooks and chefs. It is particularly interesting to note that Chennai is leading the demand for delivery

handle customer queries related to online orders, he said. "The hiring trend in these cities reflects the changing dynamics of the job market, where traditional blue-collar roles are now in high demand," he added.

Quick eats for busy people

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