

DHSK Kick Starts 'Anemia Mukht Bharat' Campaign From Srinagar

Observer News Service

Srinagar: Directorate of Health Services Kashmir on Monday kick started Anemia Mukht Bharat campaign from Srinagar and a screening camp was held at HSS Kothi Bagh. The Anemia Mukht Bharat-intensified Iron-plus Initiative aims to strengthen the existing mechanisms and foster newer strategies for tackling anemia. It focuses on six target beneficiary groups, among which adolescent girls and women in the reproductive age group are the primary targets of this initiative. Acting on the directions of Secretary Health and Medical Education and Director Health Services Kashmir a screening camp was organized in Kothi

Bagh Higher Secondary School Srinagar in which 306 girls were screened for anemia. 38 were detected as having severe anemia, 72 had moderate and 28 had mild anemia and the girls were provided treatment on spot. Director Health Services Kashmir Dr Mushtaq Ahmad Rafter directed the Principal to nominate a nodal officer in the school and also advised her to provide directly observed treatment to the girls who had anemia to ensure strict treatment adherence. He said that such screening camps will be held in other districts as well and every possible support will be provided to all those who are suffering from Anemia particularly having severe and moderate Anemia.



People enjoying a mesmerizing evening at newly renovated Lal Chowk amidst illuminated surroundings. KO Photo, Abid Bhat

Millipede Invasion In Brein Nishat Will End Soon: Officials

Majid Nabi

Srinagar: The outbreak of millipedes at Astanpora locality in Brein Nishat area of Srinagar have considerably subsided, with the authorities claiming that the tube shaped arthropods, having two pairs of jointed legs on most body segments, will completely disappear in the next two or three days. The invasion of millipedes at a village based on twenty households had created total chaos and confusion in the locality, with inhabitants alleging that the authorities despite being aware of the issue failed to take concrete measures in this direction. However a joint team of several departments, including the Department of Agriculture, SKUAST-K and Srinagar Municipal Corporation (SMC), among others, visited the affected locality the same day, people alerted them about the millipede outbreak, according to officials, who rejected the accusations as unfounded and malicious. Senior scientist and Kisan Vigyan Kendra (KVK) head, Dr.

Several departments visited the affected area in Brein including senior scientists from SKUAST-K. Besides issuing do's and don'ts, free of cost insecticides were also distributed among the inhabitants. The outbreak of millipedes has significantly declined in the village and that it will completely vanish in coming few days

"I would like to reiterate that there is nothing to worry about as millipedes are not at all harmful to humans. Millipedes are occasional pests, and are attracted to dark, cool, moist environmental pests and sometimes invade open areas particularly when the weather turns hot and dry," Dr Sajad told Kashmir Observer. He said that a team of scientists arrived at the locality same day and issued Standard Operating Procedures SOPs to deal with the situation besides prescribing the insecticide. Chief Agriculture Officer (CAO) Srinagar, Manohar Lal Sharma told Kashmir Observer that the millipedes disappear on their own in a week or two and that the people need not to panic at all. "Several departments visited the affected area in Brein including senior scientists from SKUAST-K. Besides issuing do's and don'ts, free of cost insecticides were also distributed among the inhabitants. The outbreak of millipedes has significantly declined in the village and that it will completely vanish in coming few days," Sharma added.

Imam Of Makhdoom Sahab Shrine Passes Away In Srinagar



Observer News Service

Srinagar: The chief cleric of revered mosque at Makhdoom Sahab Shrine (r.a) passed away, today, after a brief illness in Srinagar. Reports said Peerzada Haji Ali Mohammed Makhdoomi passed away at his residence in Srinagar this afternoon. Makhdoomi, re-

ports said had been serving at the mosque of the revered Sufi Saint Makhdoom Sahab (r.a) also referred to as Sultan-ul-Arifeen for several decades. His funeral prayers were offered after Namaz-e-Asar at Makhdoom Sahab, he said. Hundreds of people amidst moist eyes attended the funeral prayers of the chief cleric of Ziyarat Makhdoom Sahab (r.a). Meanwhile several political parties condoled the demise of Peerzada Ali Mohammad Makhdoomi and prayed for peace to the departed soul and strength to the bereaved family.

UK Based Soroptimist International Launches Kashmir Chapter

Observer News Service

Srinagar: In a first of its kind initiative to raise self-esteem among women folk in Kashmir, Soroptimist International, a global women's organization, championing the cause of women's rights, today launched its Kashmir chapter amidst much fanfare. With Prof. Parveen Pandit, a prominent educationist, serving as chair, a charter ceremony was organized at the Government College of Education, Cluster University of Kashmir, in this regard. The opening event of the SI International Kashmir chapter featured a vibrant cultural program and solemn isband. The ceremony, which is a milestone in the journey towards gender equality and social change, was attended by the women from international, national and regional platforms. Soroptimist International, a global women's organization with a legacy spanning over a century, champions the cause of women's rights and socio-economic empowerment on an international scale. Cathy Cottridge, President of Soroptimist International Great Britain and Ireland (SIGBI), Prof.

Neelofar Khan, Vice-Chancellor of the University of Kashmir, Prof. Pam Rajput, Prof. Emeritus, Punjab University, Patiala were among the other distinguished present on the occasion. The Charter Ceremony saw the official birth of SI Srinagar (Kashmir), complete with the symbolic collaring of the President by SIGBI President Cathy Cottridge, signifying the investiture of leadership responsibilities. Cathy's presence symbolized the broader reach of the Soroptimist movement, spanning continents and cultures "The Chartering of SI Srinagar (Kashmir) and the Collaring of President by SIGBI President were poignant moments, signifying the official birth of a new chapter and the formal investiture of leadership responsibilities." Cathy said on the occasion. Prof Nilofar Khan, who was chief guest of the occasion, emphasized the importance of women empowerment and visibility in all the fields through capacity building and awareness of women and the role of organizations like Soroptimist International in fostering meaningful societal transformation.

Government OF JAMMU & KASHMIR
Office Of The Executive Engineer
REW Division Bandipora

NOTICE INVITING TENDERS

E- NIT No. 88 /2023-24 Dated: 18/08/2023

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

S. No	Name of Work	Adv. Cost (In Lacs)	Tender Fee (In Rs.)	Time of completion	Class of Contractor	EMD (In Rs.)	Major Head	Panchayat/Gram Sabha	TYPE OF TENDER
1	REPAIR/RENOVATION OF BLOCK OFFICE/PERMISES	5.00	500/-	30 Days	DEE/CEE	3% of Adv Cost	DDC	Block:- HAJIN	OPEN
2	C/O Passenger Shed at S.K Bala -B	2.35	200/-	30 Days	DEE/others	3% of Adv Cost	PRI	Block:- HAJIN Halqa: S.K Bala -B	Halqa Level
3	C/O Kitchen Shed at Primary School Shariefabad	3.00	300/-	90Days	DEE/others	3% of Adv Cost	PRI	Block:- HAJIN Halqa: Ajas E	Halqa Level
4	Constt of Stair steps with tiles near High School and Tile Paths from Lateef Ah Pahloo	1.28	200/-	30 Days	DEE/others	3% of Adv Cost	DDC	Block:- HAJIN Halqa: S K Payeen	Halqa Level
5	Renovation/Repair Higher Secondary School Madwan	4.00	300/-	30 Days	DEE/	3% of Adv Cost	DDC	Block:- HAJIN Halqa: Madwan A	OPEN
6	C/o Gate along with tile path at Block office Hajin	2.90	200/-	30 Days	DEE/others	3% of Adv Cost	BDC	Block:- HAJIN Halqa: BHQ	Halqa Level
7	Fencing with Gate Pry school Malapora Halqa	2.80	200/-	30 Days	DEE/others	3% of Adv Cost	PRI	Block:- Hajin Halqa: sk bala b	Halqa Level
8	Fencing and Levelling of ground near Degree college Ajas	4.00	300/-	30 Days	DEE/	3% of Adv Cost	DDC	Block:- HAJIN Halqa: AJAS B	OPEN
9	Fencing and Levelling of ground at S.K Payeen Halqa	4.00	300/-	30 Days	DEE/	3% of Adv Cost	BDC	Block:- Hajin Halqa: sk payeen	OPEN
10	Fencing of Pond at Baharabad Malapora near Bulbagh Hajin	2.02	200/-	30 Days	DEE/others	3% of Adv Cost	BDC	Block:- Hajin Halqa: Baharabad A	Halqa Level
11	Fencing with Gate Pry school Khan Mohalla	1.50	200/-	30 Days	DEE/others	3% of Adv Cost	PRI	Block:- Hajin Halqa: sk bala b	Halqa Level

Position of A/A: Accorded Position of T/S: Accorded

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

1.	Date of Issue of Tender Notice	21-08-2023
2.	Online Bid submission Start Date	21-08-2023 from 09:00 AM
3.	Online Bid Submission End Date	28-08-2023 up to 04:00 PM
4.	Date & time of opening of Online Bids	29-08-2023 at 11:00 AM or any convenient day In the office of the Executive Engineer REW Bandipora

5. Note: Hard copy of original Tender Document, Fee Receipt and EMD shall be deposited after the financial bid is opened. In case the original Tender Document Fee Receipt and EMD is not Deposited within 5 days after the Financial Bid is Opened for all responsive bidders Who have participated online, the Department shall serve the Notice as per Rules.

Sd/- Executive Engineer
REW Bandipora

NO:-XEN/REW/BPR/10654-60
DIPK-7499/23 DATED:-21-08-2023

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- 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
BIJBHERA: 01932-228243
PAMPORE: 01933-294132
PATTAN: 01954-293507
QAZIGUND: 01951-296153

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

PRAYERS

FAJR 4:27
ZUHR 12:35
ASR 5:17
Magrib 7:16
ISHA 8:41

HIJRI CALENDAR
04 Safar
1445

This Day In History

- 1942 - Brazil declares war on Germany, Japan & Italy
- 1943 - Soviet troops free Karkov
- 1944 - Adolf Hitler orders Paris to be destroyed
- 1953 - Shah of Iran returns to Tehran
- 1956 - US President Eisenhower and VP Richard Nixon renominated by Republican convention in San Francisco.
- 1958 - Great Britain performs atmospheric nuclear test at Christmas Island.
- 1962 - Failed assassination attempt on French president Charles de Gaulle
- 1962 - USSR performs nuclear test at Novaya Zemlya USSR
- 1963 - NASA civilian test pilot Joe Walker in the X-15 rocket plane achieves a world record altitude of 354,200 feet (107,960 m, 67 miles)
- 1964 - Guinea, Liberia & Ivory Coast form joint market
- 1968 - The Society of Labour Lawyers (SLL) publishes an 'interim report' about alleged discrimination in Northern Ireland; the report is heavily criticised by unionists.
- 1971 - Approximately 130 non-Unionist councillors announce their withdrawal from participation on district councils across Northern Ireland in protest against Internment (allowing suspected terrorists to be indefinitely detained without trial)
- 1972 - Rhodesia is expelled by the International Olympic Committee for its racist policies.
- 1982 - Israeli General Ariel Sharon urges Palestinians to discuss peaceful coexistence
- 1984 - The United Democratic Front, an internal coalition of anti-apartheid groups in South Africa, organizes a highly successful boycotts of the Colored and Indian elections to parliament.
- 1985 - Airtours Boeing-737 crashes at Manchester airport, 55 killed
- 1986 - Gas from Volcano Chamberoen kills 1,734 (Cameroon)
- 1986 - NASA announces tests designed to verify ignition pressure dynamics
- 1988 - Australia unveils 1st platinum coin (Koala)
- 2004 - Athens Olympic marathon is run on same route as 1896 Games, start at site of the Battle of Marathon to the Panathenaic Stadium in Athens: Mizuki Noguchi of Japan wins women's gold in 2:26:20

From KO Archives

Gunmen loot Budgam village

Mushtaq Aftab

CHADURA (BUDGAM)- Police are on the lookout for some unidentified gunmen who 'raided' several houses in a village here to extort money. They decamped with the booty ranging between Rs five and Rs 2,000. In another case, where a shopkeeper was relieved of Rs 8,800, an FIR No 2472 was lodged with the police on Friday. According to reports, unidentified 'gunmen swooped on Chil Yech village in this district at about 8 p.m. on Sunday. They forced their entry into several residential houses asking the inmates not to leave their premises. Then they went on relieving them of whatever they had in cash on gunpoint. Reports identified the victims as Muhammad. Yousuf Wani, Muhammad Shafi, Abdur Rahman Dar, Jahangir Alam, Jalal-ud-din Paul, Fayaz Ahmad Sofi, Nazir Ahmad Paray, Ghulam Rasool Guiri, Amma Paray and Abdul Rasheed Gujri. The gunmen managed their escape under the cover of darkness. Villagers lodged a complaint with the police who launched a manhunt to nab the gunmen. Earlier, on Friday, some unidentified gunmen waylaid Abdul Ahad Sheikh, of Danchera, when he was on his way back home from Utligam in Beerwah area. They relieved him of Rs 8,800. An FIR was lodged with police at Beerwah on the same day. However, no arrest has been made so far. Unidentified gunmen also snatched Rs 400 from a shopkeeper of Utligam on the same day.

(Kashmir Observer, August 22, 2000)

KASHMIR OBSERVERTM

Tuesday | 22-08-2023

Drug Epidemic

The growing substance abuse in Jammu and Kashmir is once again in news. More so in Kashmir Valley where according to the Director General of Police Dilbagh, the drug addiction is now a bigger challenge than even militancy. Kashmir, it is said, is now on way to becoming new Punjab. According to data from India's Ministry of Social Justice and Empowerment, approximately 8 percent of the population, roughly 10 lakh residents, are drug addicts. This alarming situation calls for urgent attention and comprehensive solutions to combat the widespread abuse of drugs such as heroin, cannabis, opioids, and sedatives.

Of all the substances being abused, heroin stands out as a particularly alarming concern. Not only does its consumption impose a significant financial burden on addicts, but the practice of sharing needles and syringes has also given rise to the spread of dangerous infections like HIV and hepatitis C. The complexity of the crisis lies in its multifaceted origins, where poverty and unemployment play a pivotal role in pushing many young individuals into the clutches of addiction. The ongoing conflict in the region has also exacerbated this crisis, fostering an environment of fear and instability that further fuels substance abuse.

In a bid to curb this crisis, law enforcement agencies have taken significant steps. Over the course of 2022, nearly 1,700 alleged drug peddlers were apprehended in Kashmir, with 1,021 cases registered under the Narcotic Drugs and Psychotropic Substances Act. Despite these efforts, the impact on the ground remains limited, as youth continue to resort to psychotropic substances, barbiturates, and sleeping pills.

To fully understand the underlying factors that lead Kashmiri youth towards drugs, one must acknowledge the long-standing political conflict that has plagued the region for over three decades. The youth, who bear the brunt of this conflict, face an alarming unemployment rate of 24 percent. A significant portion of this demographic comprises uneducated and unskilled individuals who feel disillusioned and bereft of opportunities. The perpetual political uncertainty and the cumulative effects of the past decades have fostered a deep sense of hopelessness, pushing young people to seek solace in drugs as a means to alleviate their frustration.

While it is tempting to lay the blame for this crisis solely on the region's political turmoil, it is crucial to recognize the collective societal responsibility in addressing the problem. The availability of prescription drugs in the union territory also contributes to the severity of the issue. Pointing fingers solely at the political conflict absolves us from taking shared accountability in rectifying the situation. A united effort is essential to face this formidable challenge head-on.

OTHER OPINION

The Vivek Ramaswamy test

First, he has reportedly been advised to "defend Donald Trump", confirming that the former US president continues to be the central pole of Republican politics.

Second, he was told to "hammer Vivek Ramaswamy", indicating that the Indian-origin candidate is becoming a significant player. His rise to prominence indicates that despite the post-Trump polarisation of the American polity, there remain undercurrents and complexities — even within the Republican Party — that may yet find expression.

Even if he is just testing the waters for another shot at the White House in the future, Ramaswamy has made quite an impact. First, his immense personal wealth — from a career as an investment banker and the biotech firm he founded — means that he can (and largely is) finance his campaign.

Second, as a young conservative — Ramaswamy is 38 — he has articulated with clarity and a seriousness missing in Trump's views on the major fault lines in American politics. For example, while Ramaswamy is "pro-life", he has come out against a federal abortion ban. In a sense, Ramaswamy could perhaps mark the beginning of the post-Trump conservative. He is anti-war and, in what appears ironic at first glance, anti-immigrant: If elected, he has said that he will put an end to the war in Ukraine and deploy US resources on the southern border (with Mexico). The core of Ramaswamy's politics appears to be "anti-wokeism", which seems to be the plank on which many Republicans hope to sway middle-of-the-road voters. There is a millennial tone with which Ramaswamy attacks boogies like minors undergoing gender reassessment surgery.

While appealing to the conservative Republican base, Ramaswamy also appears to have the ability to reach across the aisle. There have, of course, been other Indian-origin Republicans who have made a mark — Bobby Jindal and Nikki Haley, for example. Just as many South Asians in Britain are moving away from Labour, there appears to be less certainty about the community being a captive vote for Democrats. Ramaswamy is positioning himself as someone with a consistent and "independent" agenda that will allow him to work with both sides. And his immigrant origins — despite his positions — make it difficult for liberals to easily label him a bigot — as is the case with Trump. The question, however, is whether the Republican party and Ramaswamy can straddle political contradictions the way Rishi Sunak has in the UK: Is there room for a pro-market, anti-climate change, anti-migrant, anti-woke, non-Christian, Brown US President?

The Indian Express



LG Manoj Sinha on I-Day Function in Srinagar which was attended by thousands after a gap of two decades

Kashmir's Complex Calm

RIYAZ WANI

Looking back at the last four years, the two trends have largely undergirded the current calm: one is the steady decline in the militancy and another is the growth in tourism. As for militancy, the number of militants, according to an estimate, has dwindled to less than 50

Speaking in parliament on August 10 in response to a debate on the non-confidence motion moved by opposition, the home minister Amit Shah made it clear that India wouldn't hold dialogue with "Pakistan, Jamaat or Hurriyat." Days before, Shehbaz Sharif, now former Pakistan Prime Minister, had made an offer to India to resume dialogue. And as home minister's reaction shows, New Delhi feels now no need to engage Pakistan, let alone Hurriyat or Jamaat.

What is more, the home minister termed the revocation of the Article 370 as a turning point in Kashmir's history. He pointed out that the change in the status of Kashmir was not merely legal, but also a step toward a unified identity that got rid of the dual flags and two constitutions.

Other measures highlighted by Shah — and which according to him had transformed Kashmir — included imposing restrictions on Hurriyat and Jamaat-e-Islami and removing separatist sympathizers from employment. He also referred to the government burial of militants, symbolizing a break from the past practice of publicizing funeral processions.

It is true that four years after the reading down of Article 370, the situation in Kashmir has altered beyond recognition, a prospect that appeared unthinkable earlier. On the face of it, the union territory looks like any other normal place. Kashmir Valley is no longer a witness to frequent protests, stone-pelting and shutdowns. Separatist politics has all but vanished. Tourism is booming, with over one crore tourists having visited the union territory in the last six months — albeit a substantial chunk of the

visitors were pilgrims.

But does this make for a normalcy? It is not an easy question to answer. What we are witnessing is more like an extended absence of violence and unrest, laced with a sense of uncertainty. Though militant violence returns to the scene now and then, it has not detracted from the larger drift of normalcy.

Looking back at the last four years, the two trends have largely undergirded the current calm: one is the steady decline in the militancy and another is the growth in tourism. As for militancy, the number of militants, according to an estimate, has dwindled to less than 50. Over 550 militants have been killed in the region, most of them local youth, since the withdrawal of Article 370. By this yardstick, if there was no replenishment either locally or from across the border, the militancy could very well be on its way out.

However, the occasional spikes in militant violence in Jammu division since 2021 have confronted the security forces with a different challenge. A low-key revival of militancy in the region is seen as an attempt by Pakistan to shift the theatre of war away from Kashmir which has the highest concentration of troops. But it is also true that overall militancy has remained strictly within the manageable levels. It hasn't escalated to a point where it could tip the union territory into turmoil again.

The Lieutenant Governor L G Sinha was referring to this fact when he recently said in an interview that in the last four years "Kashmir has travelled a distance" that no one could have imagined. He said that the government had framed a road-map of the next 25 years about

the changes going to happen in the union territory, which he didn't elaborate.

And given the prevailing situation on the ground, Sinha wasn't far from truth — at least in its broad features. The once-vaunted separatist conglomerate Hurriyat has become extinct. Many of the grouping's top leaders continue to be in jail or are under house arrest. This has hobbled its capacity to organize any political activity.

But even if the separatist leaders were free — and some of them are free — the situation would hardly be different. The government has outlawed any sign of separatist activity in whatever form and disproportionately raised the costs for any leader or an activist to go out and champion the cause.

Where do we go from here? It looks unlikely things would go back to square one — at least in the immediate past. The union government has come up with an administrative template to pacify Kashmir that it seems loathe to let go. Hence, perhaps the delay in holding Assembly elections. With around eight months to go before the general elections, there is no sign that the Assembly polls will be held in the UT during this period. And as things stand, there is little hope that they could be held even after the parliamentary polls. That is, should the BJP retain the power.

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

The author is the Political Editor at Kashmir Observer



OBSERVER MAIL

All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, space and accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

MAIL YOUR LETTERS

P.O. Box # 337, GPO, Srinagar-190 001
email: editor@kashmirobservers.net

Developing Reading Habits

I am writing to express my deep appreciation for the power and significance of reading and to advocate for the habit of reading at least one book per month. In an era dominated by digital distractions and fleeting content, immersing oneself in a good book can be a transformative and enriching experience. Allow me to elaborate on the numerous benefits this practice holds for individuals and society as a whole.

First and foremost, reading a book a month nurtures our intellectual growth. Books are a treasure trove of knowledge, offering us an opportunity to delve into various subjects, explore different perspectives, and expand our understanding of the world. With each book we read, we gain new insights, acquire

fresh ideas, and cultivate critical thinking skills. It is through reading that we can become more informed, well-rounded individuals capable of engaging in meaningful conversations and making informed decisions.

Furthermore, reading stimulates our imagination and creativity. Books transport us to different times, places, and worlds, allowing our minds to wander and soar beyond the confines of our daily lives. The pages of a book can ignite our imagination, encouraging us to think beyond the status quo, fostering innovation and inspiration in our personal and professional endeavors. It is within the pages of a book that we can discover new possibilities and unlock our own creative potential.

Reading also has profound emo-

tional and psychological benefits. Books serve as a medium to explore complex human emotions, delve into the depths of our own inner lives, and empathize with characters from diverse backgrounds. They can offer solace during challenging times, provide a sense of connection when we feel isolated, and evoke a range of emotions that enrich our own emotional intelligence. In a world where mental health is a growing concern, reading offers a therapeutic escape and an opportunity for personal growth and introspection.

In addition, reading a book a month fosters better communication skills. By exposing ourselves to a wide range of writing styles, we become more adept at expressing ourselves coherently and articulately. We learn to appreciate the nuances

of language, enhance our vocabulary, and develop a more refined sense of grammar and syntax. These skills extend beyond the realm of reading; they are invaluable in our daily interactions, whether it's composing an email, engaging in a conversation, or crafting a well-structured argument.

Lastly, reading a book a month helps us disconnect from the constant barrage of digital noise and find respite in a slower, more contemplative pace. In a world where social media and instant gratification are prevalent, reading provides an antidote. It allows us to savor the written word, engage in deep concentration, and find a sense of peace and tranquility.

Juveria Khan

TECHNOLOGY WITH IMPACT

Farheen Wani

Society gives purpose to technology as technology is made to help man—for better or for worse. From the moment man picked up the first tool in his hand to aid him in his task, to where he is today with all the advancement he has accomplished, technology has always been there at man's disposal.

The symbiotic union of society and technology has led the world to improvements beyond expectation, and yet, the future still holds an untapped growth potential, especially in the area of digital technology.

Digital technology gives birth to making our world reachable with its augmenting information highways like the Internet and the net. Across it, we have reinvented the way we interact and communicate with emails, conference calls, and social media apps, among others. It has improved the lives of students and teachers with digitization in the education sector. It has saved thousands upon thousands of lives with advanced machinery and innovations that have been introduced to the health industry.

We could go on and on, but the baseline is that digital technology and society are in this synergistic relationship that will get stronger further into the future as we dive deeper into the 21st century.

Technology is around us everywhere, from simple devices like our smartphones, laptop, and TV to background tech that we don't notice. It isn't taking off anywhere anytime shortly, we hold to get familiarized with it. Once we get the hang of manipulating technology in a privileged manner, it can enhance our vitalities.

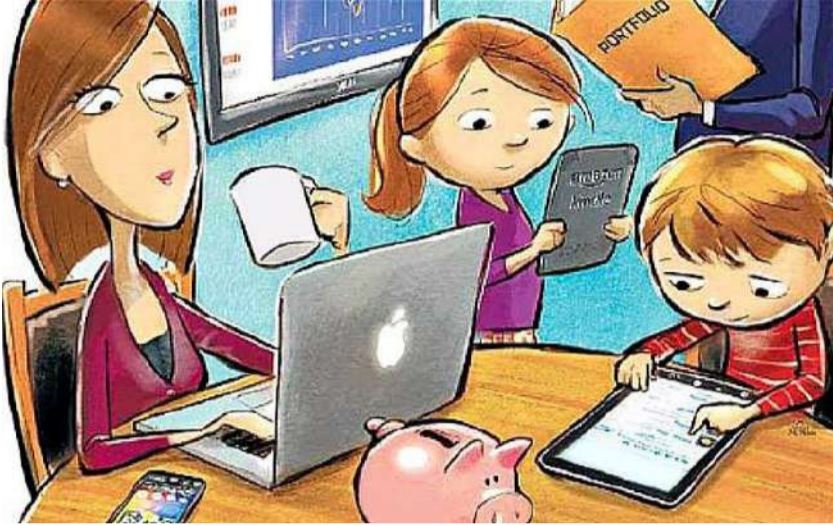
On the other hand, tech can also make our lives harder. Whether tech has a positive or negative effect on our lives, it all depends on how we use it.

Positives Impacts of Technology on Our Lives

Technology has, without a doubt, made all our lives easier over the past two decades. From connecting with people across the globe from the comfort of your home to running a full-fledged business without a physical space, technology has impacted our lives positively in several ways.

New technology continues to come out faster than we can keep up with. The purpose is to boost business and make the daily management of enterprises more systematic, structured, and successful.

Tech has boosted businesses by improving the hiring process, error-free collection and analysis of business data, and



Apart from creating unhealthy sleeping patterns, electronic devices can cause digital eye strain, poor posture, and increased inactivity, leading to health problems like obesity. Taking regular breaks from these devices can help you avoid these health problems. You can find a range of apps that remind you to take frequent breaks

better communication with clients and partners.

Additionally, tech has also changed the way we work remotely for the better. It is now commonplace for people to work from home. However, certain tech, like the cloud, has made it easier than ever to work whether you're at the office or not.

Advancements in tech have made it easier for more people to access the internet, resulting in online shopping being more popular now than ever.

Currently, most people prefer to shop online without leaving the house because of its sheer convenience. Instead of wasting hours in the shopping mall, tech makes shopping simple. A few of the benefits of online shopping include cheaper products, saved time, fuel, and energy, easier-to-find items, a wider variety online, and no added pressure.

One of the most downplayed areas of technology that has dramatically improved over the past few years is education. Technology has been beneficial for those in the business world, but it has impacted education in a big way.

A few examples include the availability of online courses, accessibility of web seminars, and unlimited online resources

for research. Before tech, you'd have to physically go to class, attend a meeting or go to the library to do research. Now, education is easier for everyone, no matter where you live. Online classes have made it possible for all students to enroll without leaving their homes.

Today, you can find several great sites for free college courses online, such as UdeMy—a fantastic website that offers thousands of free and paid-for courses to choose from. Whether you want to create virtual reality games or become a yoga instructor, UdeMy has a course that's perfect for you.

In terms of technology, UdeMy also offers a wide variety of great tech-related online courses. The categories available range from IT hardware and software to operating systems and network and security. So tech can help you master your chosen path and possibly broaden your career opportunities.

Most technology these days is created to improve businesses and generate profit. However, tech can also make our daily lives so much better.

Tech has made an immensely positive impact on the daily lives of everyday people. Some positive examples include

improvements in the transportation system.

Negative Impacts of Technology on Our Lives

As much as we appreciate technology for the convenience it brought to our lives, several aspects of it have impacted our society negatively in more ways than one.

As technology advances, we are connected now more than ever, and it has become a huge part of our lives. That's why technology negatively impacts physical health. These physical health problems can be severe. Nevertheless, you can avoid most of them by creating healthy tech habits instead of bad ones.

Apart from creating unhealthy sleeping patterns, electronic devices can cause digital eye strain, poor posture, and increased inactivity, leading to health problems like obesity. Taking regular breaks from these devices can help you avoid these health problems. You can find a range of apps that remind you to take frequent breaks.

Job loss and downsizing are two significant adverse effects of technology. Because of advances in the tech field such as AI integration, automating and accomplishing tasks has become easy. In this day and age, most companies need to stay up to date with the latest technology, but in the process, low-skilled employees, like factory workers and cashiers, will be replaced.

Machines can now carry out tasks that only humans could do so far, which creates a massive shortage of jobs. The bottom line is that people aren't necessarily needed for work tasks anymore because of how efficient tech has become.

Technology grows incredibly quickly, so the digital devices and gadgets that we use have a short lifespan and become outdated in a matter of months. Since these devices are so important in our daily lives, we need to maintain and upgrade them regularly. Besides maintenance and upgrades, these pieces of tech may just become outdated and pushed aside by newer, more advanced versions.

Overall, tech is amazing, and it has changed the world for the better, from improving our daily lives to building better businesses. The majority of the adverse effects of technology stem from its misuse.

The way we choose to utilize tech can help or harm ourselves and others. Instead of blaming the tool, we need to use technology in a healthy, more disciplined way. By doing this, technology can continue to benefit our lives.

Farheen Wani works as a Deputy Editor at the daily English newspaper "Mountain Valley Kashmir"

Elon Musk, Mark Zuckerberg: Dance Of The Buff Billionaire Boys

Monica Hesse

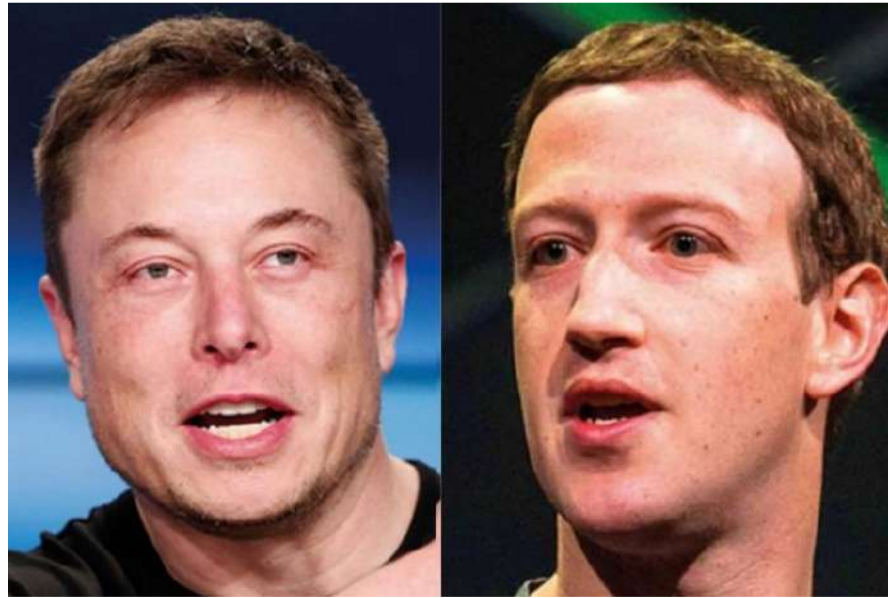
The hypothetical brawl of two middle-aged tech billionaires reached new and embarrassing levels earlier this week when Elon Musk threatened to show up at Mark Zuckerberg's home uninvited and fight him.

"For the Tesla FSD test drive in Palo Alto tonight, I will ask the car to drive to [Zuckerberg's] house," wrote the owner of X, which is what Musk has renamed Twitter. Musk promised to simultaneously "test latest X live-stream video," so viewers could "monitor" the "adventure" in real time: "If we get lucky and Zuck ... actually answers the door, the fight is on!"

In reply, a spokesman for Zuckerberg told the Verge, a tech publication, that "Mark is travelling right now and isn't in Palo Alto. Also, Mark takes this sport seriously and isn't going to fight someone who randomly shows up at his house."

God, there are so many things wrong with this, not the least of which is that there are multiple ways to settle a score in the old style of manly men — 10 paces at high noon, bum rush at the tailgate, a publicity stunt involving Joe Rogan — but being chauffeured to your enemy combatant's empty mansion by a driverless car is none of those ways. If your epic showdown risks being short-circuited by a spokesman clarifying that nobody is home, dude, you are planning the world's stupidest duel.

Funniest person wins!
How we got here: After years of rich-people mini-feuds between Musk and Zuckerberg (in 2016, a SpaceX rocket exploded while carrying a Facebook satellite worth



tens of millions of dollars), things came to a head this summer when Musk snarked online about Zuckerberg's planned launch of a competitor to X called Threads. One of Musk's followers then joked that he should be careful because Zuckerberg knows ju-jitsu. Musk then responded that he was "up for a cage fight." Zuckerberg then screen-captured Musk's post, writing, "Send me location."

Then — yes, then, I'm so sorry, but this back story goes on — Musk proposed finding a location owned by the Ultimate Fighting Championship, and the UFC got extremely excited. The organisation's president, Dana

White, claimed that he had spoken to both billionaires and that they were "dead serious" about moving forward. Musk posted a video of himself lifting dumbbells. ("This is me curling a 45, so there you go.")

Zuckerberg posted a photo of himself, mid-grapple, in his "backyard octagon," part of his own private "Friday Morning Fights" series: "Good times," he wrote. This went on for weeks.

At one point, the country of Italy was involved? At one point, Musk's 75-year-old mother was involved? She suggested online, using the mommest emoji possible, that violence was wrong and that the two plutocrats should fight

"with words only ... Funniest person wins."

At any rate, plans for an actual fight never came to fruition. Musk hemmed and hawed and said he might have to get back surgery. Zuckerberg apparently tired of waiting for a confirmed date and location, and Musk released a text message that he said Zuckerberg had sent him: "I don't want to keep hyping something that will never happen, so you should either decide you're going to do this and do it soon, or we should move on." On Sunday, Zuckerberg posted a public statement on Threads that reiterated the sentiment.

A restless competitive impulse

But we had not moved on, for one day later, Musk was proposing his drop-in at Zuckerberg's house.

People who know something about hand-to-hand combat seem to think it's pretty clear that Zuckerberg would win an actual competition. Not only is he more than a decade younger than Musk, but in recent years he has also studiously revamped his physique from computer geek to bio-hacked physical specimen, training with professionals in mixed martial arts and borrowing Navy SEAL workouts that involve hundreds of pull-ups, push-ups and squats while wearing a weighted vest.

To be fair, it's not clear that Musk thinks he could win or that winning is even the point. "I have this great move that I call 'The Walrus', where I just lie on top of my opponent & do nothing," he posted in June. The position he seems more interested in is not the position of victor but of the man who could win, if he wanted to, except he has this back injury, which is too bad, because

he would win, but also he's just doing this all for the lulz, but also he would definitely win, if he wanted to.

Zuckerberg's biggest mistake was taking the bait to begin with. He made the fatal error of responding to trolling with sincerity, talking about how he wanted to bring attention to mixed martial arts and elevate the sport's talented professional athletes.

Musk seemed more interested in sick burns. Whoever is more at fault for this cringe spectacle, there is something unseemly and deeply weird about being here at all, caught in this peacocking masculinity crisis of the 0.001 per cent. One of the main points of being a billionaire is that your money does the fighting. You don't need to slug someone; you can throw your weight around via mergers and acquisitions, buying compounds, buying yachts, trying to buy elections, launching yourself into space.

What we have witnessed, dragged out through the summer, is the realisation that for a certain breed of billionaire, none of this will be enough. Maybe they are pulled, toward or away from each other, by something primal. Something primal and octagonal. Something that tells the world they've already conquered that they are not just Great Men of Business, but they are also very, very strong boys.

Something that assures them that, notwithstanding their geeky origins, nobody can stuff them in a locker. Maybe it's just boredom — a restless competitive impulse in search of a fresh outlet.

The article was originally published by Gulf News

Platelets Can Replicate Benefits Of Exercise In Brain, Study Finds

Press Trust Of India

Scientists have found that an injection of specific blood molecules can replicate the benefits of exercise in the brain, paving the way for potential new treatments for age-related cognitive decline in Alzheimer's disease patients.

in the journal Nature Communications, found that platelets, the tiny blood cells critical for clotting, secrete a protein that rejuvenates neurons in aged mice in a similar way to physical exercise. "We know exercise increases the production of new neurons in the hippocampus, the part of the brain important for learning and memory, but the mechanism hasn't

been clear," said Odette Leiter from the University of Queensland (UQ) in Australia. "Our previous research has shown platelets are involved, but this study shows platelets are actually required for this effect in the aged mice," Leiter said in a statement. The study focused on exercisers, the biological compounds released into the bloodstream during exercise, which are believed to stimulate the exercise-induced response in the brain.

"We discovered that the exercise CXCL4/Platelet factor 4 or PF4, which is released from platelets after exercise, results in regenerative and cognitive improvements when injected into aged mice," Leiter said. The findings have significant implications for the development of drug interventions.

"For a lot of people with health conditions, mobility issues, or of advanced age, exercise isn't possible, so pharmacological intervention is an important area of research," said Tara Walker from UQ's Queensland Brain Institute. "We can now target platelets to promote neurogenesis, enhance cognition and counteract age-related cognitive decline," Walker said.

The researchers said the next step is to test the response in Alzheimer's diseased mice, before moving towards human trials. "It's important to note this is not a replacement for exercise. But it could help the very elderly or someone who has had a brain injury or stroke to improve cognition," Walker said.

Digital Puzzle Games Can Boost Memory In Older Adults: Study

IAN S

Older adults who play digital puzzle games have the same memory abilities as people in their 20s, a new study has shown.

The study, from the University of York, also found that adults aged 60 and over who play digital puzzle games had a greater ability to ignore irrelevant distractions, but older adults who played strategy games did not show the same

improvements in memory or concentration. Working memory is thought to peak between the ages of 20 and 30 before slowly declining as a person gets older. "A lot of research has focused on action games, as it is thought that reacting quickly, keeping track of targets and so on helps attention and memory, but our new analysis shows that the action elements do not seem to offer significant benefits to younger adults," said Dr Fiona McNab from the University of York's department of Psychology. The study, published in the journal Heliyon, included older and younger adults playing digital games that they would normally play in their 'real lives'.



cloned older and younger adults playing digital games that they would normally play in their 'real lives'. This resulted in a wide range of games to be tested alongside a digital experiment that required participants to memorise images, whilst being distracted. "Puzzle games for older people had this surprising ability to support mental capabilities to the extent that memory and concentration levels were the same as a 20 year-olds

who had not played puzzle games," said Dr Joe Cutting from the University of York's Department of Computer Science. Older people were however more likely to forget elements committed to memory whilst being distracted if they only played strategy games, and young people were less successful at focusing attention if they played only puzzle games. Future study could focus on why there is a difference between impacts of types of games depending on the age of a player and if this is connected to how the brain stores information as people age, the authors wrote.

The J&K Board Of Professional Entrance Examinations (BOPEE)
Tele/Fax: 0194-2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
Website: www.jkbopee.gov.in
E-mail: coejakbopee@gmail.com/helpdeskjakbopee@gmail.com

Subject: - Admission to DNB (Broad Speciality) Courses, 2023--Extension of dates for submission of the Application forms thereof.

Notice No. 026-BOPEE of 2023 Dated 20-08-2023

In continuation to the Notification No.053-BOPEE of 2023 dated 10.08.2023, it is hereby notified for the information of all concerned that in view of the inadequate response received against the ibid Notification, the Board has accordingly decided to extend the last date for submission of the Application Forms for the Inservice candidates from 21.08.2023 to 28.08.2023.

The other Terms and Conditions as already stipulated in the above mentioned Notification issued on the subject by the Board shall, however, remain the same/unchanged.

E & O E Sd/- Controller of Examinations J&K BOPEE No: BOPEE/Exam-22/2023 Dated: 21-08-2023

The J&K Board Of Professional Entrance Examinations (BOPEE)
Tele/Fax: 0194-2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
Website: www.jkbopee.gov.in E-mail: coejakbopee@gmail.com/helpdeskjakbopee@gmail.com

Subject: Admission to NEET-UG-2023 Courses in ASCOMS under Managements Quota of Hindu Minority (HM) /Non-Resident Indian (NRI) seats. Removal of deficiencies, Counseling thereof. Reference: Notification No.055-BOPEE of 2023 Dated: 10.08.2023

Notification No. 066-BOPEE of 2023 Dated 20-08-2023
Consequent upon the issuance of Notification No. 055-BOPEE of 2023 dated: 10.08.2023 the candidates belonging to Hindu Minority/NRI categories submitted their documents for respective categories up to 16th of August, 2023. As a pre-requisite the said documents of the candidates were checked and verified on 18th of August, 2023 by the Committee constituted for the purpose. After the verification of documents submitted by the candidates it has been found that all the candidates (Annexure-A) who have applied under Hindu Minority Quota except one candidate who failed to submit the relevant documents up to 16th of August, 2023, are eligible for consideration under the said Category.

While as the candidates who have applied under NRI category as mentioned in (Annexure-B) to this Notice, it has been found that documents of only sixteen (16) candidates out of the total of Twenty-Seven (27) are complete in all respects, whereas documents of Ten (10) candidates have been found deficient and one (01) candidate is rejected as mentioned against each in the (Annexure-B) to this Notification. The list of candidates whose documents are deficient in one way or the other is also available on the BOPEE website www.jkbopee.gov.in as (Annexure-B) to this Notification. The candidates in their own interest are advised to clear the deficiencies as shown against their names, by or before 23-08-2023 (till 01:00 p.m.).

Further, the list of all the candidates, who have applied for HM/Q with remarks is also available on the website of the Board viz (www.jkbopee.gov.in) as (Annexure-A) to this Notification for information of the candidates.

The counseling for Management Quota of Hindu Minority (HM) and NRI Quota Seats shall be held during the Second Round of Physical Counselling as and when notified by the Board. Hence, all eligible candidates are advised to remain in touch with the Official Website of BOPEE regularly for latest updates in this regard

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like KRISHNA SINHA, EKALAVYA MAHAJAN, SAKSHAM VOHRA, ADITYA SHARMA, PARESH PUROHIT, ASHIT KUMAR, RATNA SHARMA, DIVYOTI CHOUDHARY, DANISH SHARMA, HIRTHIK MANHAS, SHREYA GUPTA, ANSHUL VERMA, UTKARSH GUPTA, ANKIT SINGH, KETAN SINGH, RAKSHIT MAWA, DIJAS SURI, HEMANSH KOTWAL, SHIVANSH UPPAL, PARMARTH SHARMA, SHAGUN SHARMA, VANSI ROHMETRA, RITIK SINGH, DEEPAK GANDOTRA, PRITIKA SLATHIA.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like PRIYAL GUPTA, EKAKSHARA SHARMA, VIDITA SHARMA, ADITYA SADOTRA, SARTHAK GUPTA, BHARTI SHARMA, VARANPAL SINGH, ARIEKA RAINA, SUGAURI GUPTA, ABHINAVANANDA SHARMA, ANUSHKA MAHAJAN, AKSHITA SADOTRA, VANDITA GUPTA, DEVYANSH SINGH, SUHASINI GUPTA, JAI ROY SINGH, SHUBHAM SHAN, SAHIL SHARMA, SNORAV SAWHNEY, REEVAM BUCHA, KAJAL JANDIAL, ANWIT RANHAS, SAKSHI KUMAR, ANVI MAHAJAN, SHRUTI THAKUR, DIVITA BHAI, SAKSHI SINGH RATHORE, SUSHAIN SHARMA, SAMRIN SINGH, IPSA KOHLI, DEVYE HANSAHNI, KHUSHI PANDITA, KASHISH GUPTA.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like KARAN KUMAR SARDALIA, ANANYA SHARMA, SAKSHI SHARMA, SAVNI GUPTA, PARISHRUTI SHARMA, ARINA SHARMA, LAGANPREET KOUR, DEVANSH GUPTA, GURMEET SINGH, AKSHAT GUPTA, SHIVEN SHARMA, ANIKET KASHYAP, ARSHVYA JAIN, ARPIKA, SAMAL KOHLI, ANVI MAHAJAN, SHRUTI THAKUR, DIVITA BHAI, SAKSHI SINGH RATHORE, SUSHAIN SHARMA, SAMRIN SINGH, IPSA KOHLI, DEVYE HANSAHNI, KHUSHI PANDITA, KASHISH GUPTA.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like RAKSHITA MAHAJAN, ARUSHI SHARMA, BHOOMIKA MISRA, ROHITAKSH GUPTA, ADITYA SAINI, SHRIDUL NAG, SMIRAN GUPTA, BAVNEET KOUR, SHINE GUPTA, TVISHA KOHLI, NANDAN NARINDER BALI, ANSHUMAN CHAND, ROHAN PANDITA, KRIPRI KALSOTRA, SITA KSHI KHAJURIA, SURYA DEV SINGH, MOKSHIKA SHARMA, ANIKA SHARMA, JASMEET SINGH, SAMREEN KOUR, PRANVI SHARMA, MONAL BHAT, ADHARIKA GUPTA, MAHAI SABHARWAL, KAREN RANGROO.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like NHIARIKA SHARMA, PRANAYA MAHAJAN, CHIRAG BALOTRA, MEHAK BHAT, VIDHAYANSHI CHOUDHARY, SAMRIDHI LAMBA, VANVA SURI, EVA MATTAS, DAKSH GUPTA, SHIKHA, KRISHNA RAINA, MANEESHA DEVI, ANWESHA JASROTRA, AYUSHI BHAGAT, KRITI MAHAJAN, DIVYA MATTOO, PRATHAM DEEP SINGH, PREEKSHA GUPTA, SHREYA, SHUBHRA SHARMA, RAAGYA RATHORE, KUMUD RANI, RIYANSHI ROY, NITTIN BAKSHI, VIHAAN SOPORI.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), HM Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like LOUIK SHARMA, TANISHA DEVI, PALAK SETHI, SUSHEN BHAT, MATRIKA SHARMA, ADIL MAHAJAN.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), NRI Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like DIJAS SURI, DEVYE HANSAHNI, SHINE GUPTA, TVISHA KOHLI, NAMDZA ARSHAD RESHI, NANDAN NARINDER BALI, MAHAI SABHARWAL, FAJAL NISAR, MALEHA AZHAR, SAMRIDHI LAMBA, VANVA SURI, MAWIN FIRDOUS, ANWESHA JASROTRA, NISHA NISSAR SHAWL, BEENISH ZUBAIR FERROZAL, FARASHA MAMGAN, SYED ATHAR MOIN KIRMANI, NASHEEDA BILAL.

Table with columns: S. No., Roll No., Name of the candidate, NEET Rank, NEET Score, JK UT Rank, Residence Proof (Y/N), NRI Form Status (OK/DEF), Deficiency of certificate (if any). Includes candidates like ABEER MUSADIQ, RAYAN ALTAF KAWOODSA, MEHROZ SAJJAD, IFRA SHIRAZ, SYED ROZAL SAJJAD, AKRITI CHOUDHARY.

DIPK-NB-2748/23 dated: 21-08-2023

Iyer, Rahul Back In India Squad For Asia Cup

Agencies

NEW DELHI: India on Monday recalled fit-again batters KL Rahul and Shreyas Iyer to their one-day set-up for the Asia Cup, inching closer to finalising the squad for the home World Cup later this year.

Wicketkeeper-batsman Rahul (thigh) and middle order batter Iyer (back) returned from injuries to join the 17-member squad led by Rohit Sharma for the Asia Cup to be co-hosted by Pakistan and Sri Lanka from Aug. 30. While Iyer's return is expected to end India's search for a set batter at number four, Rahul's ability to bat anywhere in the top and middle order, as well as his glove work, make him a limited-overs asset.

With pace spearhead Jasprit Bumrah having made a successful comeback from back surgery in the current T20 series in Ireland, India have now gathered all their frontline players ahead of the World Cup. Chief selector Ajit Agarkar said it was a "no-brainer" that the 17-member squad picked for the Asia Cup pretty much included the 15 who would play in the



World Cup in October to November.

Rohit's team will begin their Asia Cup campaign against Pakistan on Sept. 2 at Pallekele. "As far as our preparations are concerned, this is the right tournament for us to test ourselves and perform under pressure," the India captain said.

Rohit said flexibility would be key to winning

the World Cup on home soil, like India did in 2011 under Mahendra Singh Dhoni. "I want to make sure that everyone is fine with batting anywhere. It's very critical in any format," the opener said. "Cricket is moving in a different direction. You need flexibility, you need guys who can step up in any position." "That is the message that has been conveyed to every

individual."

India: Rohit Sharma (captain), Shubman Gill, Virat Kohli, Shreyas Iyer, Suryakumar Yadav, Tilak Varma, KL Rahul, Ishan Kishan, Hardik Pandya, Ravindra Jadeja, Shardul Thakur, Axar Patel, Kuldeep Yadav, Jasprit Bumrah, Mohammed Shami, Mohammed Siraj, Prasidh Krishna

Stand-by: Sanju Samson

Every Player In This Team Is Hungry For Success: Babar Azam

Press Trust of India

KARACHI: Exuding confidence, Pakistan skipper Babar Azam on Monday said the team's players are driven by a strong "hunger" for success as they set their sights on clinching the coveted Asia Cup and World Cup titles.

Fresh from their 4-1 home series win over New Zealand, Pakistan are currently in pursuit of the top spot in ODI rankings. They may very well dethrone Australia as the world's No 1 side with a 3-0 whitewash over Afghanistan in their Asia Cup build-up series beginning in Sri Lanka on Tuesday.

"Every player has a hunger to perform in this team. Every player wants to give match-winning performances," Azam said in Hambantota on the eve of their three-match ODI series against Afghanistan. The series will be a prelude to their Asia Cup campaign.

"Recently we have had different player of the match award winners, which is a good sign for any team. When you perform in big tournaments, it boosts your morale as a team and as individuals and this team has performed well in the recent past. Bowlers win you big tournaments and I have faith in them to win us big tournaments," he said.

Pakistan may never have been defeated by Afghanistan in ODIs, but Azam acknowledged that the upcoming series could be challenging as their opponents would be coming from a 2-1 away victory in Bangladesh.

"We are focused in our preparations as we have big events in the Asia Cup and the World Cup coming up," said Babar, under whose captaincy Pakistan have won 17 out of 26 ODIs. "But, at the same time, we want to take one series at a time... It is always beneficial for a team to get such a series ahead of major events. "That we are playing in Asian conditions will definitely provide us an edge and help us get in the rhythm. The Afghanistan team is on the rise and they have some good bowlers. The fans will get to see some exciting cricket."

The series will conclude on August 26 before the team travels back to Pakistan to play the opening match of the Asia Cup against Nepal four days later.

Pakistan are looking to gain momentum from the series against Afghanistan who had lost to Sri Lanka at the same venue 1-2 in June.

Since the start of 2022, Pakistan have won 13 out of 17 matches and in May, they, for the first time in history, topped the ICC rankings for ODI sides.



Srinagar Premier League: Ali Jana Beats AG's Office 3-1



Observer News Service

SRINAGAR: The 2023 Srinagar Premier League continued with one Round 11 match played on Monday at Synthetic Turf TRC here.

Two high flying teams, Ali Jana FC and AG's Office XI, locked horns in the crucial late evening fixture.

The highly contested matchup was played on even terms until AG's Office midfielder Hanan gave his side the lead in 41st minute. However, Ali Jana was awarded a penalty in 45th minute, which

Sahil Rasheed slotted home easily to leave the game 1-1 at half time.

Ali Jana boys came storming in the second half, and took the lead through Sahil in the 49th minute. AG's Office tried to bring themselves level but couldn't capitalise on their opportunities. Ilyas put the game to rest in 87th minute to give Ali Jana FC a 3-1 win.

Sahil was awarded man of the match for his two goals.

Tuesday's matches: FC1 vs JK Bank Academy - Kick off 4:00 PM. Lonestar Kashmir FC vs ARCO FC - Kick off at 7:30 PM.

DYSS Kick Starts National Sports Week Across Kashmir

Observer News Service

SRINAGAR: The Department of Youth Services and Sports (DYSS) is celebrating National Sports Week from August 21 to August 29 to remember Hockey legend Major Dhyand Chand in all the 10 districts of Kashmir by organizing sports activities in many group events.

"All the sports zones of Kashmir-based districts were presenting a festive look on Monday as students and youth in large numbers were seen taking part in different games," the YSS said in a statement.

While providing details about the importance and relevance of the week, Joint Director Kashmir of Youth Services and Sports Department said that as the National Sports Day is approaching, the Department of YSS is dedicating the entire week to the Hockey Legend Major Dhyand Chand while engaging students and youth in numerous sports activities. "The Government has di-



rected our Department to organize sporting events like athletics, contemporary sports, indigenous sports etc. as deemed fit as per age groups during the entire week which started today and shall conclude on August 29th, 2023.

Based on groups format instead of individual players to bring the spirit of bonding, unity and inclusiveness, competitions are being conducted in the entire division," he added.

In District Baramulla, DYSS held various competi-

tions across various zones. Zone Dangiwachha conducted an engaging trio of sports competitions, including Badminton, 100m sprint, and the Lemon race.

Zone Nehalpora witnessed an equally fervent response, where 200 students participated in the Badminton, 100m sprint, and Lemon race competitions.

In Zone Sopore, 50 students from different schools came together to take part in the Badminton, 100m sprint, and Lemon race events.

Inter School Cricket Tournaments Resume In Bijbehara

Observer News Service

ANANTNAG: The Zonal Physical Education Officer (ZPEO) Bijbehara resumed its Under-14 and Under-17 Inter School Cricket Tournaments 2023 on Monday at Sports Ground Jablipora and DPS Sangam.

The tournaments were earlier postponed due to celebrations of 15th August 2023. Both tournaments have been resumed from Monday with full swing at two venues in Zone Bijbehara.

A total of 128 students (64 in U-14 and 64 in U-17) from different Middle, High and Higher Secondary Schools of Zone Bijbehara participated in the competitions. Four matches were played in both age groups.



Man United Lets Mason Greenwood Leave Despite Closed Criminal Case

The Associated Press

MANCHESTER: Manchester United said Monday that Mason Greenwood will leave the club despite a criminal investigation of possible attempted rape being closed by prosecutors six months ago. The 21-year-old England forward has not played for United since January 2022 and his future remained unclear during the club's own investigation.

"All those involved, including Mason, recognize the difficulties with him recommencing his career at Manchester United," the club said in a statement.

"It has therefore been mutually agreed that it would be most appropriate for him to do so away from Old Trafford, and we will now work with Mason to achieve that outcome." Greenwood said it was "the best decision for us all ... to continue my football career away from Old Trafford, where my presence will not be a distraction for the club." Greenwood had



been implicated in controlling and coercive behaviour and assault relating to a young woman after images and videos were posted online. Prosecutors in England closed their case in February, and United's own investigation continued.

"Throughout, we have taken into account the wishes, rights and perspective of the alleged victim along with the club's standards and values, and sought to collate as much in-

formation and context as possible," United said.

Greenwood said he "did not do the things I was accused of." He added: "However, I fully accept I made mistakes in my relationship, and I take my share of responsibility for the situations which led to the social media post. I intend to be a better footballer, but most importantly a good father, a better person, and to use my talents in a positive way on and off the pitch."



Praggnanandhaa Shocks Caruana, Meets Carlsen In Final

Press Trust of India

BAKU: Continuing his dream run, Indian Grandmaster R Praggnanandhaa on Monday stunned world No.3 Fabiano Caruana 3.5-2.5 via the tie-break in the semifinals to set up a summit clash with world number one Magnus Carlsen of Norway at the FIDE World Cup chess tournament here.

After the two-game classical series ended 1-1, the 18-year-old Indian prodigy outlasted the highly-rated American GM in a battle of wits in a nerve-wracking tie-breaker.

In the final beginning on Tuesday, Praggnanandhaa will take on five-times title winner Carlsen, who beat Azerbaijan's Nijat Abasov 1.5-0.5 in his semifinal.

Praggnanandhaa becomes the third youngest player after the legendary Bobby Fischer and Carlsen to qualify for the Candidates tournament.

"I didn't expect to play Mag-



nus in this tournament at all because the only way I could play him was in the final, and I didn't expect to be in the final. I will just try to give my best and see how it goes!," he said after booking a spot in the summit clash.

"It feels really good to qualify for the Candidates; I really wanted to fix this spot."

With the two 25+10" games ending at 1-all, Praggnanandhaa prevailed in the first 10+10" game against Caruana to get within a draw of setting up a final clash with world No.1

Carlsen. In the first game of tie-break, the Indian GM withstood a lot of pressure from Caruana and held on for a draw in an exciting encounter. The second rapid game too saw a similar result, pushing the semifinals to the 10+10" series.

Praggnanandhaa has been in a rich vein of form in the World Cup and his biggest scalp before Caruana was another American Hikaru Nakamura, the world No.2 and second-seed, following which he stopped compatriot Arjun Erigaisi.

High Temperature Pushes "Zero Degree Line" To Record Height In Switzerland

Agenceis

Geneva: A hot spell enveloping Europe has pushed the zero-degree line -- the altitude at which the temperature dips into the minus -- to a record height of nearly 5,300 metres (17,400 feet) in Switzerland.

The zero-degree line is determined by meteorologists using weather balloons that take off twice a day from Payerne in western Switzerland.

MeteoSwiss said the new height was clocked overnight from Sunday to Monday at 5,298 metres, "which constitutes a record since monitoring began in 1954".

The previous record of 5,184 metres was set on July 25 last year.

"The area known as the zero-degree isotherm is the threshold between air layers with temperatures above 0 degrees Celsius at lower altitudes and those with temperatures below freezing at higher altitudes," MeteoSwiss said.

"Among other things, the zero-degree isotherm affects vegetation, the snow line and the water cycle, and so has a considerable impact on the habitats of humans, animals and plants alike," it added, calling the marker "an integral part of weather forecasts in the Alpine region".



Ex-ISRO Chief On Factors That Make Chandrayaan-3's Moon Landing Complex



Agenceis

Bengaluru: Ahead of the expected touchdown of Chandrayaan-3 mission's lander module on the surface of the Moon on Wednesday, former ISRO Chairman G Madhavan Nair kept his fingers crossed and said it is a very complex manoeuvre and one has to be cautious as all systems have to work in unison for its success.

Mr Nair, who headed the space agency when Chandrayaan-1 mission was launched in 2008, said a successful landing would herald a big beginning for ISRO's next phase of planetary exploration.

"It's a very complex

manoeuvre. We narrowly missed it (soft landing on the Moon in Chandrayaan-2 mission) in the last two kms (above the lunar surface)," he told PTI on Monday.

"So there are a host of things that have to work in unison... thrusters, sensors, altimeters, computer software and all those things. Any glitch happening anywhere...we can be in trouble," Mr Nair said.

"We have to be really cautious and watch. Of course, I understand that ISRO has done enough simulations and also redundancies have been built in so that chances of such failure are remote. Still, we have to keep our fingers crossed," he added.

According to ISRO, the lander module with the rover in its belly is expected to touch down on the Lunar surface around 6.04 pm on Wednesday.

Listen to the latest songs, only on JioSaavn.com

Mr Nair said: "Data we may collect from the (lunar) surface will be useful in identifying some minerals...rare minerals, if at all, helium-3 and so on. Also try to have some investigations as to what type of set up we can have near the lunar south pole either for exploration or human presence. It (successful soft-landing) is going to be a big beginning for ISRO's next phase of planetary exploration."

Scientists Trap Light Inside A Magnet, Paving The Way For Revolutionary Applications

AGENCEIS

Scientists have discovered a way to trap light inside magnetic materials. This breakthrough can have significant implications for various applications, such as magnetic lasers, magneto-optical memory devices, and quantum transduction. The experiment involved cooling a crystal to extremely low temperatures and placing it in a powerful magnetic field. By doing so, the scientists were able to confine light within the crystal, essentially bending it around magnetic field lines. This remarkable achievement opens up new possibilities in the field of photonics and quantum computing.

The researchers, led by Vinod M. Menon and his team at the City College of New York, focused on a layered magnet that contains excitons, which are quasiparticles with strong optical interactions. This material has the ability to trap light on its own, resulting in much stronger optical responses compared to typical magnets. When an external magnetic field is applied, the material's reflection of near-infrared light can change so dramatically that its color appears to change. This is known as a strong magneto-optic response.

Normally, light doesn't respond strongly to magnetism, which is why technologies that rely on magneto-optic effects often require sensitive optical detection methods.

However, this new discovery opens up possibilities for creating magnetic lasers and reevaluating concepts of optically controlled magnetic memory. "Ordinarily, light does not respond so strongly to magnetism," said Menon. "This is why technological applications based on magneto-optic effects often require the implementation of sensitive optical detection schemes."

In their new article in Nature, Menon and his research team have presented their findings on a novel layered magnet. This magnet exhibits unique properties, as it is capable of hosting strongly bound excitons, which are quasiparticles with exceptionally strong optical interactions. One remarkable feature of this material is its ability to trap light autonomously, without the need for external assistance. Through their experiments, Menon and his team have demonstrated that this material displays optical responses to magnetic phenomena that are significantly more powerful than those observed in conventional magnets.

"Since the light bounces back and forth inside the magnet, interactions are genuinely enhanced," said Dr. Florian Dirnberger, the lead-author of the study. "To give an example, when we apply an external magnetic field the near-infrared reflection of light is altered so much, the material basically changes its color. That's a pretty strong magneto-optic response."

NOW ON BOULEVARD

INTRODUCING FISH & CHIPS

Meals on the Go...

Who Says Healthy Food Can't Taste Good?

BRING YOUR KIDS ALONG

📍 JK BANK LAWNS, NEAR GHAT 6, BOULEVARD-SRINAGAR