

## Ashura Observed With Profound Solemnity



KO Photo | Abid Bhat

**Majid Nabi**

**Srinagar:** Hundreds of thousands of people joined Alam and Zuljanah processions on Saturday to mark Yaume-Ashura, the tenth day of Muharram-ul-Haram. Ashura is observed across Kashmir with profound solemnity to honor the ultimate sacrifice made by Imam Hussain (AS) and his devoted companions in the desert of Karbala in 680 CE. Here in Srinagar, the biggest Ashura procession was taken

**AT ALAMGIRI BAZAR THERE WAS A BEELINE OF VOLUNTEERS WANTING TO DONATE BLOOD** in the name of martyrs of Karbala. According to the camp incharge 400 points of blood were collected during the day.

out in Zadihal quarter of the old Srinagar in which tens of thousands of mourners took part. The procession started from Botkadal and passed through different localities before

culminating at the Imambargah in Zadihal interiors late at night. Mourners were seen carrying banners and chanting slogans in praise of Imam Hussain (AS) and his companions who sacrificed their lives but refused to give oath of allegiance to tyrant Umayyad ruler, Yazid. Many mourners including women and children could be seen walking barefoot. Stalls offering refreshments were set up by several volunteer groups on both sides of the roads at many places leading to **More on P6**

## LG Sinha Makes History, Joins Zuljanah Procession In Downtown

**Srinagar:** In an unprecedented development Jammu and Kashmir's Lieutenant Governor Manoj Sinha Saturday joined Ashura procession in Zadihal quarter of the old Srinagar. He placed a chador on Zuljanah, the symbolic horse of Imam Hussain, and also briefly stayed at a sabel distributing refreshments to the mourners. This is for the first time in 34 years any top official of his rank has joined a mass gathering in downtown Srinagar. LG Sinha reached Bota Kadal at around 11 AM and took part in the Zuljanah procession in the congested Mohalla Syed Afzal. He offered chaddar to Zuljanah and paid obeisance to Hazrat Imam Hussain (AS) on the occasion, officials accompanying him said. He also walked to a nearby refreshment stall at Alamgiri



**LG MANOJ SINHA SATURDAY JOINED ASHURA PROCESSION** in the old Srinagar. This is for the first time in 34 years any top official of his rank has joined a mass gathering in downtown Srinagar.

Bazar and distributed refreshments among the mourners, they said. Security was heightened in the area for LG's visit, reports said. He was accompanied by ADGP Kashmir Vijay Kumar, Divisional Commissioner Vijay Kumar Bhiduri, SSP

Srinagar Rakesh Balwal, Deputy Commissioner Srinagar Muhammad Aijaz Asad and other officials. ADGP Kashmir Vijay Kumar later told reporters that LG's visit was made possible by peoples support and that the procession was going on peacefully. **More on P6**

## Muharram Observed With Reverence Across India

**Press Trust Of India**

New Delhi: Muslims took out "tazia" processions, flagellated themselves and offered special prayers as they observed Muharram - the martyrdom of Imam Hussain - on Saturday. At least eight people were killed due to electrocution and more than 80 injured in Jharkhand, Gujarat and Uttar Pradesh as "tazias" came in contact with high-tension wires. There were also a few incidents of violence during Muharram processions in places such as Delhi and Varanasi in Uttar Pradesh. On Ashura, the 10th day of Muharram, Muslims commemorate the martyrdom of Imam Hussain Ali, a grandson of the Prophet Muhammad, in the battle of Karbala in 680 AD with mourning rituals. Dressed in black and chanting in unison, Shias parade through streets beating their chests and chanting, while some emulate the suffering of Hussain by flagellating themselves with chains, ropes, etc. Sunni observe fast and offer prayers. "Tazia" is a miniature replica of the tomb of Imam Hussain. Elaborate security arrangements were made in states for peaceful processions. In Delhi, a section of people taking out Muharram processions clashed with police and pelted stones at them, injuring around 10 cops and damaging several vehicles, after they were stopped from changing the **More on P6**

## PM Modi Pays Tributes To Imam Hussain

**P**rim Minister Narendra Modi paid tributes to Imam Hussain on Saturday, saying his courage and commitment to the ideals of justice and human dignity are noteworthy. Muslims across the world, especially Shias, commemorate the death of Hussain on this day in the battle of Karbala. Better known as "ashura", it is the **More on P6**

## Dr Farooq Makes Sensational Claim On Muharram Ban Says 'Some People Amongst Us' Were Against Lifting Ban



Observer News Service

**Srinagar:** In a startling revelation, former chief minister Dr Farooq Abdullah on Saturday said he too wanted to allow the Muharram procession during his tenure, but "some amongst us" opposed it. He however refused to name anyone saying "some amongst them are no more." Dr Farooq refused to give credit to LG administration for lifting the ban on 8th Muharram procession and

accused it of having an ulterior motive. "Why now, why not all these years?" he questioned. Dr Farooq was responding to a question about the LG administration's decision to allow the 8th Muharram procession after more than three decades. When a reporter persisted with his question of why he as chief minister failed to lift the ban during his tenure, he said "We also wanted Muharram processions during our tenure. **More on P6**

## Political Leaders Fume Over Delay In Assembly Polls 'J&K Can't Be Run Through A Remote Control From Delhi'

**Press Trust Of India**

Jammu: Leaders of various political parties on Saturday targeted the BJP-led central government over the delay in holding assembly elections in Jammu and Kashmir and said the union territory cannot be run through a "remote control from Delhi". Speaking at a round-table discussion here, the leaders underlined the importance of dialogue to reach a consensus to pull Jammu and Kashmir out of the present "quagmire". CPI-M's M Y Tarigami, National Conference (NC) Jammu provincial president Rattan Lal Gupta, National

Panthers Party (NPP) president Harsh Dev Singh, Shiv Sena-BST's Manish Saini, Peoples Democratic Party's (PDP) Varinder Singh Sonu and Awami National Conference senior vice president Muzaffar Shah were among those who took part in the discussion -- 'Jammu and Kashmir The Way Forward'. No Congress representative took part in the discussion, which was organised by the Centre for Peace and Progress. Tarigami said when the assembly polls are announced, the BJP will face the restless people of Jammu and Kashmir. He said the people have high hopes from the Supreme Court and believe that it will uphold

the Constitution by providing them justice. "Dialogue is the key to reaching a consensus and working together to end political uncertainty and misgovernance so that people can get relief. The Jammu and Kashmir assembly was dissolved in (November) 2018 and fresh polls are not being conducted," Tarigami said. On August 5, 2019, the Centre stripped the erstwhile state of Jammu and Kashmir of its special status under Article 370 of the Constitution and divided it into two union territories. Several petitions challenging the Centre's decision have been filed in the Supreme Court. A five-judge **More on P6**

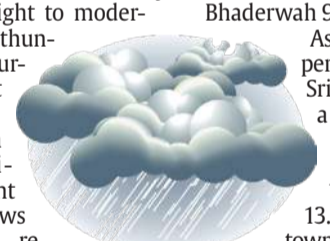
## Weather Dept Predicts More Rains In J&K

**Agencies**

Srinagar: More rains lashed Jammu and Kashmir even as the weather department here on Saturday forecast "fairly widespread light to moderate" rain and thunderstorms during the next 24 hours. Quoting a meteorological department official, news agency GNS reported that "isolated to scattered light rain/thunderstorm" was expected during the subsequent two days in J&K. Regarding the rainfall in last 24 hours till 8:30 a.m. today, he said, Srinagar recorded

11.7mm,	Qazigund	1.2mm,
Pahalgam	8.1mm,	Kupwara
8.8mm,	Kokernag	2.4mm,
Gulmarg	7.2mm,	Jammu
33.8mm,	Banihal traces,	Batote
1.1mm,	Katra	19.6mm,
Baderwah	9.8mm.	

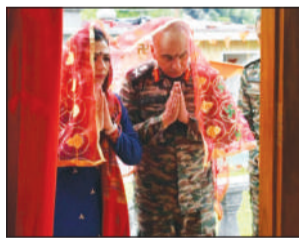
As regards temperature, he said, Srinagar recorded a low of 16.3°C, Qazigund 16.6°C, Pahalgam 13.2°C, Kupwara town 14.8°C, Kokernag 16.7°C, Gulmarg 14.8°C, Jammu 24.5°C, Banihal 17.3°C, Batote 18.0°C, Katra 21.5°C and Baderwah 18.2°C, the official added. Meanwhile, several residential houses, school and a Mosque were damaged after cloudburst hit **More on P6**



## Army Commander Visits Temple Near LoC

**Press Trust Of India**

Srinagar: General Officer Commanding of the Srinagar-based Chinar Corps Lt Gen Rajiv Ghai paid obeisance at the Sharda temple near the Line of Control (LoC) in Jammu and Kashmir's Kupwara district on Saturday. Lt Gen Ghai, accompanied by his wife, visited the temple and a gurdwara in Teetwal area of the north Kashmir district. Save Sharda Committee chairman Ravinder Pandita said in a statement. He said GoC of the Kupwara-based Vajr Division Major General Girish Kalia was also present.



Pandita said this was the first visit of Lt Gen Ghai to Teetwal after taking over as the General Officer Commanding (GoC) Chinar Corps last month. The renovated Mata Sharda Devi temple was inaugurated by Union Home Minister Amit Shah virtually in March this year. The ancient temple and its centre are being **More on P6**

## Melting Ladakh Glacier Could Form 3 Glacial Lakes: Study

**Press Trust Of India**

New Delhi: Accelerated melting of the Himalayan Parkachik Glacier in Ladakh could give rise to three glacial lakes with an average depth ranging between 34 and 84 metres, scientists have found. These lakes could be a potential source of glacial lake outburst floods in the Himalayas, the scientists from the Wadia Institute of Himalayan Geology, Dehradun, said. Parkachik Glacier is one of the largest glacier in the Suru River valley, which is a part of the Southern Zaskar Ranges, western Himalaya. The Zaskar Range, part of the Himalayas, lies



in the union territory of Ladakh. The glacier's yearly melting rate was 6 times faster between 1999 and 2021 (22 years) than that calculated from 1971 to 1999 (28 years), the scientists found using satellite data to determine its glacial retreat from 1971-2021. The findings are published in the journal Annals of Glaciology. The study attributed the **More on P6**

## Downtown Residents Call On LG

**Srinagar:** A delegation of residents of downtown Srinagar called on Lieutenant Governor Manoj Sinha at Raj Bhawan here on Saturday, an official spokesperson said. The delegation under the banner of Greater Srinagar Leadership submitted a memorandum to the LG containing various public issues and demands for the welfare of the

people, he said. Later, the spokesperson said, representatives of Gujjar and Bakerwal Youth Welfare Conference from Karnah, Kupwara also called on the LG and put forth issues and demands of their area. "The Lt Governor assured the members of delegation of appropriate action on the issues and demands presented by them," he added. **More on P6**

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

**Hybrid Militant Arrested In Srinagar**

An Al Badr hybrid militant, who was planning terror activities here, was arrested with arms and ammunition on Saturday, police said. Hybrid terrorists are those who carry out attacks and then slip back to their routine lives. "A hybrid terrorist of Al Badr namely Arfat Yusuf S/o Md Yusuf of Rajpora Pulwama arrested from Batmaloo with a Glock Pistol, 20 live rounds & 2 magazines," Srinagar Police said in Twitter. The police said Yusuf has committed terror **More on P6**

**Landmine Explodes Near LoC**

A landmine exploded near the Line of Control (LoC) in Jammu and Kashmir's Poonch district in the early hours of Saturday but there was no report of any damage, officials said. The landmine exploded around 4 am amid incessant rains near the Khokhri post in Terwan village of the Degwar area, the officials said. They said Army troops immediately conducted a search of the area but nothing was found. The forward areas along the LoC are dotted with **More on P6**

**SIA Conducts Raids In Poonch**

The State Investigation Agency (SIA) on Saturday conducted raids at several places in connection with a narco-militancy case in Poonch district of Jammu and Kashmir, officials said. The raids are still going on at four places in Mandi Tehsil of the border district, the officials said. They said the case relates to notorious drug peddler Rafiq Lala, a resident of Danna Doyiyana area of Sathra who was arrested under the Public Safety Act (PSA) early this year. **More on P6**

**Youth Slips To Death In Kulgam**

A youth slipped to death while extracting Bajri from a stream in South Kashmir Kulgam district on Saturday. Imtiyaz Ahmad @totta of Tangmarg Kulgam was extracting bajri from Vaishaw nallah at Reshnagri check area of the district when he lost balance and slipped into the stream, reports said. Instantly, an operation was launched to rescue Ahmad from the stream. However, after hours of hectic efforts, his body was retrieved. Meanwhile, police have initiated proceedings in this regard.

**Landslide Blocks Mughal Road**

The Mughal road, connecting Kashmir Valley's Shopian district with the twin districts of Rajouri and Poonch, was closed due to landslides for several hours on Saturday, officials said. The thoroughfare was blocked near Poshana in this mountainous district due to a landslide amid rains, they said. Immediately, they said, men and machinery were pressed into service to clear the road. A traffic department official told a local news agency **More on P6**

**Woman Injured In Bear Attack**

A middle-aged woman was attacked and injured on Saturday by a black bear in Ajas area of North Kashmir's Bandipora district. 50-year-old Aisha Begum was working in her kitchen-garden at Nagaiwaan village of Ajas on Saturday afternoon when a bear appeared there and attacked her, reports said. The woman suffered injuries in her left eye and was evacuated to a nearby health facility for treatment. However, the doctors there referred her to a Srinagar hospital **More on P6**



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## Scholarships This Week

Kashmir Observer in association with Buddy4Study.com presents scholarships available for the meritorious students of Jammu and Kashmir.

### Scholarship Name 1 INSPIRE Awards MANAK Scheme 2023-24

Description: INSPIRE Awards MANAK Scheme 2023-24 is an opportunity offered to students studying in Classes 6 to 10. The scheme is a flagship program implemented by the Department of Science and Technology (DST), Ministry of Science and Technology (Government of India) with a basic objective to instil creative/innovative thinking among school students.

Eligibility: Open for candidates who are in the age group of 10-15 years and be studying in Class 6 to 10.

- Prizes & Rewards: INR 10,000 (one-time)
- Last Date to Apply: 31-08-2023
- Application mode: Online applications only
- Short Url: [www.b4s.in/observer/IAMS2](http://www.b4s.in/observer/IAMS2)

### Scholarship Name 2 Rolls-Royce Unnati Scholarship for Women Engineering Students

Description: Rolls-Royce India invites applications from girl students studying in the 1st/2nd/3rd year of the engineering degree program at AICTE-recognized institutions. The scholarship aims to support deserving students who demonstrate both academic excellence and financial need.

Eligibility: Girl students who are currently studying in the 1st/2nd/3rd year of the engineering degree program (in fields like Aerospace, Marine, Electronics, Computers, etc.) at AICTE-recognized institutions are eligible.

The applicants must have scored more than 60% marks in their Class 10 and 12 board exams. Annual family income must not



exceed INR 4 lakh per annum.

Please Note: Preference will be given to individuals belonging to special categories such as those with physical disabilities, single parents, and orphans.

Female scholars who have previously received the 'Rolls-Royce Unnati Scholarship for Women Engineering Students' in 2022 and are currently in their 4th year of engineering degree can also apply.

- Prizes & Rewards: INR 35,000
- Exclusive one-to-one and one-to-many mentorship sessions, webinars/workshops from industry experts at Rolls-Royce India
- Last Date to Apply: 31-08-

- Application mode: Online applications only
- Short Url: [www.b4s.in/observer/UNSS](http://www.b4s.in/observer/UNSS)

### Scholarship Name 3 Raman Kant Munjal Scholarship 2023

Description: Raman Kant Munjal Scholarships 2023, an initiative of Raman Kant Munjal Foundation, supported by Hero FinCorp, aims to support students pursuing finance-related courses to get admissions to reputed colleges and pursue their dream of a promising career and a better life.

Eligibility: Students pursuing 1st year of BBA, BFIA, B.Com.

(H, E), BMS, IPM, B.A. (Economics), BBS, BBI, BAF, and B.Sc. (Statistics) or any other finance-related degree courses are eligible.

Applicants must have secured a minimum of 80% marks in Classes 10 & 12 examinations.

The annual family income of the applicants should be less than INR 4 lakh.

Open for Indian nationals only.

- Prizes & Rewards: Scholarship up to INR 5,00,000 per year for 3 years
- Last Date to Apply: 15-09-2023
- Application mode: Online applications only
- Short Url: [www.b4s.in/observer/RMKSP1](http://www.b4s.in/observer/RMKSP1)

## How Burgers And Chips For Lunch Can Worsen Your Asthma That Afternoon

The Conversation

Certain foods or dietary patterns are linked with better control of your asthma. Others may make it worse. Depending on what you've eaten, you can see the effects in hours.

Food can affect how well your lungs function, how often you have asthma attacks and how well your puffer works.

Here's what we know about which foods to eat more of, and which are best to eat in smaller amounts, if you have asthma.

### Asthma and inflammation

About one in ten Australians (2.7 million people) have asthma. This makes it the fourth most common chronic (persisting) disease in Australia.

Asthma is an inflammatory disease. When someone is exposed to certain triggers (such as respiratory viruses, dust or exercise), the airways leading to the lungs become inflamed and narrow. This makes it difficult for them to breathe during what's commonly known as an asthma attack (or exacerbation).

Researchers are becoming increasingly aware of how someone's diet can affect their asthma symptoms, including how often they have one of these attacks.

### Thumbs up for fruit and veg

The Mediterranean diet – a diet high in fruit, vegetables and oily fish – is linked with less wheezing in children, whether or not they have been diagnosed with asthma. Some, but not all, of the studies found this was regardless of the children's body-mass index (BMI) or socioeconomic status.

Eating a diet high in fruits and vegetables is also important for adults with asthma. Two studies found adults who were instructed to eat a diet with few fruits and vegetables (two or fewer servings of vegetables, and one serving of fruit daily) had worse lung function and were twice as likely to have an asthma attack compared to those eating a diet high in fruits and vegetables.

Why might the Mediterranean diet, or one rich in fruit and vegetables, help?

Researchers think it's because people are eating more antioxidants and soluble fibre, both of which have anti-inflammatory

action: antioxidants neutralise free radicals. These are the damaging molecules produced as a result of inflammation, which can ultimately cause more inflammation soluble fibre is fermented by gut bacteria to produce short-chain fatty acids such as acetate, propionate and butyrate, which reduce inflammation.

The Mediterranean diet is also high in omega-3 fatty acids (from oily fish, such as salmon, mackerel and tuna). However a review looked at five studies that investigated omega-3 intake (through the diet or with a supplement) in adults with asthma. None of the studies showed any benefit associated with omega-3 for asthma.

Of course there is no harm in eating foods high in omega-3 – such as oily fish, flaxseeds, chia seeds and walnuts. This has numerous other benefits, such as lowering the risk of heart disease.

Thumbs down for saturated fat, sugar, red meat

Saturated fats are found in highly processed foods such as biscuits, sausages, pastries and chocolate, and in fast foods.

Diets high in saturated fats, plus sugar and red meat, can worsen someone's asthma symptoms.

For instance, one study found a diet high in these foods increased the number of asthma attacks in adults.

Foods high in saturated fat can have an impact in as little as four hours.

One study looked at what happened when adults with asthma ate a meal high in saturated fat (consisting of two hash browns, a sausage and egg muffin, and a sausage muffin) compared with a meal with similar calories but low in saturated fat.

People who ate the meal high in saturated fat had reduced lung function within four hours. Within four hours, their puffer was also less effective.

These worsening symptoms were likely driven by an increase in inflammation. Around the four hour mark, researchers found an increase in the number of the immune cells known as neutrophils, which play a role in inflammation.

It's still OK to eat a sneaky burger or some hot chips occasionally if you have asthma. But knowing that eating too many of these foods can affect your asthma can help you make choices that might improve your quality of life.

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### Timely Transportation

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

### Reduced Complications

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

### Better Coordination

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

### Improved Accessibility:

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



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# 400 Blood Pints Collected At Zadibal On Ashura Day

Observer News Service

Srinagar: Salute 72—A Non-Government Organization (NGO) organized a blood donation camp on Saturday at Zadibal where the main Muharram procession was carried out on the eve of Ashura—the martyrdom anniversary of Imam Hussain (AS) and his companions in Karbala.

A total of 400 blood points were collected throughout the day at the camp, which was organized in collaboration with Sher-e-Kashmir Institute of Medical Sciences (SKIMS) here.

Abid Hussain Dar, one of the members of Salute 72, said that the NGO has been named

after the 72 Karbala martyrs. “We have been organizing the blood donation camp with an aim to save the precious lives,” he said, adding that 400 points of blood have been collected till the evening at the camp.

Dr Sahil Hassan from SKIMS, Soura, thanked the NGO for inviting them on the occasion of Ashura.

“Every blood donor is a life saver and it brings self satisfaction to the donor as he provides a life saving component to the people in need. Besides, the regular donor’s health becomes good as well,” he said.

He added that they have come here to help humanity.

## Islamia College Organizes Service Camp For Ashura Processions

Srinagar: On the day of Ashura, Islamia College of Science and Commerce, Srinagar today organized a free service camp for mourners’ procession at Bota Kadal to Imam Bara Zadibal.

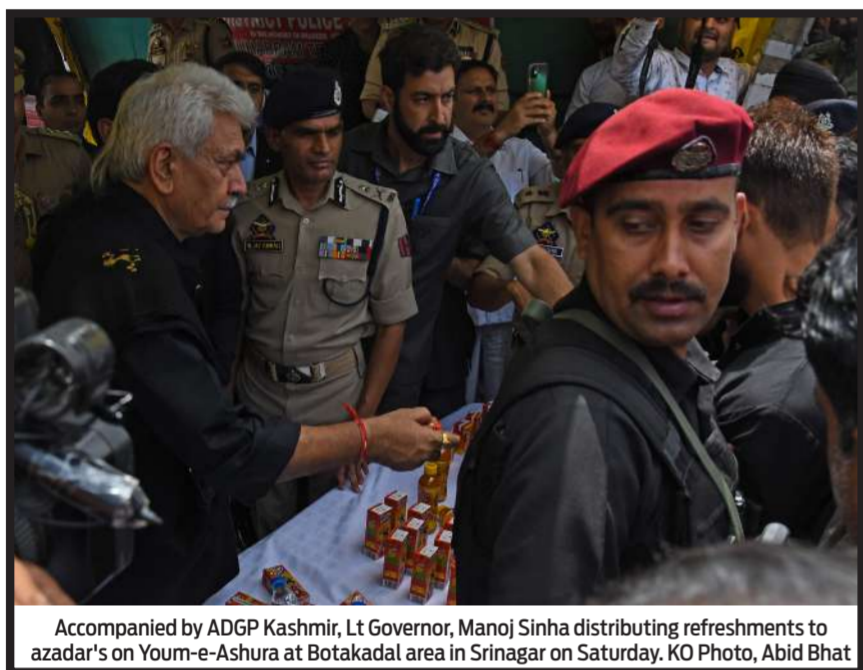
On this occasion, juice, water and free medicines were distributed among the mourners of the procession. The Principal Islamia

College, Prof (Dr) Khurshid Ahmad Khan personally supervised the proceedings of this service camp.

The NSS Wing, NCC, College Health center, Physical Education Department and Faculty members engaged themselves in providing various services to the mourners with the larger objective of fostering compassion, unity, and solidar-

ity among participants and the community.

The camp was headed by Dr. S Saheel, Program Officer NSS along with the team which included Hamid, Ghulam Nabi, Mushtaq, Mehraj, Farhan and other staff members and the college students. Dr. S Saheel thanked the team for successfully managing the camp and facilitating the mourners.



Accompanied by ADGP Kashmir, Lt Governor, Manoj Sinha distributing refreshments to azadar’s on Youm-e-Ashura at Botakadal area in Srinagar on Saturday. KO Photo, Abid Bhat

## Several City Areas To Experience Water Shortage Till Sunday Evening

Observer News Service

Srinagar: The Office of the Executive Engineer, Water Supply Master Plan Division, Srinagar, has issued a public notice regarding the disruption of water supply in several areas due to an unprecedented cloud burst at Alasteng, Ganderbal. The incident has resulted in a massive accumulation of debris in the Sindh Extension Water Canal.

As a response to the situation, the ground teams are already working diligently to clear and repair the canal. However, the severity of the damages and the extensive debris require substantial efforts and time for complete restoration. Consequently, the water supply in the affected areas is expected to remain disrupted until Sunday evening.

The areas impacted by the water supply disruption will be; Pandach, Buchpora, Soura, Anchar, Boh Lachipora, Zoonimar, Nowshera, Baghi Ali Mardan Khan, Zadibal, Hawal, Alamgari Bazar, Rajouri Kadal, Nal-lamar, Nawa Kadal, Bohri Kadal, Nowhatta, Hazratbal, Saderbal, Ni-geen, Saida Kadal, Lal Bazar, Karan Nagar, Chattabal, Kawdara, Eidgah, Maharaj Gunj, Zaina Kadal, Noorbagh, Saidapora, Bemina, Firdous Abad, Batamalo, Zainakote, Noorabad, Umerabad, Qamarwari, Malshahibagh, Zakura, Gulabgah, Alasteng, Shuhama, Hadoora, Chaterhama, Khallamula, Bussrbugh, Habak, Nas-

## Several Old City Areas Face Acute Water Scarcity

Srinagar: The residents of several areas of Srinagar have complained of water scarcity while the authorities said that the Prang Ranguil channel got blocked after being hit by a cloudburst and the efforts are on to restore it.

According to the residents of downtown areas, the water supply has been affected since Saturday morning. “The taps are running dry and there is no water supply,” the residents said.

Chief Engineer, Jal Shakti Department, Sanjeev Kumar said after the cloudburst in the Gandherbal district today, the Prang Ranguil (water channel) got blocked.

“The men and machinery have been pressed into the service and the channel will be through by late night,” he said.

eeem Bagh, and adjoining areas. The Jal Shakti Department requests the general public’s cooperation and understanding during this period.

## In Umar Colony Lal Bazar, Filthy Water Leaves Residents Fumed

Observer News Service

Srinagar: Filthy water from clogged up drainage and a Nallah is entering premises of homes of Umar Colony-A Lane No 5 area of Lal Bazar locality here, inundating some of them to ankle-deep water amid “continuous official apathy”.

The local residents alleged that authorities including J&K Lake Conservation and Management Authority are “doing nothing” and their continuous inaction in not unclogging

drainage and blocked nallah has turned the area into “a living hell” for residents.

“The situation is extremely unpleasant or causes great suffering to us. The dirty water enters compounds of houses and with every bout of rain, the level raises and we have to wade through ankle-height water,” the locals of Lane No 5, Umar Colony A, Lal Bazar Srinagar, said.

The drainage and nallah, they said, pass from the backside of their houses and due to the blockage

of drain and nallah, the grimy water enters residential houses. “We have been repeatedly requesting and pleading with authorities to come to our rescue but they pay no heed,” they said, adding, “The illegal earth filling done around by some influential people has also affected the natural drainage system and it has in turn terribly affected our peaceful living,” they said. The foul smell emanating from the water, they said, is “nauseating.”

**Union Territory of Jammu and Kashmir  
Office of the Executive Engineer  
Jal Shakti (PHE) Mechanical  
Division (North) Sopore**

**NOTICE INVITING TENDER  
(Short term)**

**e-NIT No. 24 of 2023-24**

For and on behalf of Lt. Governor of UT of J&K, **Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore**, invites e-tenders from reputed and resourceful Bidders/ Firms/Companies/Joint Ventures/ Consortiums between bidder/firm and Financier of all classes registered in JKPWD/CPWD/Railways or any other state Government for “Supply, installation, testing and commissioning of electro-mechanical equipment at various water supply schemes of Jal Shakti (PHE) Mechanical Division (North) Sopore”. The bidding process shall be completed online on <https://jktenders.gov.in> in two covers viz. **Cover 1<sup>st</sup>** consisting of Pre- Qualification Criteria, General Terms and Conditions and Technical Specifications and **Cover 2<sup>nd</sup>** shall consist of Financial Bid on item rate basis, in the prescribed BOQ.

S. No.	Description of work	Tender document Fee (In Rs.)	Earnest money	Estimated cost (Rs in Lacs)	Bid validity (Days)
1.	Supply, installation, testing and commissioning of electro-mechanical equipment at various water supply schemes of Jal Shakti (PHE) Mechanical Division (North) Sopore	Rs 500.00	Upload “Bid Security Declaration” duly notarized	As devised against each item of work in Form I of SBD	180 Days

**Position of funds: Approved Under Jal Jeevan Mission (JJM)**

The tender inviting authority is Executive Engineer, Jal Shakti (PHE) Mechanical Division North Sopore.  
The awarding authority is District Jal Jeevan Mission (DJJM).

**Critical Dates:**

I	Publish Date	28-07-2023 (10:00 am)
II	Bid submission start date	28-07-2023 (10:00 am)
III	Date of Pre-bid meeting	31-07-2023 (02:00 pm)
IV	Bid submission end date	04-08-2023 (06:55 pm)
V	Date and time of Bid opening	05-08-2023 (02:00 pm)

- Bid documents can be accessed and downloaded from the website <https://jktenders.gov.in>
- The pre-bid meeting will be held in the office chamber of the **Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore**.
- The whole bidding process shall be completed online on tender portal <https://jktenders.gov.in>. The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.
- The valid bids received shall be opened online in the office of the **Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore**.
- Bids must be accompanied by bid security and cost of Tender Document and shall be payable at Srinagar.
  - Bid Security declaration** duly notarized shall be uploaded separately against each work instead of EMD (as annexed in SBD). However, to ensure due performance of the contract, Performance Security is to be obtained from the successful bidder.
  - The cost of tender documents should be in form of Treasury Receipt in favour of **Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore**.
- The hard copies of cost of tender document in shape of Treasury Receipts, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover.
- The bid shall remain valid for a period of **180 days** from the last date of submission of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the said earnest money shall stand forfeited and the bid shall be declared non-responsive.
- Other details can be seen in the bidding documents from the website <https://jktenders.gov.in>
- Queries by email if any, should be made at [phe.mdns@gmail.com](mailto:phe.mdns@gmail.com)

**No: PHE/MDNS/DB/JJM/3110-15  
DIPK-5984/23  
dated: 28-07-2023**

**Sd/-  
Executive Engineer,  
Jal Shakti (PHE) Mechanical Division (North)  
Sopore**

**FORM I  
e-NIT No. 24 of 2023-24  
List of works tendered**

S. No.	Name of work	District	Estimated cost (Rs in Lacs)	Time of completion (Days)
1.	Mechanical and electrical works to be carried out at WSS Regional Rohama Stage 1 <sup>st</sup> (Raw Water Pontoon Station) under JJM	Baramulla	38.214	90 Days
2.	Mechanical and electrical works to be carried out at WSS Regional Rohama Stage 2 <sup>nd</sup> (Clear Water Station) under JJM	Baramulla	129.52	90 Days
3.	Mechanical and electrical works to be carried out at WSS Regional Rohama Stage 3 <sup>rd</sup> under JJM	Baramulla	88.885	90 Days

**Sd/-  
Executive Engineer  
Jal Shakti (PHE) Mechanical Division (North)  
Sopore**

• 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  
• BIJHERA: 01932-228243  
• PAMPORE: 01933-294132  
• PATTAN: 01954-293507  
• QAZIGUND: 01951-296153

**HIGHWAY STATUS**  
Sgr-Jammu highway - ( Open )  
Mughal Road - (Open)  
Srinagar-Leh - (Open)

**HIJRI  
CALENDAR**  
11 Muharram  
1445

**PRAYERS**

FAJR	4:03
ZUHR	12:37
ASR	5:32
Magrib	7:37
ISHA	9:10

**This Day In History**

- 1946 - 1st rocket attains 100 mi (167 km) altitude, White Sands, NM
- 1949 - British warship HMS Amethyst escapes down Yangtze River, having been refused a safe passage by Chinese Communists after 3-month standoff
- 1966 - US airplanes bombs demilitarized zone in Vietnam
- 1971 - Japanese Boeing 727 collides with an F-86 fighter killing 162
- 1971 - US Apollo 15 (Scott & Irwin) lands on Mare Imbrium on the Moon
- 1975 - Murtala Mohammed overthrows General Gowon to become Nigerian Head of State
- 1980 - Vanuatu (New Hebrides) gains independence from Britain & France
- 1985 - Discovery moves to Vandenberg AFB for mating of STS 51-L mission
- 1990 - The first Saturn automobile rolls off the assembly line.
- 2006 - World’s longest running music show Top of the Pops is broadcast for the last time on BBC Two. The show had aired for 42 years.
- 2012 - Train fire kills 32 and injures 27 people in Andhra Pradesh, India
- 2012 - Indian power grid failure leaves over 300 million without electricity
- 2013 - 28 people are killed in a series of bombings in Kano, Nigeria

**From KO Archives**

**School Girl Assaulted, Slaughtered In Langate Village**  
*Police suspect criminal assault, hunting three perpetrators*

Srinagar- In a ghastly incident, a school girl was criminally assaulted by three unknown assailants in the outskirts of Langate on Friday, and then mercilessly slaughtered in a bid, to avoid identification (of the criminals). The enormity of the crime sent waves of shock through the area and thousands of people took to the streets in violent demonstrations.

The victim had, as usual, left her home in Batpora this morning for the 4 km trek to the Uqaab Public School in Langate where she studied in class 8.

It being Friday, school was over at 1:30 p.m., and she and two of her friends headed home through what the villagers call, the Wudar route.

From what could later be pieced together from her friends account, they were suddenly waylaid by three persons who tried to grab the victim.

The two friends fled from the spot terrified and weeping, and out of fear did not say anything at home about their school-mate. But when pressed by the family of the missing girl, out poured the story that created alarm in the entire neighbourhood.

Search parties made up of the victim’s family and their neighbours immediately set out for the track the girls had taken on their way home, and came across one of her shoes.

With fears of the worst mounting, the villagers found the girl’s uniform, and shortly after came upon a body hastily hidden beneath clay and bushels of hay.

A villager, Ghulam Muhammad, said that the searchers were shocked to find that the throat of the victim had been slit, and her uniform, school bag, shoes and other belongings had been dumped some distance away from the “grave.”

The Handwara police were informed about the gruesome incident, and top officers of the force tried to take custody of the body. But by then the news had reached the village, and a large number of men and women came out in grief and headed towards the scene of the crime. The huge procession demanded the immediate arrest of the killers.

The Handwara police said that an autopsy would be carried out to find out the motive behind the killing. The police fears that the victim might have been criminally assaulted before being murdered because the body bore marks of violence, and was without any clothes when discovered.

The police said that a liquor bottle and a tumbler were found near the body.

Villagers from Batpora and adjoining areas held up traffic on the roads by pelting stones on passing vehicles but dispersed late in the evening, when the additional deputy commissioner Handwara, Basheer Ahmad Wani visited the area and assured people of thorough probe into the crime.

*(Kashmir Observer, 30 July, 2007)*

# The Burning of the Quran Represent an Act in Desperation

Dr. Mumtaz Y Balkhi

“  
**Yet, civilizational arrogance made them blind and made them consider Islam as a threat. All the while, the threat to their dominance was coming from a resurgent China that quietly rose to such an extent that it is now directly threatening the West's dominance in the world**

We recently saw a man burn pages of the Quran near a Mosque in Sweden. That was followed by stomping and burning of the Quran outside the Iraqi embassy in Denmark. These incidents demonstrate that the far right groups in Europe are still living in pre-pandemic, war on terror, “our” exclusive way of living, and unipolar World order.

A reminder must be made that the post-pandemic world is seeing historical changes and new global and competing power centers are emerging. China is all set to become World's largest economy and military superpower. Internecine conflicts in the Middle East have all but settled. With Afghan withdrawal, America and the West's war on terror and such “democratizing” projects have become history. The Middle East is increasingly pivoting toward Asia. Asian age has already taken off!

Yet as the saying goes, “old habits hardly die”. West's far right still live in their invincible, racial, never-ending civilizational supremacy. However, the rise and fall of civilizations represents a universal fact. None of the dominant civilizations lasted forever. What is consistent in the fall of civilizations is arrogance and delusional belief of never-ending dominance, looking down in disdain at other people and values dear to them. The same arrogance that West demonstrated had been the feature of prior dominant civilization that is Islamic golden age. That also saw barbarians among the other non-Muslim communities till savage barbarians in the form of Mongols descended on them from nowhere decimating Islam's golden age, and palaces of tyranny, precious literature that had origin in Quran's teachings.

While Mongols descended as God sent punishment to Muslims, West and US fought self-imposed unnecessary wars in Muslim lands who never posed any threat to their dominance. Instead, it was the same Islamic countries who were closest allies to them. Yet, civilizational arrogance made them blind and made them consider Islam as a threat. All the while, the threat to their dominance was coming from a resurgent China that quietly rose to such an extent that it is now directly threatening the West's dominance in the world.

Muslim World bore the brunt of unnecessary wars imposed on them and when time



An Indonesian Muslim woman outside the Swedish Embassy in Jakarta, Indonesia holds up a placard during a protest after a man publicly set fire to the Quran in Sweden/ Reuters

came and the window of opportunity opened, they ditched their nonnatural condescending allies and opted for China. While this all is happening, far right groups in the West continue to rally against Muslim emotions. What does burning a Quran achieve, will that kill the message that is followed by over 1 billion people and numbers continue to rise? Instead of burning the Quran that puts your moral values lower than the barbarians and depicts a mindset that refuses to believe being defeated, it is better to engage in scientific and scholarly debate, argue with facts, and prove your claims that the Quran does not conform with scientific, physical, astronomical, and geographical facts.

The Quran not only encourages you to do so but even challenges you to find inconsistencies. See below:

Chapter 10 Jonah: Verse 37: It is not “possible” for this Quran to have been produced by anyone other than God (Allah). In fact, it is con-

firmation of what came before, and an explanation of the Scriptures. It is, without a doubt, from the Lord of all Worlds. 38. Or do they claim, “He made it up!”? Tell them “O Prophet, “Produce one chapter like it then, and seek help from whoever you can—other than God—if what you say is true!”

Chapter 4. Women: Verse 82: Do not they reflect on the Quran? Had it been from anyone other than God (Allah), they would have certainly found many inconsistencies in it.

(Translation adopted from clear Quran by Dr. Mustafa Khattab)

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

*The author is an Academic faculty associated with Tufts University School of Medicine and University of Maine, USA*

## India's New Research Push

A university-centred model of enhancing research capabilities is as needed as an institutional redesign at the central government level—probably more so

Nirvikar Singh

The announcement of plans for a new National Research Foundation (NRF), meant to replace the Science and Engineering Research Board (SERB) that was created in 2008, has generated excitement and debate. The NRF proposal has its origins in a 2019 report requested by the Prime Minister regarding India's lagging performance in research spending, quality of research papers, patents, and university-based research.

Innovation is the driver of long-run growth, and the world is at a critical juncture in terms of adapting to climate change, so greater focus on research certainly makes sense. But what has to be done to make a real difference in India's innovation performance? Before one evaluates the institutional aspects of the plan, what do the numbers tell us?

India's GDP is \$3.75 trillion. Its Research and Development (R&D) spending is 0.65% of that, or about \$25 billion. The NRF plan envisages spending \$6 billion over five years, or \$1.2 billion a year. This is only a 5% increase in the R&D total, although the latter includes spending that is broader than the more basic research that the NRF will presumably fund. The net increase may be smaller, however, to the extent that the SERB already allocates money for research. The SERB is under the Department of Science and Technology (DST), itself part of the ministry of science and technology. That ministry has a budget of about \$1.8 billion, with less than half going to the DST. In addition, the NRF proposal envisages 70% of the funds coming from the private sector, implying the government will contribute only \$0.4 billion per year. If the SERB is spending anything



close to that amount out of the DST budget of about \$0.75 billion, then the net increase in government spending on research may be very small under this plan. Note that the Indian government spends about \$550 billion, so the planned increase in research spending is not even a significant percentage of government spending.

These numbers suggest that one should not get too excited about the NRF. It may not have a funding commitment at a level that will really make a difference. This is completely aside from the concerns that have been expressed. One is whether the corporate money will be forthcoming. Another is with respect to political interference. A third concern is whether a centralised bureaucracy can allocate research funds efficiently and effectively. All of these are legitimate points that need to be examined and addressed. To the extent that the SERB and

DST are already subject to the second and third of these concerns, the new institutions may be no worse, if no better.

Suppose that the corporate money does come in. The NRF budget will be about one-seventh of that of the US National Science Foundation (NSF), supposedly the model for the NRF. That ratio is about the same as that of India's GDP to US GDP. But the US government spends much more than what goes through the NSF. The National Institutes of Health, and the departments (equivalent to ministries in India) of defense and energy have large and active research programs. The key point, however, is that US universities are awash with global talent, and have sophisticated organisations to manage funding from government and private sources. Indeed, in the US, private money does not need to round trip through the government to end up in university research. Government grants

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**Combining cooperation and competition is not easy, but it can be done, and research consortia among universities are becoming more and more common, as research becomes more complex.**

**A university-centred model of enhancing research capabilities is at least as needed as an institutional redesign at the central government level, and probably more so**

in the US also involve bureaucracy and even political factors in choices of areas that get funded. But US universities have become research factories. While the NSF was created in 1950, this development in US universities started with the influx of human capital from Europe as Hitler terrorised that continent.

From this perspective, the place to begin building India's research and innovation capabilities is not in any reorganisation of the government's funding

of research. An NRF that is a little more independent than the SERB, and has a little more funding, is not a bad thing. But it makes far more sense to build research capabilities at India's universities. To take one example, the now-famous IITs were founded from 1951 to 1961. The number stayed at five until 1995, and at seven until 2008. There are now 23 IITs, but most of the new ones have barely established themselves. Human capital and organisational capital are sorely lacking. Directly bringing in private funding for researchers, research managers, and labs and equipment, and letting individual institutions develop would be more efficient and effective than the NRF plan for private money.

If there are concerns about whether the money would be used well, foreign partners can be brought in, just as they were for the original IITs. Even the original five IITs can be incentivised to partner with newer ones and help to grow them. Combining cooperation and competition is not easy, but it can be done, and research consortia among universities are becoming more and more common, as research becomes more complex.

A university-centred model of enhancing research capabilities is at least as needed as an institutional redesign at the central government level, and probably more so. Indeed, the two ideas can be combined, so that private money goes directly to universities, perhaps incentivised through government matching, rather than forcing it to a round trip through a central bureaucracy.

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

# A Journey to Naranag

## Embracing the Divine Beauty

Aubaid Ahmad Akhoo

In the midst of the bustling activities of life, there lies an opportunity to embrace the divine beauty of Allah's creation and reflect upon its significance. As the renowned philosopher John Muir once eloquently said, 'In every walk with nature, one receives far more than he seeks.' This timeless wisdom guided us, cousins on a soul-enriching journey to the hidden gem of Naranag, nestled amid the picturesque landscapes of Ganderbal, Jammu and Kashmir.

This hidden gem, untouched by the bustling city of Srinagar, offered us an awe-inspiring experience. As we ventured into the heart of this pristine land, we discovered not only its enchanting beauty but also the need for its preservation and upliftment.

Our sojourn to Naranag was not only a voyage to cherish its majestic beauty but also a revelation of the challenges faced by this enchanting land.

Naranag, located in the Ganderbal district of Jammu and Kashmir, holds the key to the mesmerizing beauty of the natural world. Surrounded by stunning mountains and enriched by the crystal-clear waters of the Naranag River, this place serves as a testament to Allah's divine artistry. The lush greenery, vibrant flora, and glistening waters form a harmonious symphony that captivates the soul.

However, during our journey, it became apparent to us that this place, despite its allure, has not received the attention it deserves from the authorities. Basic amenities like proper waste disposal bins, bathrooms, and tap water were conspicuously absent, leading to littering that marred the pristine landscape. Our responsibility as caretakers of the environment compelled us to take the initiative and ensure proper waste disposal and provide basic amenities to maintain the ecological balance.

Amidst the allure of the natural landscape, we took it upon ourselves to preserve the ecological balance by bringing a gas cylinder and essential camping equipment from home, ensuring that we could arrange food and cooking responsibly during our visit. However, our heart sank as we witnessed a distressing sight - numerous tourists recklessly cutting down precious green trees in the jungle, squandering the invaluable resources that nature bestowed upon us. To our dismay, there was



a conspicuous absence of forest department personnel to enforce protection measures.

This magnificent place, steeped in historical significance, appeared to have been forsaken by the hands of time and the government's attention. It is a sobering reminder of the urgent need for more effective

welfare of the people who call Naranag their home.

Naranag, with its potential to be an ideal tourist destination, has the opportunity to become a source of livelihood for the impoverished communities residing in the region. By providing employment opportunities, such as eco-tourism and other

gath Nallah, reveals a mesmerizing tale of ancient glory. As we set foot on this enchanting valley, we were greeted by an unexpected discovery: an ancient notice board by the Archaeology Department, narrating the captivating history of this mystical site.

The temples and structures that

tural heritage of the region, the temples have withstood the test of time.

Eastern Group, A Marvel of Enclosure: The Eastern Group of temples comprises a grand main shrine surrounded by eleven subsidiary shrines, all enclosed within a sacred enclosure. An intriguing feature of this group is a rectangular stone trough, found outside the northwest corner of the enclosure wall, which encloses a spring. The water from this spring was ingeniously channeled into the main shrine through a stone-built drain supported by sturdy stone posts. Near the spring, we discovered a small temple with a double-tiered pyramidal roof that had recently been exposed. The area surrounding this group beckons further exploration, promising more fascinating structures waiting to be uncovered.

A Bridge Between East and West: Nestled between the Eastern and Western Groups is the plinth of an ancient structure, possibly a pillared hall, along with the remains of a small shrine. This bridge-like connection highlights the interconnectedness of these majestic monuments, serving as a physical reminder of the harmonious coexistence of various architectural marvels.

Western Group: A Jewel on High Ground: Perched on a higher ground, the Western Group boasts six splendid temples, retaining their mag-

nificence within a slate-stone wall. The main shrine stands tall with two entrances, exuding an aura of sacred grandeur. On the northern side, a massive retaining wall, constructed with immense granite blocks, safeguards the temples from the encroaching material from the hillside, preserving their timeless beauty.

As we delved deeper into the history of Naranag, we recognized the significance of preserving these ancient marvels for future generations. The Archaeological Survey of India, under the guidance of the Superintendent Archaeologist from Srinagar Circle, plays a crucial role in safeguarding and maintaining these precious gems of our past.

The journey to Naranag not only allowed us to connect with the breathtaking natural landscapes but also provided a glimpse into the rich history and architectural brilliance of our ancestors. Naranag stands as a testament to the resilience of the human spirit, transcending time and leaving an indelible mark on the canvas of history. As we bid adieu to this mystical site, we carry with us the responsibility to cherish and protect these ancient monuments, ensuring that their splendor continues to shine brightly through the sands of time. As we embraced the divine beauty of Allah's creation, we understood the significance of our role in safeguarding it. By joining hands and working together, we can transform Naranag into a sustainable and flourishing haven for both nature and its people. Let us take the lessons from this journey to our hearts and dedicate ourselves to preserving the splendor of Allah's bountiful creations for the prosperity of all.

"In the end, we will conserve only what we love; we will love only what we understand, and we will understand only what we are taught." - Baba Dioum, Senegalese Forestry Engineer

These words by Baba Dioum beautifully encapsulate the essence of our responsibility as caretakers of the environment and the importance of understanding and preserving the natural world. As we reflect on our journey to Naranag and the divine beauty we experienced, let us internalize this wisdom and take it to heart in our commitment to safeguarding Allah's creations for the well-being of future generations.

The author is a columnist, motivational speaker and an Associate Editor of 'Education Quill.'

**HOWEVER, DURING OUR JOURNEY, IT BECAME APPARENT TO US THAT THIS PLACE, DESPITE ITS ALLURE, has not received the attention it deserves from the authorities. Basic amenities like proper waste disposal bins, bathrooms, and tap water were conspicuously absent, leading to littering that marred the pristine landscape**

conservation efforts and responsible tourism practices. As stewards of the environment, we must take it upon ourselves to safeguard these natural wonders and ensure that they remain untouched by reckless exploitation, preserving their splendor for generations to come.

Moreover, the lack of modern amenities such as reliable telecom networks and accessible roads posed considerable challenges for both locals and tourists. The absence of government intervention in developing essential infrastructure in this area raised concerns about the

sustainable initiatives, the local populace can lead better lives while preserving their cultural heritage.

To ensure that Naranag's charm remains intact for generations to come, it is essential to promote responsible tourism. Visitors must be encouraged to adopt eco-friendly practices, respecting the environment and its inhabitants. Additionally, initiatives for the preservation of the natural habitat and wildlife conservation must be put into action.

Naranag, a place ensconced in the lap of nature on the banks of Wan-

adorn Naranag are attributed to the reign of Lalitaditya Muktapada, a renowned king and visionary ruler who graced the land during the circa A.D. 724-61 era. Known for his grand vision and architectural prowess, Lalitaditya left behind an indelible legacy in the form of these awe-inspiring monuments.

This ancient sanctuary was once referred to as Sodarathirtha, Nandikshetra, and Bhutesvara. The amalgamation of these names echoes the sacred significance that Naranag held for the people of yore. Standing testament to the rich history and cul-

## Endless Winter Or Second Spring: Embracing The Season Of Menopause

CHANTAL BLAKE

The female design is encoded for change. Life cycles and menstrual cycles form concentric circles that orient us to nature around us, as well as the shifting seasons within us. The sun, our universal clock, awakens us with its rising and settles us with its setting. This daily orbit is known as the circadian rhythm. However, from menarche or the first period, a second clock attunes us to our menstrual cycles, which by no accident, are influenced by the phases of the moon. This monthly revolution is known as our infradian rhythm.

Over decades, our menstrual clock unwinds and our hormones shift to no longer ebb and flow as they did in our menstruating years. Estrogen levels drop and ovulation hopscoches to a new beat until our monthly bleed becomes irregular and then naturally ceases. Once we complete an entire year without menstruation, we reach what is called menopause, and for some this new season can be disorienting.

Menopause occurs when the ovaries no longer produce estrogen and ovulate. Without ovulation, progesterone is no longer produced in significant quantities, which makes conception impossible. Naturally, this tends to occur between the ages of 45 and 55. [Postmenopausal Hormone Levels | Menopause Now] However, surgery, illness, medical treatments, and intense stress can cause premature menopause prior to 40 years old. Additionally, family history, lifestyle habits, toxin exposure, genetics, and autoimmune conditions can contribute to ovarian insufficiency, meaning that the ovaries no longer make adequate amounts of

estrogen. [Early Menopause in 20s: Symptoms, Causes, Concerns, & More (healthline.com)]

Closing the chapter on our fertile years shifts hormonal production from our ovaries to our adrenal glands which are also responsible for our stress response. For these reasons, accumulated stressors, whether adrenal, dietary, emotional, etc., can contribute to a more challenging experience of menopause, alongside micronutrient deficiencies. According to Alisa Vitti, author of *In the Flo*, "Your symptoms are always in direct proportion to your degree of micronutrient depletion and lack of self care."

For Menopause Coach [www.menopauseatalk.org.uk], Aamilah Begum, menopause came on suddenly following a hysterectomy. After decades of painful periods, dismissive doctors, and persistent advocacy, she was finally able to confirm her long-held belief - she suffered from endometriosis. For years, Aamilah was expected to simply tolerate her heavy, painful periods and referred for psychological counsel instead of further investigation when her symptoms became unmanageable. When Aamilah pursued consultation with an out-of-town specialist, he confirmed what she had known all along and helped her explore treatment options.

When presented with the suggestion of removing her uterus, Aamilah thought it made sense as she had no intention of having children and was already over 40. She prayed istikhara and proceeded, but was blindsided by the sudden onset of menopause. Her moods became erratic and her relationships suffered. She felt like an entirely other person, even in her worship. An unfor-

gettable low for her was staring at the blessed Ka'bah during Umrah and feeling absolutely no connection to Allah.

Aamilah's quality of life started to return when she began hormone replacement therapy (HRT). She began feeling like herself again and found purpose in gathering women to discuss and understand the menopause journey. As for her spiritual life, her teacher and mentor Ustadha Ifet Rafeeq [About Us (thebluelantern.com.uk)] helped her feel a sense of connection to her womb space, even in spite of its physical removal. She felt affirmed that she still held the gift of womanhood within her, regardless of her ability to bear children.

Writer, Abda Khan [abdakhan | Twitter, Instagram, Facebook | Linktree], describes menopause as the "shifting of tectonic plates". Feeling like the very ground beneath her was unsteady, she noticed her life and the lives of her peers quaking in significant ways.

Divorce, new homes, and adult children leaving the nest added layers of complexity to the internal changes she noticed. As estrogen, our key bonding hormone, decreases, the tendency to forfeit self for family intactness also loosens its grip and ignored conflicts tend to surface.

For Abda, the overlap of menopause and divorce was especially challenging, as she did not have the support of her spouse to anchor and comfort her in this rite of passage. Through her own written expression and lifestyle habits that center her personal wellness, Abda feels no need for hormone replacement therapy to compensate for hormonal changes. Her shift to vegetarianism significantly reduced nuisance

symptoms like hot flashes and night sweats. Abda feels affirmed that menopause is, in fact, her second spring, opening possibilities of new growth, wisdom and experiences.

For Naimah Abdullah, triathlete and entrepreneur, menopause is her initiation into quemdom. She is guarding her energy and protecting her health by remaining fit, cutting sugar from her diet, and prioritizing boundaries that protect her mental health and her availability to her adult children. Naimah recently completed an entire month of fasting in Ramadan for the first time without the interruption of menstruation, pregnancy or breastfeeding. In this season of her life, she feels Allah drawing her in closer. She enjoys the consistency of daily prayers without "a break" and is experiencing a new intimacy in worship that was harder to attain while tending to the demands of childrearing and family.

In a recent Instagram live [Angelica Lindsey-Ali (@villageauntie) | Instagram], Angelica Lindsey-Ali, also known as the Village Auntie, gives voice to the fine line between menstrual health and mental health. After a sleepless night fraught with panic, she was reminded that perimenopause, the phase of life leading up to menopause, can bring on challenging emotions and symptoms that are not spoken about. Angelica referenced recent studies that report how anxiety and depression often go unnoticed in Black women because they may present as overwhelm and irritability. She reminds women to check in with their medical providers about mental health challenges as they may intersect hormonal changes.

While polling middle-aged women at The New Pause, a meno-

pause symposium held in March 2023, menopause advocate, Tamsen Fadal, shared reels of attendees reporting surprising menopausal symptoms like brain fog, hair loss, itchy ears, dry skin, burning tongue sensations, 'frozen shoulder', etc. They also shared tips for coping with menopause like exercise, tending to neglected areas of your life, managing stress, naps, and self-care.

The same participants polled also reported not being prepared for menopause by their mothers, which sadly mirrors menstruating ending much like it begins for many unexpected girls - being left to figure things out on our own, alongside peers.

The medical doctors present also reported to Tamsen that they received no significant education about menopause in medical school, but had to learn through self-study and experience that cardiovascular, gastrointestinal, joint, sexual function and sleep challenges can also be connected to menopause. Their honest responses might explain why women like Aamilah were poorly prepared and inadequately supported when seeking medical support.

Like a second puberty, transitioning towards and through menopause can feel clumsy and uncomfortable as our bodies adjust to a significant reorientation. In societies where women are only praised in their youth and valued for their fertility, aging women might feel forgotten or discarded. However, menopause can also be seen as a gift that brings neglected areas of our life to the surface and gives women the hormonal footing to be fearless in their truth-telling, no longer yielding to the sensitivities

attributed to the bonding hormone of estrogen.

To ease the transition, holistic hormonal experts Dr. Christian Northup and Alisa Vitti, recommend the following practices to support endocrine health while transitioning through the portal of menopause. [How to Prepare for Menopause in Your 30s and 40s - First For Women]

Limit Sugar and Stress: All reproductive hormones are significantly impacted by our cortisol and blood sugar levels. When both are high, estrogen tends to dominate in proportion to progesterone which tends to worsen menopausal symptoms.

Eat more fiber and omega-3's: Adequate dietary fiber supports daily bowel elimination which can help our body reduce levels of excess estrogen in the body. The anti-inflammatory effects of omega-3 fats can help soothe hormonal disruption and safeguard against early menopause. Important note - the longer we ovulate, the lower our likelihood of inflammatory diseases, cardiovascular conditions, and cancer later in life.

Get more sleep: In spite of the popular obsession to biohack, doing more with our time and functioning with minimal rest, sleep is still the best known way to digest stress hormones. If getting more sleep is a challenge, we can protect the quality of sleep that we do get by sleeping in a dark, cool room, limiting screen use within two hours of going to bed, and having a consistent bedtime routine.

Exercise responsibly: Metabolic changes during menopause can make weight gain easy and weight loss stubbornly slow. The temptation to work out harder and

longer might arise while watching the scale. However, intensive and long workouts can raise our cortisol levels and turn on fat storage in the body. Instead, focus on functional fitness that prioritizes muscular and skeletal strength, flexibility, and use, with special attention to the muscles around the hips. Weight lifting strengthens bones which can safeguard against osteoporosis later in life.

Focus on micronutrients: Long-term use of hormonal birth control, chronic stress, and consuming packaged foods can contribute to micronutrient depletion over time. Paying special attention to B-vitamins, magnesium, probiotics, antioxidants, and trace minerals in the diet are helpful ways to restore key nutrients needed for hormone production.

Meditate: Relaxation practices are known for easing physical and psychological discomfort, including the reduction of hot flashes, anxiety, etc. Dr. Northrup describes perimenopause as when "all the unfinished business of the first half of your life comes up." Therefore, being able to sit with and take stock of where you are enables more presence and awareness to do the course-correction needed and proceed further in the direction you want to go.

Menopause might be presented as a death or ending of our fertility, but this season can also usher us into our wise woman years. By fully embodying the creative power that we have practiced through decades of cycling, birthing, and bringing projects and ideas to fruition, we can stand in our truth, enabling us to become the aunts and elders that our communities need.

-Amaliah



## Top Police Officer Reviews Security Situation In Udhampur

Press Trust Of India

JAMMU: Additional Director General of Police of Jammu zone Mukesh Singh on Saturday reviewed the security situation with a focus on upcoming Independence Day celebrations in Udhampur district of Jammu and Kashmir.



Singh conducted a security and crime review meeting with supervisory officers for heinous crimes and arrangements for Independence Day in the district along the Jammu-Srinagar national highway, a police spokesman said.

The spokesman said that at the meeting, stress was laid on cases registered under the Unlawful Activities (Prevention) Act and the Narcotic Drugs and Psychotropic Substances (NDPS) Act, especially for unearthing forward and backward linkages in drug supply chains. The ADGP also directed the of-

icers to conduct meticulous financial investigation in all NDPS cases, the spokesman said.

The spokesman said the meeting deliberated upon investigation into cases of drug abuse and strategies to counter the drug menace.

During the meeting, the progress of investigation into UAPA cases registered in the district was also discussed, he said.

The ADGP stressed upon quality investigation and proper follow-up of cases till conviction of the accused, the spokesman said.

He said Singh reviewed the security arrangements for the upcoming Independence Day function at the meeting.

The meeting was attended by Deputy Inspector General of Udhampur-Ramban Range Suleman Choudhary and Senior Superintendent of Police of Udhampur Vinod Kumar, among others.

## LG's Advisor Interacts With PRI Representatives, Locals In Gurez

'PRI Representatives Have Vital Role In Creating Targeted Policies, Welfare Programs For General Public'

Observer News Service

GUREZ: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Saturday visited Gurez subdivision of Bandipora district and interacted with DDC members, PRIs representatives including BDCs, Sarpanchs, Panchs as well as locals and took stock of various issues and demands raised by them related to the region.

While interacting with them, Advisor Bhatnagar acknowledged their pivotal role in spearheading developmental projects and initiatives being executed in the region. He emphasized the government's commitment to decentralization and empowering local leadership to make development resonate with the aspirations of the local populace.

The Advisor further said that the PRI representatives have deeper understanding of ground-level realities in their region and therefore they have vital role in creating targeted policies and welfare programs that have a lasting impact on the community.

During the interaction, the DDC members and PRI rep-

resentatives appreciated the efforts of administration for promoting tourism in Gurez and taking up several developmental projects in the subdivision. They also raised various issues and demands regarding the area with the Advisor and sought immediate redressal of same.

Meanwhile, Advisor Bhatnagar also interacted with public delegations and listened to their demands and concerns of public importance. The Advisor assured the public delegations that all genuine demands of the area will be fulfilled in a time bound manner.

Later, Advisor Bhatnagar also chaired a meeting of officers of the sub-division and took stock of availability of essential commodities in the subdivision. He also reviewed all infrastructural projects and the progress therein. The Advisor took detailed review of all the departments including R&B Education, Health, Jal Shakti Department, JKPDC Animal Husbandry Police Revenue besides tourism. The advisor expressed his satisfaction with the progress of works in the subdivision.

## CS For Universal Screening Of UT Population For NCD

Also Asks For Participation Of All Health Facilities Of The UT Under Kayakalp

Observer News Service

SRINAGAR: Chief Secretary, Dr Arun Kumar Mehta, while chairing a review meeting of the performance of National Health Mission (NHM) on Saturday asked the health professionals to screen the entire population of the UT for Non-Communicable Diseases (NCD) like Hypertension, Diabetes and common types of cancers.

Besides the Secretary, Health, the meeting was attended by the Principals of GMCs, Director Health Jammu/Kashmir and other officers of the concerned Departments.

The Chief Secretary maintained that the NCD are major cause of deaths across the globe, and their early diagnosis could lead to better prevention and cure of such diseases. He asked for organizing camps all across J&K for conducting free screening of people.

Dr Mehta also observed that there is still scope for improvement in institutional births despite it being ahead of national average. He also emphasised on further improving the ranking of the UT in SDG goals related to health.

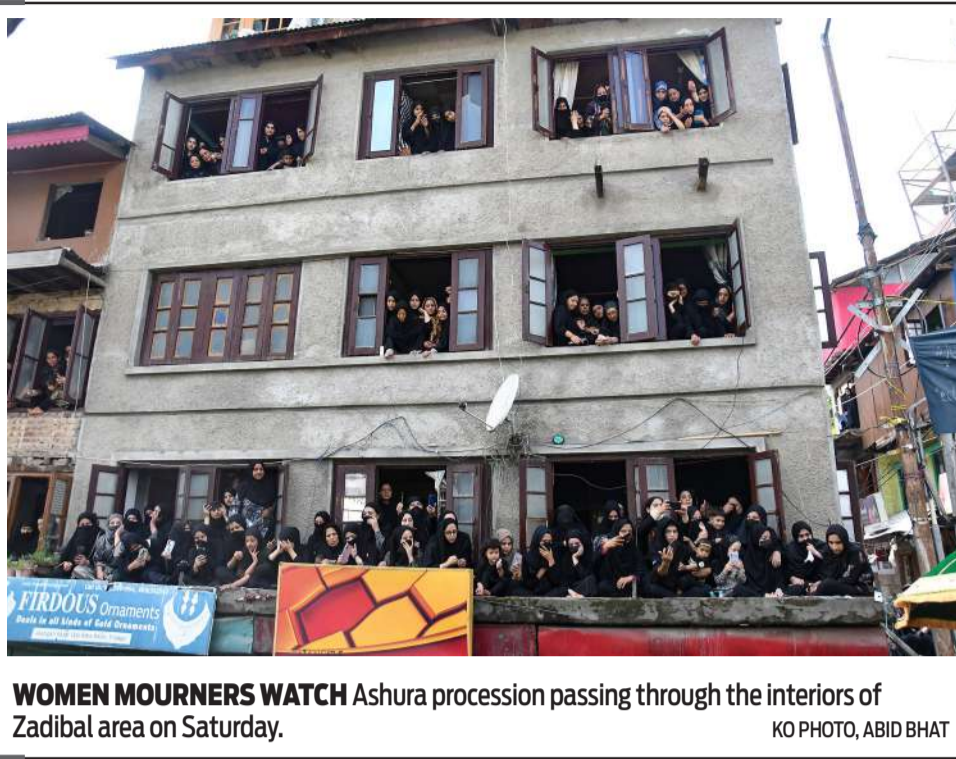
The Chief Secretary asked the department to digitize all the health records of the patients so that it is accessible to them from anywhere by using

their ABHA numbers. He also advised them to allow them to add their previous records to it for saving the same for future.

Dr Mehta enquired from the officers about the defunct machinery and poorly managed infrastructure in the hospitals of the UT. He made out that the Department should make a plan to repair all of such machines and upgrading the infrastructure to put it to optimal use for the benefit of general public.

He asked for instituting mechanism for screening all school going children of J&K by the Department. He directed them to visit the far-off schools and Anganwadi Centres for the purpose. He directed the concerned to extend every support to children requiring any kind of medical assistance and popularize the same so that people come forward readily to screen their children at their early age.

Dr Mehta also stressed on assessing all the health facilities of the UT right from the Sub-Centres on a set of parameters. He told them to repeat the exercise periodically and put the results in public domain so that people are able to see for themselves about the status of these health facilities besides giving them opportunity to make improvements.



WOMEN MOURNERS WATCH Ashura procession passing through the interiors of Zaidilab area on Saturday.

KO PHOTO, ABID BHAT

'This Grief Transcends Borders'

## Afghan Student Travels to Sopore for Muharram

Agencies

SOPORE: "The grief of Ashura transcends cultural and national boundaries," said Mehdi Ali, from Afghanistan, who has come to Sopore in north Kashmir to observe Muharram.

The 25-year-old Ali hails from the Ghazni province of Afghanistan and is presently studying civil engineering at Guru Nanak University in Amritsar, Punjab.

Ali said he has been in Sopore for the last three days.

"I came to Sopore with my professor who teaches me at the university," Ali said. "He is a good friend of mine."

At Syedpur village here, Ali joined the locals in decorating the streets with colorful banners and vibrant symbols of devotion to commemorate Ashura, the martyrdom anniversary of Imam Hussain (AS), the grandson of the Prophet Muhammad (SAW).

Imam Hussain (AS) was martyred in Karbala, Iraq, some 1400 years ago along with his family members and



companions.

Mehdi Ali said he was warmly welcomed by the residents who were intrigued by his origin. "The people embraced me as one of their own. I am feeling a sense of belonging here despite being miles away from my homeland," he expressed. "I feel a profound connection to the people around me, as today I realised that this grief of Ashura transcends cultural

and national boundaries."

The tale of the Afghan student symbolises how traditions and faith can bridge the gaps between nations and create everlasting bonds of brotherhood.

"I have never been to Kashmir before. Though I explored Sopore and met a group of people here who welcomed me with open arms, I am eager to share the beauty and wonders of this land with me," Ali said—(KNO)

## Over 2,000 Pilgrims Leaves Jammu For Amarnath Cave

Press Trust Of India

JAMMU: A fresh batch of more than 2,000 pilgrims left Jammu city in a convoy of 87 vehicles early Saturday morning for the two base camps in Kashmir to undertake the annual Amarnath pilgrimage, officials said.

This was the lowest-strength batch of Lord Shiva devotees leaving the Bhagwati Nagar base camp in Jammu since the first batch flagged off by Lt Governor Manoj Sinha on June 30.

The 62-day-long yatra had started from the twin base camps of Pahalgam in Anantnag district and Baltal in Ganderbal district the next day.

About 3.78 lakh pilgrims have so far paid their visit to the cave shrine located at the height of 3,880 metres in south Kashmir Himalayas, and which ensconces the naturally



formed ice-shivling which has now melted completely the main reason for the present trend of declining pilgrim footfall, the officials said.

They said around 7,000 pilgrims are still visiting the cave shrine almost every day to offer their prayers.

Officials said the 27th batch comprising a total of 2,050 pilgrims 357 women, 12 children,

54 Sadhus and nine Sadhvis left the Bhagwati Nagar base camp for the valley in a convoy, escorted by security personnel, between 3.30 am and 3.45 am.

While 1,442 pilgrims are heading for the traditional 48-km Pahalgam track, 608 yatrins are performing the yatra through the 14-km Baltal route, the officials said.

## Apni Party Holds Protest To Press For Reservation For Sikhs In J&K Assembly

Press Trust Of India

JAMMU: Activists of Apni Party on Saturday held a peaceful protest demonstration here, seeking reservation of two legislative assembly seats for the Sikh community in Jammu and Kashmir.

Apni Party provincial president (women wing) Pavneet Kaur led a protest as the central government on July 26 introduced a bill in the Lok Sabha proposing nomination of two members from Kashmiri migrant community and a Pakistani-occupied J&K refugees to the legislative assembly in the Union Territory.

"The community has remained neglected in terms of their political representation

in governments and the legislative assembly while priority was given to other communities," Kour said.

She said the Sikhs form a large chunk of population who have contributed to the society as well as J&K and the nation "incomparably in defence, police, administration, social works, and education system but the community was not given preference by the governments".

District president Rural-B Harpreet Singh expressed concern over "discriminatory approach" towards the Sikh community and also demanded reorganization of Punjabi language as one of the official languages in the Union Territory.

The Punjabi speaking people's work, and their heritage

must be recognized by the government, he said, adding "we are not against anyone being given anything, but Sikhs should be given political reservation. Thus, two Legislative Assembly seats must be reserved for them."

Welcoming the bill to nominate two members, including a woman, from Kashmiri migrants and one from the displaced persons of PoJK, J&K BJP Minority Morcha president Ranjodh Singh Nalwa demanded nomination of Sikhs too to the assembly.

"The Sikh community has from time to time raised from different platforms the demand of nomination of a community member to the legislative assembly," he said.

## Manipur Situation

## We Hope PM Speaks In Parliament Soon: Dr Farooq

Press Trust Of India

SRINAGAR: National Conference (NC) president Farooq Abdullah on Saturday said opposition parties want peace in strife-torn Manipur and hoped Prime Minister Narendra Modi speaks in Parliament soon on the situation in the state.

A delegation of 21 MPs from the opposition bloc INDIA reached Imphal on Saturday to assess the ground situation in the state. They will visit several relief camps to meet with victims of the ethnic clashes that broke in the northeastern state on May 3.

"A delegation of the opposition has gone to Manipur. When they return, we will get to know from them about the situation there," Abdullah told reporters here.

"We want peace to be established there so that those who live there can live in peace and the communal fight which has started be stopped. We should



try to live together. A solution will come only when all the communities there live with dignity," the Lok Sabha MP from Srinagar said.

Referring to the recent video of two women being paraded in Manipur, Abdullah said he could not get himself to watch it.

"God knows how many more are getting killed there. We should pray to God to rid us of this difficult time. We hope that the prime minister speaks soon in Parliament so that Parliament functions smoothly," he said.

## Woman Jumps Into River In Doda, Accuses In-Laws Of Harassment

Press Trust Of India

JAMMU: A woman was feared drowned after she jumped into the Chenab river in Jammu and Kashmir's Doda district, shortly after posting a video on her social media account claiming harassment by her husband and in-laws.

Anju Devi, a resident of Gundana village, reportedly jumped into the river near Pul Doda around 10 am, officials said.

Later, a 6.28-minute video of the woman went viral on the social media, claiming that she was committing suicide due to the alleged harassment by her husband, his brother and sister-in-law.

"I am heartbroken after both my children, one studying in class 9 and another in class 6, were enticed. They were living with me for the past three

years and I was raising them by working as domestic help I was left with no reason to live," the wailing woman said.

She accused her husband of beating, confining her in bathroom and claimed that she was being subjected to constant harassment by her sister-in-law and her husband.

"They are responsible for my death," Devi said and demanded that her children be raised well.

Doda Senior Superintendent of Police Abdul Qayoom said the handbag of the woman was recovered from the scene where she had jumped into the river.

"The woman is feared drowned and our first priority is to recover her body," he said when asked about the viral video. However, the SSP said police have taken cognizance of the video and initiated an investigation.

## Machail Mata Yatra Arrivals Cross 9,000 Mark In 5 Days

Observer News Service

KISHTWAR: The influx of yatrins to Shri Machail Mata Yatra is picking up at a fast pace as the number of devotees visiting the revered temple shrine has crossed 9,000 in just 5 days, since its official commencement on July 25.

The arrival of holy Charri Yatra from Jammu to Machail is scheduled on August 18, while the yatra is scheduled to conclude on September 5.

The pilgrims who have accomplished the spiritual journey, as per official data, include 4672 males, 3059 females and 1662 children coming from different parts of the country.

DC Kishtwar Dr. Devansh Yadav has expressed his delight at the overwhelming response to the yatra, emphasizing the unwavering faith people of the country have in the deity of Mata Chandi Machail.

He acknowledged the positive impact of the yatra on the socio-economic conditions of the Padder area and hoped that the pilgrims will maintain the

sanctity of the place by being mindful of cleanliness and hygiene.

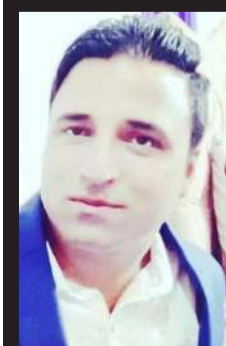
This year, the district administration of Kishtwar has taken far reaching measures to facilitate the devotees make their yatra a life time memorable experience. These include the installation of a first-of-its-kind 30 KW hybrid Solar Power Plant, a 4G Airtel tower, and electricity to Machail Village, easing the arduous spiritual journey of the devotees.

Additionally, facilities such as Tent City at Machail, Yatri Bhanwan, Sapphire guest house, and Luxury mushroom tents at Gulabgarh have been arranged to accommodate and host the devotees during their pilgrimage.

Devotees are encouraged to visit the official website, www.shrimachailmatayatra.com to access comprehensive information related to the Shri Machail Mata Yatra.

The Machail Mata Yatra holds immense spiritual and cultural significance and remains a cherished place of pilgrimage for devotees nationwide.

## ASHURA MESSAGE



The sacrifice of Imam Hussain (A.S) that took place on 10th of Muharram 61 Hijri was for the whole of Humanity not only for Shia Religion. The sacrifice was for Justice, brotherhood and human values and peace. His (A.S) sacrifice is the glowing torch for all the said values till this days. I urge all the people, religious scholars and the intellectuals

to work on the values and virtues of Imam Hussain (A.S) and particularly for peace and brotherhood. Therefore, I thanked the LG administration as they played important role in conducting of 8th Muharram Ashura processions that took place after 34 years.

By Advocate Mudasir Ahmad and others

## T20 WC 2024: ICC Marks June 4-30 Window

Press Trust of India

**NEW DELHI:** The International Cricket Council (ICC) has tentatively identified the June 4-30 window for the T20 World Cup 2024 to be jointly hosted by the West Indies and the USA, and it has started inspecting the venues at the latter nation. There were speculations about USA's readiness to host the big-ticket event but the ICC team this week visited the venues marked to host the matches, quashing such doubts.

The inspection team checked on stadiums at Lauderdale, Florida, New York, Dallas and Morrisville.

Among them, Lauderdale has already hosted international matches and will play host to fourth and fifth T20s between India and the West Indies on August 12 and 13.

The venues at Dallas (Grand Prairie Stadium) and Morrisville (Church Street Park) are currently hosting the



Major League Cricket matches.

However, those two grounds and the Van Cortlandt Park in New York are yet to receive international venue status from the ICC, mandatory to stage top-flight cricket matches.

The venue at New York, which has a capacity of nearly 35000, has been earmarked as the host to the highly-anticipated match between India and Pakistan. The reason being considerable presence of the people from the

diaspora in that region. However, it has not been finalised as yet because the stadium is still getting readied.

But the ICC felt that it can be worked around with at the earliest.

"The ICC has support from New York City Hall and the Mayor. So, we expect the work to be completed on time. Everything is on course as most of India's matches will be played in the US," an ICC board member told PTI.

The T20 World Cup 2024 will see 20 teams participating in it.

The ICC is very keen to have USA as the co-host of the T20 World Cup because the global governing body feels that it will increase cricket's chance to be included in the Los Angeles Olympics 2028.

The ICC has already made a presentation to the Los Angeles organising committee and the International Olympic Committee (IOA) will take a call on this later this year.

## Police Memorial: Semi Final Matches On Schedule Today



Observer News Service

**SRINAGAR:** The 19th J&K Police Martyr's Memorial Football Tournament has entered its semi final stages, with two men's and two women's matches set to be played today, Sunday, June 30.

All matches will be played at Synthetic Turf TRC. In the first game, STFC Natipora XI will lock horns with the Winner of Downtown Heroes FC vs. AG's Office XI at 10:00 am. The second semi final will see J&K Bank XI clash with the Winner of FC1 vs. Kashmir Maharaja FC at 3:30 pm.

In the women's semi finals, Kashmir Arrows play Mal-linson FC at 1:00 pm, while JK FC take on Kashmir Heroes FC at 2:00 pm.

The 19th edition of the J&K Police Memorial Football Tournament is organised by J&K Police in collaboration with Jammu & Kashmir Football Association and J&K Sports Council.

## ICC Inspects 2023 ODI WC Venues

Press Trust of India

**BENGALURU:** Ahead of the ODI World Cup, an inspection team from the International Cricket Council is checking the readiness of venues that will host the quadrennial extravaganza in October-November this year.

The ICC team, which is currently at the Narendra Modi Stadium in Ahmedabad, has paid a visit to three venues in South - Bengaluru, Chennai and Thiruvananthapuram, where practice matches will be held -- and the Wankhede Stadium in Mumbai.

The reconnaissance unit dropped in at the M Chinnaswamy Stadium here on July 28, and expressed their satisfaction over the facilities.

Bengaluru is scheduled to host five matches, including India's fixture against Netherlands and two games of Pakistan against Australia and New Zealand.

India is set to begin their World Cup campaign on October 8 against five-time champions Australia at the MA Chidambaram Stadium in Chennai.

The Chepauk will also host two other high-profile matches of Pakistan against South Africa and Afghanistan. The ICC team inspected the facilities at the stadium on July 26.

In the days to come, the ICC team will visit all the other venues that will host matches, including the practice games.

## Ashes 5th Test: England Lead Australia

Agencies

**LONDON:** Half-centuries from Zak Crawley and Joe Root and an overall quick batting effort by England helped the hosts increase their lead to over 250 runs at the end of the second session during day three of the fifth and final Ashes Test against Australia

at The Oval on Saturday. England ended session two at 265/4, with Root (61\*) and Birstow (34\*) unbeaten. They lead by 253 runs.

England started the second session at 130/1, with Zak Crawley (71\*) and skipper Ben Stokes (12\*) unbeaten. Skipper Pat Cummins struck early for Australia, dismissing Crawley for

a well-made 73 off 76 balls, consisting of nine fours. England was 140/2 after a 78-run partnership between Stokes and Crawley was over.

Brief Scores: England: 283 and 265/4 (Zak Crawley 73, Joe Root 61\*, Josh Hazlewood 1/53) against Australia: 295 (Steve Smith 71, Usman Khawaja 47, Chris Woakes 3/61). (ANI)



## CANCER SOCIETY OF KASHMIR

کینسر سوسائٹی آف کشمیر

4-BAGH-I-ISLAM COLONY LAL NAGAR, CHANAPORA SRINAGAR 190 015 TELEFAX 0194-3500478-79 / 2441899

Website: www.cancersocietykashmir.org E-mail: cancersocietyofkashmir@gmail.com

Ref. No. CSK/ELECTION-40/2023-24/2384

Dated: 22-07-2023

## ELECTION NOTICE

All the founder & life members of the Cancer Society of Kashmir are informed that the election for the following honorary Office-Bearers of the Cancer Society of Kashmir are scheduled to be held on **19-AUG-2023** at the office of the society 4-Bagh-i-Islam Colony Lal Nagar, Chanapora Srinagar: -

- |                             |             |
|-----------------------------|-------------|
| 1. <b>Chairman</b>          | <b>One.</b> |
| 2. <b>Vice-Chairmen</b>     | <b>Two.</b> |
| 3. <b>General Secretary</b> | <b>One.</b> |
| 4. <b>Joint-Secretary</b>   | <b>One.</b> |
| 5. <b>Treasurer</b>         | <b>One.</b> |

The dates for process of elections have been fixed as under: -

- |   |                                  |
|---|----------------------------------|
| 1. <u>Filling of Nominations Papers</u>                       | <b>:- 02-08-2023-07-08-2023</b>  |
| 2. <u>Scrutiny of Nominations Papers</u>                      | <b>:- 09-08-2023.</b>            |
| 3. <u>Last date for withdrawal of nominations</u>             | <b>:- 11-08-2023</b>             |
| 4. <u>Issue of Notification for final list of contestants</u> | <b>:- 14-08-2023.</b>            |
| 5. <u>Date of Voting (From 9.30 AM to 4.30 PM)</u>            | <b>:- 19-08-2023.</b>            |
| 6. <u>Counting of votes and declaration of results</u>        | <b>:- (Same Day) 19-08-2023.</b> |

--SD--  
Justice (Retd.) M.Y. Kawoosa.  
Election Authority

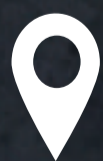
Genuine Ads | 9419031137

# Bun Maska



Chai

Famous Irani Chai of Bombay now in Srinagar



JK Bank Lawns,  
Opp Ghat 6 Boulevard,  
Srinagar