



Sowing Operations Begins At Floriculture Section Lalmandi

Observer News Service

Srinagar: Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today kick-started sowing operations of winter annual flower seeds at floriculture section Lalmandi Srinagar.

Speaking on the occasion, Director Agriculture underlined the importance of the floriculture development scheme. He said that there is vast potential in this sector keeping in view the varied agro-climatic conditions in the region.

Director Agriculture said that under Holistic Agriculture Development Program Government has approved a mega project

to boost floriculture in the region. He asked the farmers to come forward and avail benefits from different initiatives by the department and contribute to the overall agriculture income of their families.

He said educated youth should adopt floriculture on commercial lines and avail benefits from the departmental schemes/projects. He directed the concerned officers to increase awareness among the farmers regarding the floriculture development scheme and organize regular training sessions for farmers in order to make them aware of modern trends in the floriculture sector.



Three little school girls relishing ice-cream amidst scorching heat on the way to their home in Dal interiors on Thursday. KO Photo, Abid Bhat

SSP Srinagar Chairs Crime-Cum Security Review Meeting

Observer News Service

Srinagar: Senior Superintendent of Police Srinagar on Thursday chaired a crime-cum-security review meeting in his office. In a tweet, Srinagar

police informed that a crime-cum-security meeting was chaired by SSP Srinagar Rakesh Balwal in his office today. Police said that the meeting was attended by all SPs, DySPs, CPO, SHOs & DOs.

Implementation Of Mission Poshan, Vatsalya, Social Security Reviewed

92267 Beneficiaries Benefited Under Various Social Welfare, ICDS Schemes

Observer News Service

Srinagar: In order to review the implementation of welfare schemes run by ICDS & Social Welfare Department and extension of benefits of different Government schemes in the District, a meeting was held under the Chairmanship of Deputy Commissioner Srinagar, Mohammad Aijaz Asad here at Meeting Hall of the DC Office Complex.

At the outset, the Deputy Commissioner took a Project wise appraisal of the implementation of beneficiary-oriented schemes including Supplementary Nutrition Program, Immunization, Referral Services, Pre School Education, Nutrition & Health Education and Health Checkup implemented by Integrated Child Development Service (ICDS) Program in Srinagar District.

While reviewing the functioning of ICDS, the Chair was apprised about the functioning of the ICDS and targets achieved so far in improvement of Nutritional Status of Children from 0-6 years, Adolescent Girls, Pregnant Women and Lactating Mothers under POSHAN Abhiyaan through a detailed PowerPoint presentation.

The DC also reviewed implementation of Poshan Abhiyaan, Pradhan Mantri Matru Vandana Yojana (PMMVY) and Ladli Beti.

While reviewing the Status of Poshan Projects for 2023-24 in Srinagar, Batwara, Khanyar and Eidgah Projects, the DC was informed that as many as 33651 beneficiaries are being provided Nutrition in Srinagar District through 1183 Anganwari centers and expenditure of Rs 1.57 crore has been made during current financial year till date.

The DC was informed that under Ladli Beti Scheme, the finan-

and children in the District.

The DC also emphasized on improved Nutrition & Health status of children 0-6 years, Reduce incidence of mortality, morbidity, mal-nutrition and school drop-outs. He also laid stress on enhancing the capability of the Mother and Family to look after the Health, Nutrition and Development needs of the Child to promote child development.

The DC stressed upon the Of-

Under Ladli Beti Scheme, the financial assistance is being provided to beneficiaries through Jansugam portal and as on date as many as 5342 applications have been received of which 5022 applications stand forwarded to higher authorities for approval.

cial assistance is being provided to beneficiaries through Jansugam portal and as on date as many as 5342 applications have been received of which 5022 applications stand forwarded to higher authorities for approval.

On the occasion, the Deputy Commissioner stressed on timely extension of benefits of different Government schemes to all genuine beneficiaries to ensure holistic development and adequate nutrition for pregnant women, mothers

and children in the District. The DC stressed upon the Officers to take comprehensive measures to reach out to all eligible beneficiaries, besides making the Welfare schemes easily accessible to the people so that maximum beneficiaries of the district can acquire the benefits of all the Government launched welfare schemes. He also asked the officers to conduct capacity building programs for Anganwari Workers in order to make them behave with registered children in a compassionate manner.

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This Day In History

- 1547- Holy Roman Emperor Charles V demands creation of an Imperial League (German state) 1632- Battle at Castelnau: Henri de Montmorency's rebel army loses to French royalist forces loyal to Louis XIII 1752- Pennsylvania's new State House bell (known today as the Liberty Bell) arrives in Philadelphia from Whitechapel Foundry in London, England 1798 - Britain signs treaty with Nizam of Hyderabad, India 1804- Juno, one of the largest main belt asteroids discovered by German astronomer Karl Ludwig Harding. 1821- 1st colonies along Santa Fe Trail 1858- 1st transatlantic cable fails after less than 1 month 1859- 1st Pullman sleeping car in service 1862- Battle at Chantilly (Ox Hill) Virginia (2100 casualties) 1864- 2nd day of battle at Jonesboro Georgia, about 3,000 casualties 1869- Construction begins on the Grand Central Depot for Cornelius Vanderbilt's New York and Harlem Railroad (later replaced by Grand Central Station) 1870- French Emperor Napoleon III is captured and taken prisoner in the Battle of Sedan 1886- The Netherlands New Code of Criminal Law is enforced 1894 - A wildfire destroys the town of Hincley, Minnesota, killing 438 people 1897 - The Boston subway opens, becoming the first underground rapid transit system in North America. 1906 -The International Federation of Intellectual Property Attorneys (FICPI) is established. 1911- Anthony Fokker famously flies his aircraft "Spin" around the tower of the Grote Kerk in Haarlem 1916- Bulgaria declares war on Romania 1918- Battle of Megiddo starts, the final Allied offense during Sinai and Palestine campaign won by the Allies 1918- US troops land in Vladivostok, Siberia, stay until 1920 1923- A magnitude 7.9 earthquake strikes Tokyo and Yokohama in Japan, killing 142,000 people 1926- Turkey allows civil marriage 1928- Albania becomes a kingdom, with Zogu I as king 1937- Battle of Gijon in Spain begins 1939 - Adolf Hitler orders extermination of mentally ill through the "T4 Euthanasia Program," arguing that wartime "was the best time for the elimination of the incurably ill" 1939 - Physical Review publishes 1st paper to deal with "black holes" 1939 - Switzerland proclaims neutrality at the outbreak of WWII 1939 - World War II starts when Germany invades Poland by attacking the Free City of Danzig 1939 - Last day of 1st-class cricket in England before the declaration of war against Germany; great slow left-armed Hedley Verity finishes with amazing figures of 7 for 9 v Sussex to give Yorkshire the County Championship 1942 - German troops land on Taman peninsula 1943 - Chiang Kai-shek again becomes Chairman of the Nationalist Government of China 1947 - With a victory by Armed in the Washington Park Handicap, Calumet Farm becomes the first stable to surpass \$1 million in annual earnings; leads all owners with total earnings of \$1,402,436. 1950 - 13 North Korean divisions open assault on UN lines 1956 - Indian state of Tripura becomes a territory 1961 - 1st conference of neutral countries held in Belgrade 1961 - USSR performs nuclear test at Eastern Kazakh/ Semipalitinsk USSR 1961 - The Eritrean War of Independence officially begins with the shooting of the Ethiopian police by Hamid Idris Awate 1962 - 12,000 die in an earthquake in western Iran 1962 - United Nations announces Earth's population has hit 3 billion 1962 - USSR performs nuclear test at Novaya Zemlya USSR 1965 - Indo-Pakistani conflict - Pakistani counter-attack (Operation Grand Slam.) 1968 - Earthquake destroys Ferdows Persia, 2,000 killed

KASHMIR OBSERVER[®]

Friday | 01-09-2023

Escalating LAC Tensions

In yet another episode of simmering border tensions between India and China, New Delhi has formally expressed its strong protest against China's release of a revised map that claims Indian territory as its own. This diplomatic move adds to the existing strains between the two Asian giants, renewing concerns about the ongoing border dispute. Beijing's new map is certainly a fresh provocation which is unlikely to be helpful in resolving their issues.

The Chinese map prominently displayed the Indian state of Arunachal Pradesh and the Aksai Chin plateau as part of Chinese territory. Arunachal Pradesh saw a bitter border war between the two countries in 1962, and Aksai Chin is a strategic corridor linking Tibet to western China. China's claim over Arunachal Pradesh is rooted in its assertion that the region is part of southern Tibet. Foreign Minister Subrahmanyam Jaishankar emphasized that making unfounded assertions on Indian territory does not change the facts on the ground. Foreign ministry spokesman, Arindam Bagchi, strongly rejected China's claims, stating that they are baseless and will only serve to complicate efforts to resolve the boundary question.

The map controversy - an instance of cartographic aggression - has put a question mark on the ongoing diplomatic and military to military dialogue between the two countries. Ever since the People's Liberation Army staged incursions at five places in April 2020, the two neighbours have been in a state of unmitigated conflict. The violent clash in the Himalayas in June of the same year, resulting in casualties on both sides, intensified hostilities. While the situation has calmed along most parts of the border since then, localized stand-offs persist in certain pockets.

The recent diplomatic flare-up follows Indian Prime Minister Narendra Modi's discussions with China's President Xi Jinping during the BRICS summit in Johannesburg. The PM Modi reportedly stressed the importance of respecting the LAC, underlining India's commitment to maintaining stability in the border region. To bolster its stance, India has also invested significant resources in connectivity projects along its side of the border, aimed at establishing paramilitary units.

But as the exchange of protests over the Chinese territorial claims on the map underscore, the underlying tensions between India and China linger. But the strong stand taken by India against China's attempts to redefine borders through maps sends a clear message that territorial integrity is non-negotiable. As the two nations navigate this delicate situation, here's hoping that the diplomatic channels prevail leading to a peaceful resolution to the long-standing border dispute.

OTHER OPINION

Cut That Counts

Prime Minister Narendra Modi would appear to have sounded the poll bugle for 2024 by announcing a Rs 200 reduction in the price of LPG cylinders. A domestic 14.2-kg cylinder costing Rs 1,103 in Delhi will, henceforth, be available at Rs 903. Poor households covered under the Pradhan Mantri Ujjwala Yojana, that receive a Rs 200 subsidy on every cylinder and account for 9.6 crore out of the total 31.4 crore active domestic LPG consumers, will pay Rs 703. What is notable about the announcement — Modi called it a “gift to crores of my sisters on the occasion of Raksha Bandhan” — is the timing: Lok Sabha elections are scheduled only in April-May. While polls to five state assemblies are also slated later this year, the sense of urgency seems more discernible this time than in 2019. After all, the popular PM-Kisan scheme, providing Rs 6,000 as direct cash transfer to all farming families, was launched barely two months before the first phase of the national election then.

The difference probably has to do with inflation — “me-hengai” was not much of an issue in 2019. Retail food inflation averaged just 0.4 per cent year-on-year in the 12 months leading to the elections of April-May 2019. That isn't the case now, with the latest consumer food price inflation number for July at 11.5 per cent. The monsoon turning out not so good — this August has been the driest in over a century — has aggravated those worries. No party in power would want mehengai to be a talking point among voters. This is more so with the current government that has had an overall good record on inflation control. Anchoring inflation expectations is something that not only the Reserve Bank of India has accorded priority to, but this government too has acknowledged as good economics making for good politics. LPG cylinder price, rightly or wrongly, does influence consumer inflation sentiment, particularly among the poor and lower middle class, for whom it is an aspirational product.

But it isn't LPG alone. Retail prices of petrol and diesel haven't been raised since May 2022. Oil marketing companies being asked to also take price cuts on these could follow next. The cost of it will ultimately fall on the exchequer; so would a higher payout, say Rs 9,000, under PM-Kisan. Nor can one rule out more drought relief and higher crop losses of farmers that may again have to be covered by the government. All this will put further pressure on the finances of both the Centre and the states, forcing them, in turn, to slash budgeted capital expenditures. With the poll season starting so early and set to continue over the next nine months, the fiscal implications cannot be ignored.

Indian Express

India, The Reluctant BRICS Traveller



Basically, this is today about tackling the phenomenon of the petrodollar, which is the pillar of the western banking system and at the very core of the “de-dollarisation” process that the BRICS is aiming at

Later, after returning to Moscow from Johannesburg, Lavrov told the Russian state television two important things:

“We [BRICS] don't want to encroach on anyone's interests. We simply don't want anyone to hamper the development of our mutually beneficial projects that are not aimed against anyone.” Western politicians and reporters “tend to wag their tongues, while we use our heads and [engage in] concrete issues.”

There is no need for BRICS to become an alternative to the G20 now. That said, “the formal division of the G20 Group into G7+ and BRICS+ is taking a practical shape.”

Unless one is myopic, BRICS' sense of direction is there for all to see. The grumbling and hand-wringing about the logic of BRICS expansion is complete nonsense. For, the unspoken secret lies here, as a leading Russian strategic thinker Fyodor Lukyanov wrote in the government daily Rossiyskaya Gazeta:

“We can hardly talk about an anti-Western orientation — with the exception of Russia and now, perhaps, Iran, none of the current and likely future [BRICS] participants openly wants to oppose themselves to the West. However, this reflects the coming era, when the policy of most states is a constant choice of partners to solve their problems, and there may be different counter-parts for different problems.”

This is the reason why India, which carefully protects its line of “multi-alignment” — that is, cooperation with everyone — is also satisfied with a large and heterogeneous BRICS. Delhi is least interested in strengthening antagonistic sentiments within the BRICS community. The Indian commentators cannot grasp this paradox.

Indeed, the pragmatism in admitting three major oil producing countries from the Gulf region (Iran, Saudi Arabia and the UAE) only signals what Lavrov meant by the “projects” and “concrete is-

suues” that BRICS is grappling with — principally, creating a new international trading system to replace the 5-centuries old system that the West created, which was geared to transfer wealth to the metropolis and enabled the latter to get fatter and richer.

Basically, this is today about tackling the phenomenon of the petrodollar, which is the pillar of the western banking system and at the very core of the “de-dollarisation” process that the BRICS is aiming at. Suffice to say, the curtain is coming down on the Faustian deal of the early 1970s that replaced gold with American dollar and ensured that oil would be traded in dollars, which in turn required all countries to keep their reserves in dollars, and eventually turned into the principal mechanism for the US' global hegemony.

Put differently, how is it possible to roll back the petrodollar without Saudi Arabia being at the barricades? That said, it is also well understood by all member states, including Russia and Saudi Arabia, that while BRICS is “non-western,” a transformation of the BRICS into an anti-Western alliance is impossible. Quintessentially, what we are seeing in the BRICS' expansion, therefore, is its transformation into the most representative community in the world, whose members interact with each other bypassing Western pressure.

This is enough for a start, as the reaction in the Western countries to the outcome of the Johannesburg summit testifies. The leading German daily *Süddeutsche Zeitung* noted that with this limited expansion itself, BRICS has gained “significant geopolitical and economic weight. The question now is how the West will react to this.”

A top official at the Konrad Adenauer Foundation, Caroline Kanter told the daily, “It is obvious that we [Western countries] are no longer able to set our own conditions and stan-

dards. Proposals will be expected from us so that in the future we will be perceived as an attractive partner.”

France's *Le Figaro* wrote that the “enthusiasm” of some 40 countries for BRICS membership “testifies to the growing influence of developing countries on the world stage.” The Guardian highlighted expert opinion that BRICS expansion is rather “a symbol of broad support from the global South for the recalibration of the world order.”

At the same time, the bottom line is that BRICS expansion is perceived in the West as a political victory for Russia and China. Nonetheless, despite its tensions with China, India did the right thing by trimming its sails accordingly while sensing the winds of change and anticipating a new dawn breaking for BRICS cooperation that could inject new vitality into the grouping's functioning and further strengthen the power of world peace and development.

It is about time the government rethinks the viability of its strategy to holding the relationship with China hostage to the border issue. The BRICS Summit highlighted that China enjoys big support from the Global South. It is quixotic, to say the least, to act as a proxy of the US to contain China.

India will find itself in a cul-de-sac by dissociating itself from the issue of local currencies, payment instruments and platforms simply because China could be a beneficiary of a new trading system that is part of a more just, equitable and participative global order. India risks alienating the Global South who are China's natural allies, by turning its back on the BRICS' core agenda of a multipolar world order.

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 India Punchline



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Ethical Politics

Ethics in politics serves as a classic example of an oxymoron. When ethics and politics become contradictory or when politics is regarded as dirty, it simply means that a political system has completely lost its way. Politics without ethics is dangerous for any democracy, as it produces distrust at all levels. In the absence of ethics, politics becomes as terrible as cancer.

We all know that politics in In-

dia is famous for criminalization and corruption, and a triad of nexus between criminals, corporates and politicians. It is said that the 17th Lok Sabha, which is the latest, has close to 50% of its MPs faced with criminal charges.

On the one hand politicians frame laws which are supposed to be followed by citizens with full respect, but on the other framers of the law indulge in violation of law and lack ethical values. Several recent inci-

dents have proven that present day politicians in India, especially those attached with the ruling party at the Centre, utterly lack moral values and ethics, and their political attitude is grossly indifferent to the common man's woes. However, this country has seen great political leaders like Lal Bahadur Shastri, who set high standards of ethical values in politics even in adverse circumstances such as Tashkent agreement, food crisis, war with Pakistan, etc. Similarly,

leaders like Sardar Patel, Abdul Kalam Azad, and Atal Bihari Vajpayee were examples of political integrity and probity. It is much sad that ethics and moral values in current day Indian politics have plummeted and they can never be resuscitated as long as our ugly politicians continue to be greedy and insolent, and hardly care for the good of the common man.

Ranganathan Sivakumar

Mindful Fridays

The Healing Trifecta

Compassion, Boredom, and Imperfection in Overcoming Addiction

Wasim Kakroo

In a world where numerous addictive behaviors like cigarette smoking, porn consumption, excessive shopping, and gaming have taken hold, the journey to breaking free from such habits is a challenging one. The path to recovery requires more than just sheer willpower; it demands a holistic approach that encompasses self-compassion, the embrace of boredom, and the practice of imperfection. These three pillars become essential tools for individuals striving to liberate themselves from the clutches of addiction.

1. Self-Compassion: Nurturing the Self:

At the heart of any transformative journey lies the cornerstone of self-compassion, a profound concept that resonates deeply with those navigating the challenging path of change. This principle proves particularly pertinent for individuals contending with the formidable grip of addiction, a struggle often exacerbated by the weighty burden of guilt and shame.

Self-compassion, an art of treating oneself with the same gentleness and empathetic understanding that one would instinctively extend to a cherished friend, serves as a balm to the wounded psyche of those grappling with addiction. This practice pivots on acknowledging the universal truth that human beings are inherently fallible; imperfection is an essential facet of the human experience. Such an acknowledgment dismantles the destructive cycle of self-deprecation that all too often propels addictive behaviors.

Moreover, embracing self-compassion fosters the critical distinction between self-worth and momentary setbacks. This recognition becomes a shield against the paralyzing grip of guilt and shame, permitting one to view relapses as integral components of the broader process of progress rather than as insurmountable failures. This newfound perspective allows individuals to free themselves from the shackles of self-blame and self-punishment, paving the way for transformative growth.

The journey to recovery from addiction is rife with trials, and it is within this tumultuous terrain that self-compassion shines as a guiding light. Nurturing a positive self-image, this practice supplies the necessary reservoir of inner strength required to confront cravings head-on and surmount the inevitable stumbling blocks that might otherwise derail progress. The



gentle embrace of self-compassion empowers individuals to forgive themselves, learn from their missteps, and embark on a journey of lasting transformation—one that is rooted in understanding, resilience, and unwavering self-kindness.

2. Embracing Boredom: Finding Meaning Beyond Addiction

Boredom, often perceived negatively, can paradoxically offer a breeding ground for addictive behaviors. The restlessness it brings can lead individuals to seek quick fixes, often in the form of addictive substances or behaviors that provide temporary relief. To combat this, a shift in perspective is crucial. Instead of regarding boredom as an enemy to be evaded at all costs, those in recovery can reframe it as a unique opportunity for personal development.

By embracing boredom, individuals can open doors to self-growth and self-discovery. Rather than succumbing to the allure of addictive habits, they can channel their energy into productive

endeavors. Engaging in creative pursuits can serve as a powerful outlet, enabling the expression of emotions that might otherwise drive them toward addictive behaviors. Delving into art, music, writing, or any other creative activity not only occupies the mind but also nurtures a sense of accomplishment and fulfillment.

Moreover, exploring new hobbies can rejuvenate one's outlook on life. Learning a musical instrument, trying out gardening, or experimenting with cooking can provide a refreshing sense of novelty. The process of mastering a new skill can instill confidence and a renewed sense of purpose, making it easier to resist the pull of addictive behaviors.

Reconnecting with nature is another effective approach. Nature has a unique way of soothing the soul and helping individuals appreciate the simple yet profound aspects of life. Spending time outdoors, whether through hikes, walks, or other activities, offers a chance to unwind, reflect, and recenter. This reconnection can lessen the allure of

addictive behaviors by fostering a deeper connection to oneself and the world.

3. Practicing Imperfection: Redefining Success

In the realm of addiction recovery, the aspiration for perfection can prove to be a significant stumbling block rather than a catalyst for progress. The very nature of addiction is often characterized by a series of setbacks, struggles, and relapses. When individuals battling addiction set unrealistic standards for themselves and aim for flawless recovery, they inadvertently set themselves up for disappointment and frustration.

Acknowledging the role of imperfections within the recovery process is essential. Addiction recovery is a complex journey that is fraught with challenges, triggers, and moments of vulnerability. The expectation of continuous success and complete avoidance of relapses can lead to overwhelming pressure, potentially triggering a vicious cycle of guilt, shame, and more intense addictive behaviors.

Practicing imperfection, on the other hand, involves recognizing that relapses and setbacks are an inherent part of the recovery process. It's about understanding that these moments don't negate the progress made so far; they are opportunities for learning and growth. By adopting a more forgiving perspective, individuals can reduce the emotional burden that perfectionism can bring, allowing them to approach their recovery journey with greater patience and self-compassion.

Embracing imperfection also cultivates resilience and perseverance. It encourages individuals to view each step forward as a triumph over their challenges, even if it's a small one. This shift in mindset fosters a healthier approach to progress, enabling them to bounce back more effectively from relapses. It encourages individuals to seek support, learn from their experiences, and continue moving forward with a renewed determination.

In the context of addiction recovery, imperfections play a crucial role in fostering humility and self-awareness. These qualities are pivotal in developing coping strategies, identifying triggers, and building a support network. By acknowledging and accepting their own imperfections, individuals can reduce shame, share their struggles with others, and ultimately create an environment conducive to sustainable recovery.

Incorporating these three principles into daily life requires dedication and commitment. One effective strategy is to create a daily routine that prioritizes these practices. Mindfulness meditation, journaling, and affirmations can be valuable tools in cultivating self-compassion and embracing imperfection. Engaging in physical activities, socializing, and pursuing creative interests can help handle boredom and provide healthier avenues for dopamine release.

Furthermore, seeking support is paramount. Connecting with others who share similar struggles or enlisting the help of professionals such as clinical psychologists and psychiatrists can provide valuable guidance and accountability. Support networks, whether in the form of therapy, or close friends and family, offer a safe space to share experiences, setbacks, and successes.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a Child, Adolescent and Family therapist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196

The Dangers of Overthinking

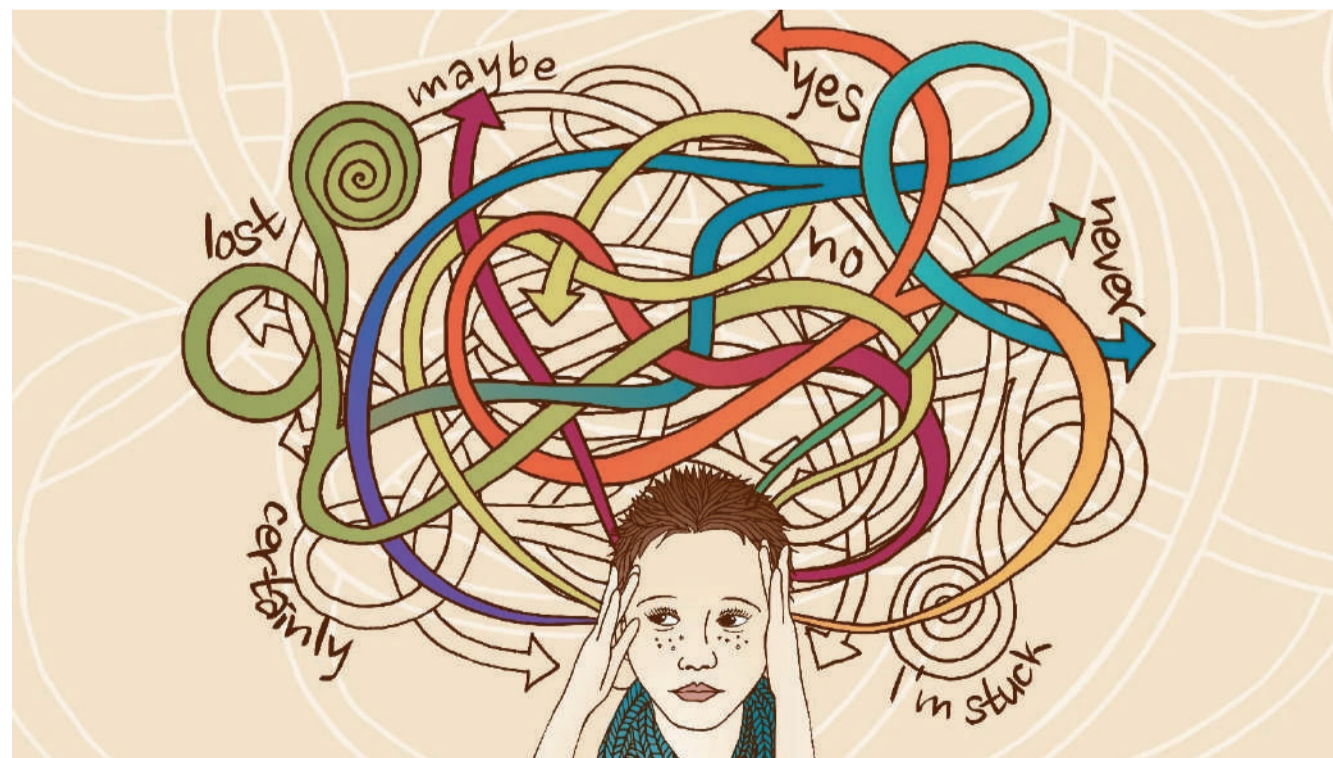
Ever Heard Of Buridan's Ass? No, Not That Kind Of Ass!

Eva M. Krockow Ph.D.

I'm talking about the horse-like animal otherwise known as the donkey. More specifically, the donkey is famously stuck in a choice dilemma described by French philosopher Jean Buridan. The donkey in question faces a tricky choice. She finds herself in the middle of two identical haystacks. With both stacks equal in distance, size, and hayey goodness, the donkey has absolutely no preference for either. Deeply troubled, she looks from one haystack to the other. Which one should she choose? She supposes she might be able to gobble up both, but again: Which one should be first? The despairing ass finds herself trapped in an impossible conundrum. Hours and days pass by, until she suffers the tragic consequences of her indecision, eventually succumbing to starvation.

What do you make of this little tale? Fair enough, it's hard to feel sorry for a donkey who starves to death with perfectly good food in plain sight. Indeed, the entire story seems somewhat far-fetched. After all, when do we ever find ourselves presented with completely identical options? And isn't it obvious that a random choice is always preferable to starvation? Also, if the dilemma is too tough to resolve, couldn't the ass just walk away and find herself a third haystack to munch on?

Analysis paralysis
It's easy to discount Buridan's ass as just another philosophical thought experiment with little real-life relevance. But hold your horses (or donkeys) and wait until you write it off completely! The starving ass offers an important lesson for human decision-making that's often overlooked: Overthinking your choices can have dangerous consequences.
By obsessively weighing up similar or



near-identical options, we stand very little to gain. After all, the outcomes are likely to be almost the same. However, the lengthy decision process may lead to unnecessary delays or even prevent us from making a choice altogether—often at a significant personal detriment. Umzing and erring over which outfit to buy may mean you wear the same old clothes forever. Not being able to choose between two parties may leave you spending the evening at home alone. Struggling to commit to one of two lovers may mean you lose them both.

This phenomenon of indecision, often referred to as analysis paralysis, may be linked to perfectionist attitudes and the desire to identify the very best option, which I discussed in a recent post on satisficing. Additionally, it can be worsened by the availability of too many options, resulting in choice overload that leaves you feeling overwhelmed.

Overthinking in sports
Interestingly, the tendency to overthink choices and actions can even interfere with trained intuition and experience. A striking

example of this comes from the context of competitive sports such as golf, tennis, or cricket, where skilled athletes sometimes report the sudden loss of skills acquired during years of practice. The phenomenon is commonly referred to as the "yips", "choking," or the "twisties" depending on the context, and research suggests it may be linked to heightened levels of anxiety, self-conscious overthinking, and perfectionism. By trying to consciously master certain movements or actions, athletes affected by the yips may end up bypassing

their muscle memory and fail to perform to the standard they are used to.

Researchers have tried to understand the bizarre phenomenon through qualitative studies. One project involved interviewing competitive cricket players who had suffered the yips, and identifying common themes associated with their symptoms. Extreme anxiety and panic were reported frequently, with one interviewee explaining: "I felt very nervous and out of control—I know it sounds stupid but it was like I'd been taken over, I just couldn't do it." Trying to compensate for their nerves, it appeared that the affected cricketers tried to overthink and control their subsequent movements. This strategy was rarely followed by success, as illustrated by the following comment: "I was telling myself when to let it go [the ball] because I realized I was not letting the ball go at the right time, so I was saying to myself 'let it go' and, of course, you can't say that because by the time you've said that your arm is down on the ground."

Sudden, cruel, and often difficult to overcome, the yips have ruined entire careers, for example, forcing gymnast Simone Biles to withdraw from the Olympics and Stephen Hendry to abandon his previously skyrocketing career in snooker.

Researchers, sports psychologists, and athletes agree that it's hard to understand "the yips" if you haven't experienced them yourself. If you're struggling to understand the concept of overthinking, I leave you to ponder the following little poem:

The Centipede's Dilemma
Katherine Craster
A centipede was happy – quite!
Until a toad in fun
Said, "Pray, which leg moves after which?"
This raised her doubts to such a pitch,
She fell exhausted in the ditch
Not knowing how to run.

Have To Be At Absolute Best To Face Them: Kohli On Pakistan Bowlers

Press Trust of India

PALLEKELE: The great Virat Kohli feels one has to be at his absolute best to face a high quality bowling attack like Pakistan's. The Indians have won their last three ODIs against Pakistan but the last one was played during the 2019 World Cup. "I feel bowling is their strength. And they've got some really impactful bowlers that can change the course of the game anytime based on their skill set. So, you have to be at your absolute best to face them," he told Star Sports.

Kohli has been in decent form in ODIs lately, having scripted 554 runs in 13 matches in the format since last December at a commendable average of 50.36. Talk-

ing about his approach lately, Kohli said, "I only try to understand how I can better my game. Every day, every practice session, every year, every season, this is what has helped me play this well for so long and to perform for my team."

"I don't think you can perform consistently without that mindset because if your performance is your only goal, then you can be satisfied and stop working hard. There is no limit to it."

"There is no set achievement that if you reach a certain stage, you've reached excellence. I think I strive for betterment every day, so that is a better word to use, and yes, performance obviously becomes a by-product because your mindset is 'How do I make my team win from this position?'"



BCCI, Viacom 18 Agree Broadcast Rights For Nearly Rs 6000 Cr



Press Trust of India

NEW DELHI: Viacom 18 on Thursday created a near monopoly in Indian cricket broadcasting sphere by bagging both TV and digital rights of the national team's home series for the next five years with a cumulative bid of approximately Rs 6000 crore, beating Star India and Sony in a three-way battle.

The BCCI had invited separate e-bids for both linear (TV) and digital for best price discovery.

"Viacom 18 paid Rs 3101 crore (approximately) for digital and Rs 2862 crore for linear (TV). As has been the trend, digital has fetched

more in Rs 5963 crore (approx) deal.

"With IPL digital rights being bought by Viacom for Rs 26,000 crore plus, they now have almost all the high profile cricket properties save IPL linear (TV) and ICC events," a broadcasting industry source, tracking developments closely, told PTI on conditions of anonymity. The rights will come into effect with India's three-match home series against Australia beginning September 22 and end on March 31, 2028.

"Congratulations @viacom18 for winning the @BCCI Media Rights for the linear and digital for the

next 5 years. India Cricket will continue to grow in both spaces as after @IPL and @wpl20, we extend the partnership @BCCI Media Rights as well," BCCI secretary Jay Shah said on X, formerly Twitter.

India will be playing 88 international games across three formats including 25 Tests, 27 ODIs and 36 T20Is with per match value of the deal standing around Rs 67.76 crore. This is nearly Rs 7.76 crore more than last cycle's Rs 60 crore per match value. However, the BCCI is getting Rs 175 crore less than Rs 6138 crore it received during last cycle which had more games, specifically 102.

Srinagar Premier League: Bank Academy Beats LKFC



Observer News Service

SRINAGAR: The DFA Srinagar-organised Srinagar Premier League 2023 continued on Thursday with two matches played at Synthetic Turf TRC.

In the first game, J&K Bank Academy defeated Lonestar Kashmir FC 4-1.

Lonestar Kashmir took the lead in 24th minute through Tabish, but the Bank Academy responded via Yawar in the dying moments of the first half. J&K Bank Academy went ahead in the game after Asif found the back of the net. Huzafah made it 3-1 to J&K Bank Academy in the 81st

minute, before man of the match Talib slotted the ball home to give the Academy boys a 4-1 win.

In the second game, Galaxy FC played Kashmir Avengers FC. The match ended 0-0 as both teams failed to capitalise on goal-scoring opportunities.

The league will be taking a break on Friday, before returning on Saturday with one fixture on schedule. ARCO FC will play Kashmir Maharaja FC, with kick off at 7:00.

The Srinagar Premier League is currently a two-horse race, with Downtown Heroes FC and FC1 going neck-to-neck in the standings.

AJKMF Complete Katsal Peak Expedition

Observer News Service

SRINAGAR: The All Jammu Kashmir Mountaineering Foundation, in collaboration with Jawahar Institute Of Mountaineering And Winter Sports, scaled Katsal Peak on 30-08-2023 at 10:00 am IST.

A team consisting of 10 members from AJKMF and four instructors of JIM & WS, including principal Col Hem Chandra Singh, started the trek from Ganshibal village of Pahalgam on 29th Aug 2022. As per the plan, the group set up their base camp in the Tu-



liyan Valley (3300m).

The team left the base camp at 2:00 am and managed to reach the glacier in three hours. After negotiating steep glaciers of around 200-300 mtrs, the

team got a clear glimpse of the Katsal summit. Members braved themselves through hanging rocks, narrow ridges, as well as the scree path. The team reached the final point at

10:00 am IST and recorded an altitude of 4870m.

The team halted for an hour at the summit, which offered some beautiful views of Mount Haramukh and Mt. Kolahoi. Alpine lakes, including Tulian, Sorus, and Sorasar, were also seen. Distant views of Mt. Nun & Kun were also visible.

The group further descended back towards the base camp and, after packing up, returned all the way to Pahalgam.

This was All Jammu Kashmir Mountaineering Foundation's first-ever joint expedition with a national

institution.

"The club is indebted to Principal JIM & WS Col. Hem Chandra for his unconditional support. The club is thankful to Showkat Ahmad Mir for always inspiring and motivating us to reach great heights. The club is also grateful to Everest Mohd Iqbal Khan for always guiding us to the heights of J&K, the club is also thankful to Ajay Chauhan for their unwavering support. Lastly, we are thankful to all team members it was a great team effort to reach the Top of the Giant Mountain!" the AJKMF said in a statement.

Director YSS Inaugurates District Level Volleyball Tourney

Observer News Service

SRINAGAR: Director Youth Services & Sports (YSS) J&K, Subash C Chhibber, on Thursday inaugurated Inter School District Level Volleyball competitions at Sports Complex, Wazir Bagh here.

Student players of different government and private schools of Srinagar are participating in the tournament.

Director YSS expressed his good wishes with the participants and hoped that they would put-in their best efforts in displaying a professional game.

"For students, sports are a proven powerful tool for character building and overall development. Sports play an essential role in the development and character-building of students. Beyond just physical fitness, sports offer numer-



ous mental and emotional benefits that can shape a student's personality and life skills" he further said.

Joint Director Kashmir Waseem Raja and District Youth Services and Sports Officer Srinagar, Gh Hassan Lone were present at the event.

Some dedicated employees of the Department were also felicitated in the inaugural function.

DYSS Holds Multiple Sports Events In Anantnag

Observer News Service

ANANTNAG: The Department of Youth Services & Sports District Anantnag organized various tournaments on Thursday, including District and Zonal Levels.

A NetBall tournament was organised U-14 girls at the District Level and was inaugurated by Principal Hr. Sec. School Wanpoh.

At Zonal Level, Zone Shangus hosted a Tennis Ball Cricket Tournament U-14 boys, Zone Verinag also kick-started a Cricket Tournament for U-14 and 17 boys. Zone Dooru witnessed the Football Tournament for U-14 & 17 boys, While as Mentors Modern Institute Arwani lifted the Zonal level cricket tournament



of Bhijbehra for the Age Group of 17.

In the grand finale, MMI Arwani defeated HSS Marhama by 58 runs at Sports Ground, Jablipora Bijbehara.

Earlier, while batting first, MMI Arwani scored a total of 120 runs. In reply, HSS Marhama failed to chase the target and lost the match by 59 runs.

FOOTBALL



How Many Headers Does It Take To Damage A Footballer's Brain?

Deutsche Welle

The more often a footballer plays, the higher the risk of cognitive disorders. That is the conclusion of a study that has been published in Great Britain. Cognitive disorders include increasing forgetfulness, reduced attention, concentration problems, speech disorders, orientation problems or memory loss.

For the study, which was commissioned by the English Football Association (FA), the researchers analyzed the questionnaires of 468 former British professional footballers over the age of 45. On average, the footballers were around 63 years old. They had to estimate whether they had headed the ball, on a per game or training session basis, between zero and five times, six to 15 times or more than 15 times. Their cognitive abilities were then tested in telephone interviews.

The result was that players with the highest frequency of headers had more than three times the risk of cognitive impairment compared to those in the lowest category.

"Similar results were observed with other cognitive tests noted with dementia and Alzheimer's disease," the study states. However, the researchers qualify this statement, saying that "due to only 13 self-reported cases of physician-diagnosed dementia, the results and conclusion pertaining to these cases should be interpreted with caution."

In 2019, a study from the University of Glasgow had made headlines. The researchers had evaluated the causes of death of more than 7,500 Scottish professional soccer players. According to this study, the players' risk of dying from Alzheimer's, Parkinson's or other dementias was three and a half times higher than normal.

A study in Sweden — which examined around 6,000 soccer players who had played at least one game in the top Swedish league between 1924 and 2019 — concluded in the spring of 2023 that professional players had about one-and-a-half times the risk of developing Alzheimer's disease or other forms of dementia compared with the general population.

Outfield players, especially



defenders, were more at risk than goalkeepers, both the Swedish and Scottish studies said as they are more likely to sustain head injuries in duels and head the ball more often.

This is also the conclusion reached by the researchers in the new British study. They advise reducing the number of blows to the head to prevent

developing cognitive disorders later in life, including dementia. Further studies are needed, they say, for example to determine an upper limit for a responsible number of head concussions.

In the U.S., a ban on headers has already been in place since 2015 for young footballers up to the age of ten. In England and Scotland, header training is prohibited be-

fore the age of twelve. In Scotland, there are also restrictions for professionals; they are not allowed to play headers in training the day before and after a match.

The English Premier League have recommended "that a maximum of 10 higher force headers are carried out in any training week." This refers to headers after long passes, cross-

es, corner kicks or free kicks.

The German Football Association (DFB) wants to take a different approach: From the 2024/2025 season, children's and youth football will be reformed up to the age of eleven. Then, for example, the youngest players will only play two against two or three against three on very small pitches with small goals. A two-year pilot phase is still underway. According to the DFB, "the new forms of competition ensure that headers are virtually eliminated."

However, they say it is also important to practice good heading technique. "Among other things, training headers at a young age should include low practice volumes, the use of lighter balls, sufficient recovery time for the head and initial throwing on with the hand to head the ball."

The research phase of a study on the health of former German professional footballers, in which more than 300 former players have participated so far, will continue until the end of September. Results of the "SochHealth" study are to be published in 2024.

Anti-Cancer Job Taking 7 Minutes To Administer Rolled Out In England

Agenceis

An anti-cancer jab that can cut down treatment time for some by three quarters has been rolled out by National Health Service (NHS) England, the UK's publicly funded healthcare system.

The jab takes as little as 7 minutes to administer, NHS England said in a statement, adding that it will be the first health system in the world to roll out the seven-minute injection to hundreds of NHS cancer patients each year.

The vaccine has been approved by the Medicines and Healthcare products Regulatory Agency (MHRA), the statement said.

MHRA is a UK state agency responsible for ensuring that medicines and medical devices work and are acceptably safe.

Currently, the patients receive the life-extending immunotherapy atezolizumab in hospital directly into their veins via a drug transfusion (intravenously), which can take from 30 minutes to up to an hour to administer, the statement said.

This anti-cancer jab, a subcutaneous or under-the-skin injection, is swifter and is expected to enhance the patients' experience, it said.

The quicker administration

could also free up valuable time for NHS cancer teams, it said.

The healthcare system of England anticipates the majority of the approximately 3,600 patients starting their annual atezolizumab treatment in England to switch onto the time-saving injection.

Atezolizumab is an immunotherapy drug, currently offered by transfusion, that empowers a patient's own immune system to seek and destroy cancerous cells. The drug is administered to NHS patients with a range of cancers, including lung, breast, liver and bladder.

However, patients receiving intravenous chemotherapy in combination with atezolizumab may remain on the transfusion, the statement said.

"Maintaining the best possible quality of life for cancer patients is vital, so the introduction of faster under-the-skin injections will make an important difference," said NHS National Director for Cancer, Peter Johnson.

"This is great news for both patients and clinicians. We welcome any new initiative that brings speedier treatment to patients and gives them more comfortable care," said Alexander Martin, a consultant oncologist at West Suffolk NHS Foundation Trust.

'Monkey-Men' to Scare Away Primates from G20 Summit in Delhi

Agenceis

NEW DELHI: Indian officials preparing for the G20 summit next week have hired teams of "monkey-men" and erected primate cutouts to deter marauding monkeys from munching on the floral displays laid out for global leaders.

New Delhi's city council has hired more than 30 "monkey wallahs", or "monkey-men", who mimic the hoots and screams of the aggressive langur monkey — the natural enemy of the smaller rhesus macaque primates who wreak havoc in the capital's leafy government areas.

"We can't remove the monkeys from their natural habitat, so we have deployed a team of 30-40 men who are trained to scare away monkeys," Satish Upadhyay, the vice-chairman of the New Delhi Municipal Council, said on Wednesday.

"We will deploy one man each at the hotels where the delegates would be staying, as well as in places where monkey sightings have been reported." Though revered in the majority



Hindu nation, monkeys are a major menace, often trashing gardens, office and residential rooftops and even viciously attacking people for food.

The Delhi metropolitan area, home to around 30 million people, has been on an intense beautification drive since India assumed the G20 presidency last year.

Police have readied a

near-shutdown of the centre of the capital for the September 9-10 summit, with roads blocked and a holiday declared with businesses shut. But worries that troops of monkeys may charge in front of the convoys of cars ferrying presidents and prime ministers from the Group of 20 nations meant the council turned to the forest department for a plan.

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Indonesia Arrests 88 Chinese Nationals Over Love Scams

BATAM: Dozens of Chinese nationals were arrested in Indonesia on suspicion of running an online love scam syndicate that ensnared hundreds of victims in China, police said on Wednesday.

Acting on a tip-off from their Chinese counterparts, Indonesian police arrested 83 men and five women at an industrial park in Batam city in Riau Islands province on Tuesday.

Police said the syndicate blackmailed hundreds of victims in China, many of whom were public officials.

"We are investigating if there are any Indonesians among the victims. If there are none, the scammers will be deported immediately," Riau Islands police spokesman Zahwani Pandra Arsyad said on Wednesday.

The alleged scammers pretended to have romantic feelings for their victims during video calls.

The women scammers are



accused of seducing the victims before asking them to engage in sexual acts during the calls while other suspects recorded the videos.

The suspects then allegedly blackmailed their victims, threatening to release the videos on social media if they refused to send them money.

Republican Senator Freezes Up In Public Appearance

WASHINGTON: Top US Senate Republican Mitch McConnell froze up for more than 30 seconds on Wednesday during a public appearance before he was escorted away, the second such incident in a month.

McConnell, 81, was replying to questions from reporters after an event with the Northern Kentucky Chamber of Commerce in Covington when he froze up, staring into space and not responding to reporters and others nearby.

After being approached by a second person, McConnell resumed speaking but needed reporters' questions repeated to him and only answered two more questions. The longest-serving Senate party leader in history, McConnell's voice was shaky and quiet.

He declined to say whether he would support former president Donald Trump as the Republican nominee for



president before walking away with a staffer. A McConnell aide said the senator would be consulting a physician before his next public event. The Senate is due to reconvene next week after a more-than-month-long

summer recess. "Leader McConnell felt momentarily light-headed and paused during his press conference today," McConnell's spokesperson said. The incident was similar

to one that took place in the US Capitol on July 26, when McConnell froze in the middle of a press conference and had to be led away, returning several minutes later to finish taking questions.

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