

## Anantnag Encounter in Day 2 Drones Scan Area to Track Down Terrorists



KO Photo: Abid Bhat

### Agencies

Anantnag: Day after the killing of an army colonel, major and a police officer, the exchange of fire between security forces and terrorists continued for second straight day on Thursday in Gadool forest area of Kokernag hamlet in South Kashmir's Anantnag district with army pressing in new generation weapons and devices to track down the militants.

Media reports said that intermittent exchange of fire between security forces and the militants, said to be numbering two, remained on throughout the day. The operation was put on hold as dusk set in. "There is no confirmation whether any terrorist has been killed so far given the tough terrain and forest area," the official said. "Given dark, high beam lights have been installed and all the layers > More On P6

## 'Conflict Profiteers' Handed Guns, Stones To Children In J&K: LG

### Agencies

Srinagar: Jammu and Kashmir's Lieutenant Governor Manoj Sinha Thursday said that "conflict profiteers" used to brainwash children and handover guns and stones in their hands but the UT administration is going tough against these profiteers and no one will be spared. Addressing two-day workshop on Strengthening of Child Protection System/Mechanisms for Representatives of PRIs/ULBs/Police/SIRD and other stakeholders of J&K, at Convention Centre, Srinagar, the LG said that some "conflict profiteers" used to brainwash J&K children and handover stones and guns in their hands. "We have decided to go



KO Photo: Abid Bhat

tough against all these conflict profiteers and none of them will be spared," the LG said. He said that the administration is committed to hand over laptops to J&K's children and shape their future. He said that post August 2019, all

laws that were not applicable to J&K with regard to child protection were made applicable with the result Juvenile Justice Board (JJB) was re-framed, Rehabilitation policy for children was also made. "Focus has > More On P6

### 'Let's Join Hands To Fight Drug Menace In J&K'

Asserting "adolescent drug abuse" is one of the major areas of concern, Lieutenant Governor Manoj Sinha on Thursday called upon the public representatives, NGOs, community elders, religious leaders and youth clubs to join the fight against the menace. "We have adopted a zero tolerance policy against drugs and it is our collective responsibility to raise awareness and strengthen action to realise the vision of drug-free J&K," he said. The Lieutenant Governor, who inaugurated a two-day workshop on sensitisation-cum-training programme for the representatives of panchayat raj institutions, urban local bodies and police on 'Child Rights and Protection' here, said "childhood > More On P6

**WE HAVE DECIDED TO GO TOUGH AGAINST all these conflict profiteers and none of them will be spared."**

## POST MATRIC SCHOLARSHIP SCHEME

### Ex-Director Tribal Affairs Dept Booked For Bungling Of Funds

#### Auqib Javeed

Srinagar: The Anti-Corruption Bureau (ACB) has registered a case against a former director of the tribal affairs department (TAD) over the alleged bungling in the scholarship funds meant for imparting vocational training to scheduled tribe students of North Kashmir's Kupwara, Bandipora and Baramulla districts. The case has been filed against M S Choudhary, the then Director TAD for misappropriation of scholarship funds during the year 2014-2017. This, ACB sources said, is the second FIR against Choudhary for his alleged involvement in misappropriation of scholarship funds. Choudhary has been booked under section 5 (1) (d) r/w



section 5(2) of J&K Prevention of Corruption Act in FIR number 09 -2023 and section 120-B, 467, 468, 471 RPC registered at Police Station ACB Baramulla. The FIR has been also registered against the owner of SoftTech Computer Education Institute Kunzer Baramulla and Owner of Intech Computer Educational System Bandipora. In a statement issued to Kashmir Observer, ACB said that an investigation launched

to probe irregularities in centrally sponsored Post Matric Scholarship (PMS) scheme during the year 2014 to 2017, found that Choudhary and others had committed gross violations while disbursement of funds to the private institutes which imparted computer training courses to the students of the ST community. "The probe revealed that an amount of Rs. 2,06,41,000/- was released by then Director Tribal Affairs J&K, as fees component for different sessions vide various orders in favor of nine computer Institutes falling within Districts Bandipora, Baramulla and Kupwara on account of imparting computer training to 1272 students belonging to ST Category during the session 2014-15, 2015-16 > More On P6

## Only 100 Cr Out Of Rs 1300 Cr Released In One Year

### Flood Mitigation Plan II Hits Roadblock

#### Agencies

Srinagar: The completion of flood management plan phase-2 is likely to take time as fund flow from the Central Government hasn't been upto the mark as just around 100 crore have been released out of around 1300 crore in last one year. A senior official of the irrigation and flood control (I&FC) department said that completion of phase-2 of comprehensive flood management plan is likely to take time as fund flow is slow and it is expected to take more time three years given for its completion. "Every project completion depends upon flow of funds but as of now fund flow is slow, however, the department is working to complete the project as soon as possible," he said. He said that the 40 metre

widening of the river Jhelum is to be done from Nigli Sopore to Khanpora bridge in Baramulla which is around 19 kilometres. "To start work, we need acquisition of land and structures as it is touching Sopore town at some spots and some other habitations," he said. "Demarcation process with the revenue department has been started already following which an assessment process about the land and structures will be done." He said that at some spots, the official said that there is government land which needs to be acquired and for what we have sought directions from concerned authorities. "As per initial assessment, land and structure acquisition will cost around Rs 300 Cr," he said. "Once the demarcation process along with assessment work will be > More On P6

## LG Pays Homage To Fallen Soldiers



Lieutenant Governor Manoj Sinha laid a wreath and paid homage to Col Manpreet Singh and Major Aashish Dhonchak, who made supreme sacrifice in an opera-

tion against terrorists in Anantnag. "My deepest condolences to their families. The grateful nation will forever remain indebted to the brave hearts," the Lt Governor said. > More On P6

**TERRORISTS WILL NOT BE SPARED** and all new generation weapons and devices are being used to locate hiding terrorists."

## Farooq Advocates Dialogue For Ending Bloodshed In J&K

#### Press Trust Of India

Srinagar: National Conference (NC) president Farooq Abdullah on Thursday said India and Pakistan will have to come to the dialogue table if they want to end bloodshed and find lasting peace in Jammu and Kashmir. The former Jammu and Kashmir chief minister also said wars did not resolve issues in the past nor will they bring peace in the future. "Such incidents will continue if there is no dialogue. We are fools if we think that it (violence) will stop. We will keep losing lives.... There is no way but



dialogue. Both countries should give up their stubbornness and hold talks," Abdullah told reporters here after visiting the family of Humayun Bhat, a deputy superintendent of the Jammu and Kashmir Police who was killed in a gunbattle with terrorists in Anantnag. > More On P6

## Jail Those Calling For Talks With Pak: BJP Leader

BJP leader Altaf Thakur on Thursday said time has come to put behind bars people who advocate holding dialogue with Pakistan on Jammu and Kashmir. The BJP leader was reacting to the statement of National Conference president Farooq Abdullah. > More On P6

## India Defending Every Inch Of Border With China: LG Ladakh

#### Press Trust Of India

Jammu: Indian troops are defending every inch of the border with China and not even a single inch of land has been taken over by the neighbouring country in recent years, Ladakh Lt Governor Brig (Retd) B D Mishra said on Thursday. He said infrastructure development is taking place at a rapid pace across Ladakh with roads, helipads, airfields, tunnels and bridges being built, and India will catch up with China in that regard within next four-five years. Brig Mishra (Retd) was in Jammu in connection with a three-day north-tech symposium which concluded at IIT Jammu on Wednesday. The event provided a platform for engagement between the academia and



industry to devise unique solutions to meet the army's operational requirements in northern command, while promoting self-reliance in defence production and technology proliferation. "If there is any match to them (China) in Asia, it is India. China is a nefarious country. So right from the very beginning, they have been having this > More On P6

## Govt Simplifies 'Transfer Of Vehicle Ownership' Through E-Sign

#### Observer News Service

Srinagar: Transport Department of J&K, in its drive to increase ease of doing business with the Government and eliminating opportunities for corrupt behaviour, launched a new online module for Transfer of Vehicle ownership in Jammu and Kashmir. The new module would enable both the buyer and the seller to have the option of electronically signing the legal documents, required for application process through their AADHAR registered mobile number. This has not only made the process of making transfer of ownership application much easier but also obviated the requirement for the buyer and seller to visit the Motor Vehicle Department's offices in person



to get their identities verified as the same is being accomplished through the AADHAR enabled e-Signing process. Earlier, the buyer and seller of a vehicle had to download application forms, fill them manually on the portal, upload back and submit the physical copies in the Transport Department's Offices too. But now after

introduction of this ambitious initiative, Form 29 and Form 30 shall be auto-generated through fetching of relevant information from VAHAN and AADHAR databases. Earlier, the buyer and seller had to upload some extra documents such as sale-deed, address proof and others. But now, there will be no such requirement, for the buyer and seller opt for the e-Sign method of application. Also, processing of such applications used to take weeks or even months, but now with the use of e-Sign method the same would take hours if not minutes, because all the relevant data will be fetched through VAHAN and AADHAR databases, obviating the need of another verification by Motor Vehicle Department Officials.

## SHORT TAKES

### Missing Handwara Boys Traced In Chennai

Three students, who had gone missing from North Kashmir's Handwara on Monday last, have been traced in Chennai in south India's Tamil Nadu State. The three minor boys Nazim Muntaz, of Phalmarg, Faizan Hameed Mir of Kalmooana and Uzair Ahmad Dar of Champpora were reported missing by their families. "After looking for every possible place, the trio couldn't be located until information was received from Chennai in > More On P6

### Sarpanch Arrested For Killing His Wife

Sarpanch was arrested on Thursday for allegedly shooting dead his wife in Rajouri district of Jammu and Kashmir. The Sarpanch identified as Yashpal of Patrara village was arrested by police after receiving information that he fired upon his wife Neelam Devi during the intervening night of September 13-14, reports said. Yashpal, who was also a Village Defense Committee (VDC) member, fired upon his wife with 303 Rifle leaving her critically injured. > More On P6

### Chairman DDC Srinagar Calls On LG

Aftab Malik, Chairman, District Development Council Srinagar, called on Lieutenant Governor Manoj Sinha at Raj Bhawan here on Thursday. The DDC Chairman discussed with the Lt Governor development issues of rural areas of Srinagar. Fayaz Ahmad Bhat, Chairman Peace Foundation and Farooq Ganderbali, President Voice for Peace & Justice also met the Lt Governor and discussed various issues of public importance > More On P6

### 2 Held For Beating Army Colonel In Delhi

Two persons have been arrested for allegedly beating up an army colonel and snatching his belongings in south Delhi's Malviya Nagar area, police said on Thursday. The victim, Vinit Mahto, a resident of Chanakyapuri, in his police complaint on Wednesday said that he and his friend had visited Malviya Nagar's Triveni complex on Tuesday night and asked for a lighter from a man standing there, a senior police officer said. The person started > More On P6

### Retired Army Man Killed In Road Accident

A retired Army personnel died while his wife and daughter sustained critical injuries after a vehicle they were travelling in was hit by a truck at Dandesar village on Jammu-Rajouri-Poonch national highway. The accident took place on Thursday late afternoon after an Alto car bearing registration number JK11B-4049 on way to Jammu from Rajouri and a truck JK02AL-2569 collided at Dandesar. Three members of a family > More On P6

### 4 Drug Smugglers Sent To Kot Balwal Jail

Acting tough against drug peddlers and to eradicate the menace of drugs from the society, Jammu & Kashmir Police on Thursday said to have booked four most wanted and notorious drug smugglers under PIT NDPS Act in Baramulla and lodged them in Central Jail Kot-balwal Jammu. The four most wanted and notorious drug smugglers namely Sajad Khan of Mohura, Manzoor Yattoo @Munna of Heewan, Bilal Rather of Bandipayeen & Aqib Dar @Babar of Khambiyar have been > More On P6





KASHMIR OBSERVER<sup>TM</sup>

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## Grim Turn

A Colonel, a Major, and a Deputy Superintendent of Police, lost their lives in an encounter with militants in Kokernag area of South Kashmir in a grim reminder that security challenges persist in Kashmir. The attack, claimed by the banned Resistance Front with alleged ties to Pakistan-based Lashker-e-Taiba, marks the second major assault on army personnel in the region within two months.

The loss of the lives of the senior security forces personnel is tragic. Colonel Manpreet Singh, the Commanding Officer of 19 Rashtriya Rifles, Major Ashish Dhonack, and Deputy Superintendent Humayun Bhat, paid the ultimate sacrifice in the line of duty. DySP Bhat's tragic loss leaves behind a grieving family, including a two-month-old daughter, a poignant reminder of the personal sacrifices made by them.

The incident casts a shadow over the region's security situation, especially in South Kashmir. The recent attack in the Jammu region, which claimed the life of an Army personnel and a military dog, highlights the gravity of the security challenges across Jammu and Kashmir. The successive incidents serve as a stark reminder that the militant threat remains very real and cannot be taken lightly. The need for preparedness in the face of such threats cannot be overstated. The recurrence of such attacks in a short span is also deeply concerning and calls for a reevaluation of our counterterrorism strategies.

Over the past four years, the successive killings of militants by the security forces gave a sense that militancy may finally be on its way out in Kashmir. But the recent spurt in attacks and the violence tell a different story. It shows there has either been simultaneous replenishment of the depleted militant ranks through fresh recruitment or the influx of militants from across the border - a trend that has stayed constant over the past three decades. This is why while public unrest and stone-pelting have drastically diminished since the revocation of Article 370 in August 2019, militancy has continued unabated. And there is little sign that the situation on this score will change for the better anytime soon.

There is thus a critical need to reassess the situation and if possible to rethink the response. An iron-fist approach to quell the militancy may have appeared to have borne fruit. But its benefits are obviously now wearing out thin. Hence the need for reaching out to youth and engaging them politically. But it seems unlikely that the union government would be willing to change tack as of now. Here's hoping that sooner or later it does.

### OTHER OPINION

## Road accidents: A pandemic that needs greater attention

In India, 5.23 lakh people have died due to Covid-19 over the last three years. During the same period, 4.43 lakh fatalities occurred due to road accidents — the damage, therefore, is comparable. It should also be noted that for a large part of these years, a substantial section of the population was indoors due to frequent lockdowns and physical distancing. Roads had far less traffic on average as compared to the times when the virus wasn't raging.

Deaths due to Covid-19 have now come down. But with more and more motorisation on Indian roads, it appears that the death toll due to accidents is only going to be higher if stricter practices are not brought in.

Let me share the trauma experience of my state — Uttarakhand. A Level 1 Trauma Centre was started in AIIMS Rishikesh in 2019. Over the next year, it was realised that the only Level 1 Trauma Centre in the state was not receiving patients. A quick analysis of the multiple casualty scenarios of Uttarakhand provided some clarity. In 2019 alone, more than 1,300 people in the age group of 30-45 years died due to accidents, indicating that their injuries were very severe. In contrast, when the severity of injuries of patients being brought to a Level 1 Trauma Centre (AIIMS Rishikesh) was considered, the mean injury severity score was found to be 14 (moderate severity). This indicates that most deaths took place before reaching the hospital.

Several people attained injuries when vehicles fell into gorges. This is somewhat unique to hill states like Uttarakhand. Such accidents result in more transfer of destructive energy from the vehicles compared to scenarios when vehicles collide amongst themselves. The best solution to this is making vehicles robust. There is a need for better vehicle body standards and regulations. The Bharat NCAP is a good step in this direction, though it focuses only on Light Motor Vehicles (LMVs). Irrespective of the type of vehicle in question, the need of the hour is a safety grading of vehicles. The NCAP safety grading should be extended to all vehicles, including trucks and buses.

In the UK, when a child is born, the nurse personally inspects the car of the parents to ensure that there is a proper car seat for the newborn. Without that, the baby is not allowed to be taken home. In India, such attention to child safety is restricted to a very small section of society. And even that section is largely unaware of safety norms peculiar to children travelling in four-wheelers. A 2019 study by SaveLIFE Foundation, for instance, found that nearly 76 per cent of the parents surveyed were unaware of the Child Restraint System (CRS). Of the respondents who were aware of CRS, only 3.5 per cent had used the same including booster seats at some point.

*The Indian Express*



# BRICS in Multipolar Order

Aga Syed Muntazir Mehdi

Shutting down the US Dollar and finding an alternative is the last nail in the coffin for US hegemony. The complete end of the hegemony means justice and prosperity for developing nations. BRICS as an economic power has to take the leadership role in the multipolar world and initiate in the interest of the entire international community

Regional organizations with global influence have gained significant importance in recent years. The developing countries have concluded that the US is using dollars as a weapon in global trade as a result regional players are considering an alternative currency. The US dominance has entered into its final stage and the world has already arrived at the multipolar order.

China is on rise, the EU is flourishing with the valued Euro, new economies like Russia, India are becoming game changers. The business treaties are opting out of the US dollars. Weaponization of the currency is underlined and the US dollar is under stress.

In this backdrop, the era of regional corporations is gaining more and more importance. BRICS is such a platform that is a beacon light to the trade and commerce that is minus the US. BRICS is composed of emerging economies, Brazil, Russia, India, China and South Africa. These are the countries that are potential engines of the world economies in the multipolar world and as a leading institution consisting large emerging economies the BRICS is able to shape trends by providing proper models and initiatives and with complimentary economics with cultural diversity BRICS members can meet mutual need and shape their national native developmental experience to enhance global prosperity and peace.

The BRICS group has to offer the world a good tradition of non-hegemonic models of peace and prosperity. The models can be analysed as a step towards collective human security as well. The collective of the group is capable of demilitarisation of the security

and replacing it with the welfare and rule of law.

China and Russia have prominence in the Security Council and their hesitation towards the US hegemony is decisive in setting the precedent for global trade. The Russia-Ukraine conflict brought the intentions of Moscow, of checking the NATO presence, to the light of the day. Similarly China is a big challenge for the USA.

Therefore, the BRICS group has tremendous power to democratise the international system and make it inclusive of the countries who are at the wrong side of the USA.

Oil producing countries like

ers is also under serious question. In this context, BRICS extending its membership to the Kingdom of Saudi Arabia and the Islamic Republic of Iran is opening a new optimism.

BRICS is giving clarity that East is the future and anti-Americanism is no more crime. Additionally, the measure is optimistic towards the end of Iran-Saudi antagonism which is a prerequisite for a stable West Asia and end of civil war.

Shutting down the US Dollar and finding an alternative is the last nail in the coffin for US hegemony. The complete end of the hegemony means justice and prosperity for developing

China is on rise, the EU is flourishing with the valued Euro, new economies like Russia, India are becoming game changers. The business treaties are opting out of the US dollars. Weaponization of the currency is underlined and the US dollar is under stress.

Iran have a tremendous national interest in the alignment with the BRICS and the group too should see Iran as their energy partner.

The most important role that we see in BRICS is its role in South-South Dialogue. The group can play an important role in bringing economic prosperity to the Global South and prevent imperial intentions to penetrate into the emerging/developing nations.

The expansion of the BRICS is crucial at this point when the Pandemic has crippled various economies and also underlined the question of conventional security paradigm. The global economy that is dominated by the US and some European pow-

nations. BRICS as an economic power has to take the leadership role in the multipolar world and initiate in the interest of the entire international community. Therefore, the world minus hegemony will be more inclusive and democratic to collectively solve global problems.

*Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author is a Researcher and can be reached at: agamuntazir@gmail.com Twitter Handle: @agasyedmuntazir*



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## Encouraging Literary Festivals

It is a lot encouraging to see that literary festivals are increasingly held elsewhere in the world, which help build communities of readers. These festivals also provide a platform to new authors by drawing instinctive attention from readers and the media, besides enabling popular authors to market their titles. Turned into a major industry,

these festivals create new readership, boost book sales, and upgrade publishers' brands. Perhaps, another major attraction of literary festivals is that it mirrors the nation's inherent culture and its mores.

As for India, the country celebrates book lovers, authors and writers every year through literary festivals organized across the country's

length and breadth. It is a matter of pride for Indians to attend and be a part of these lit-fests, which indicates the growing tribe of intellectuals in the country. The Jaipur Literary Festival, which is described as the 'cultural catalyst' and the 'greatest literary show on earth', draws people around the globe, augmenting Rajasthan's tourism economy. Literary fes-

tivals enable us to unite the past with our contemporary lives, the real with the imagined and the spoken with the written. These festivals have become a great centre for all literature aficionados and aspiring writers with a growing passion for books and expanding love of writing.

*Ranganathan Sivakumar*

## Mindful Fridays

# Why We Should Promote Crying for All Genders



**CRYING ALLOWS CLIENTS TO RELEASE PENT-UP EMOTIONS, EXPLORE DEEP-SEATED FEELINGS, and gain insights into their emotional struggles. It serves as a gateway to processing trauma, grief, and unresolved issues from the past**



Wasim Kakroo

Emotions are an integral part of the human experience, and yet, for centuries, society has imposed rigid expectations about how people, particularly men, should express their feelings. In recent years, there has been a growing recognition of the importance of encouraging emotional expression in all genders, including promoting crying as a healthy means of releasing pent-up emotions. As a clinical psychologist, I have witnessed firsthand how allowing my clients, regardless of their gender, to cry during therapy sessions has a profound impact on their healing and recovery. In this article, we will delve into the science behind encouraging emotional expression and explore why it is essential to embrace crying as a legitimate and therapeutic way of processing emotions.

#### THE GENDER STEREOTYPE DILEMMA

Historically, societies have perpetuated harmful stereotypes regarding gender and emotional expression. These stereotypes have often cast men in a role that emphasizes stoicism, emotional suppression, and the avoidance of crying as a sign of strength and resilience. This deeply ingrained social construct has manifested in a societal expectation that men should remain unflinchingly stoic and unemotional, even when confronted with distressing situations. The repercussions of this expectation are far-reaching, affecting not only individual men but society as a whole.

It is worth noting that these gender stereotypes and expectations around emotional expression are not exclusive to any one culture or time period. They are a global phenomenon with roots in various historical contexts. However, some remarkable historical figures

have challenged these norms, even in cultures where such expectations were deeply entrenched.

One such example is the life of Prophet Muhammad (peace be upon him), a revered figure in Islam. Despite living in a society where stoicism was often praised, Prophet Muhammad (peace be upon him) demonstrated the importance of emotional expression during distressing times. He openly wept and expressed his emotions in front of his companions and followers. This emotional transparency was not seen as a sign of weakness but as a reflection of his deep empathy, compassion, and connection to the struggles of his community.

In the Islamic tradition, there is a strong encouragement on emotional expression before Allah (God) in the form of Dua (supplication) and during the five daily prayers (salah), regardless of gender. Muslims are encouraged to pour their hearts out in prayer, sharing their joys, sorrows, fears, and hopes with the Divine. This practice is a testament to the recognition that emotional expression is an essential part of the human experience and a means of seeking solace, guidance, and connection with a higher power.

Islam teaches that crying in prayer is not a sign of weakness but a profound act of surrender and humility. It is a way for individuals, regardless of their gender, to acknowledge their vulnerability and seek strength and guidance from Allah. The act of crying in prayer is seen as a purification of the soul and a means of seeking forgiveness and healing.

In light of these examples, it becomes evident that encouraging emotional expression, including crying, transcends cultural and gender boundaries. It is a universal human need rooted in our shared emotional experiences. Em-

bracing these expressions of vulnerability and allowing individuals, regardless of their gender, to cry when needed is not a departure from tradition but a return to the wisdom of acknowledging our humanity.

#### SCIENCE OF EMOTIONAL EXPRESSION

Crying is a complex physiological and emotional process, and research in neuroscience has shed light on the various benefits of crying for our mental and emotional well-being. Here are some key findings from neuroscience research on the benefits of crying:

- Stress Reduction:** Crying can help reduce stress by releasing neurochemicals like endorphins and oxytocin. Endorphins are natural painkillers and mood enhancers, while oxytocin is often referred to as the "bonding hormone" because it promotes social bonding and reduces stress.
- Emotional Regulation:** Neuroscience studies have shown that crying can serve as a self-regulation mechanism for emotions. It can help individuals process and cope with overwhelming emotions, bringing them back to a state of emotional balance.
- Mood Enhancement:** Crying is associated with improved mood and a sense of relief. Neuroimaging studies have shown changes in brain activity during crying, indicating a release of tension and emotional burden.
- Toxin Elimination:** Some research suggests that crying may help remove certain toxins from the body. Tears contain stress-related hormones and other waste products, and crying may serve as a means to expel these substances.
- Pain Relief:** Crying may have a pain-relieving effect. Research has shown that tears contain higher levels of certain painkillers.
- Social Connection:** Neuroscience studies have demonstrated that crying is a potent social signal. It communicates distress and vulnerability, eliciting empathy and support from others. This social support can have profound positive effects on emotional well-being.
- Catharsis and Emotional Clarity:** Crying can lead to cathar-

sis, providing individuals with a sense of emotional relief and clarity. It allows people to gain insights into their feelings and experiences.

- Neural Pathways:** Neuroimaging research has shown that different brain regions are activated during crying, including the limbic system, which is associated with emotions, and the hypothalamus, which regulates various physiological processes. These findings highlight the intricate neural pathways involved in crying.
- Emotional Resilience:** Some studies suggest that crying may play a role in enhancing emotional resilience by allowing individuals to process and adapt to challenging situations more effectively.
- Healing After Loss:** Research has shown that crying can be an essential part of the grieving process. It helps individuals come to terms with loss and find a path toward acceptance and healing.

It's important to note that while these neuroscience findings highlight the potential benefits of crying, individual responses to crying can vary widely, and not everyone experiences the same emotional relief or physiological effects. Additionally, cultural and social factors can influence how crying is perceived and expressed.

#### ENCOURAGING EMOTIONAL EXPRESSION IN ALL GENDERS

It is crucial to challenge and change the societal norms that dictate how people should express their emotions based on their gender. Here are several reasons why we should promote crying for all genders:

- Mental Health Benefits:** Allowing individuals of all genders to express their emotions freely, including crying, can reduce the risk of mental health issues such as depression, anxiety, and chronic stress.
- Improved Relationships:** Emotionally expressive individuals tend to have more authentic and fulfilling relationships. Encouraging emotional expression can lead to stronger bonds and better communication within families, friendships, and romantic partnerships.
- Enhanced Resilience:** Teach-

ing emotional expression as a healthy coping mechanism helps individuals develop resilience and adaptability in the face of adversity.

- Reduced Stigma:** Normalizing crying for all genders reduces the stigma surrounding it. This, in turn, promotes a more inclusive and compassionate society.

#### MY OPINION AS A CLINICAL PSYCHOLOGIST

In my role as a clinical psychologist, I have seen the transformative power of encouraging emotional expression, including crying, in my clients' lives. When clients feel safe and supported enough to cry during our therapy sessions, it often marks a significant turning point in their healing process.

Crying allows clients to release pent-up emotions, explore deep-seated feelings, and gain insights into their emotional struggles. It serves as a gateway to processing trauma, grief, and unresolved issues from the past. Moreover, crying within a therapeutic setting can lead to the following therapeutic benefits:

- Emotional Release:** Clients often report feeling lighter and more relieved after a good cry in therapy. It helps them release emotional burdens that they may have carried for years.
- Increased Self-Awareness:** Crying can facilitate introspection and self-discovery. Clients gain a better understanding of their emotional triggers and patterns, which is a crucial step toward personal growth and healing.
- Improved Coping Skills:** Crying can serve as a healthier coping mechanism compared to destructive behaviors or emotional suppression. Clients who learn to express their emotions are better equipped to handle life's challenges.
- Strengthened Therapeutic Alliance:** Encouraging emotional expression, including crying, fosters trust and connection between therapists and clients. It creates a safe space where clients feel heard and validated.

*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*



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## Srinagar Premier League: Downtown Heroes, FCI Win

Observer News Service

**SRINAGAR:** The 2023 Srinagar Premier League witnessed three exciting matches on Thursday at Synthetic Turf TRC here.

In the first game of the day, Kashmir Panthers FC locked horns with J&K Bank Academy. The academy boys of J&K Bank dominated the game and took the lead through Aasif in the 38th minute. A Daanish own goal in the 45th minute meant J&K Bank Academy went into half time two goals up.

The second half saw the academy boys rake in three more goals, as Salman (76') and Moomin (79', 85') helped the team to a 5-0 win. J&K Bank Academy's Moomin Bhat was awarded player of the match.

The second game of the day saw the Downtown Heroes FC take on AG's Office XI. The blockbuster matchup was highly anticipated as Downtown Heroes are undefeated in the Srinagar Premier Division,

while AG's Office is known to spring surprises.

The Heroes proved why they are highly rated as forward player Afreen Parry gave them the lead in the 12th minute. Afreen doubled Downtown's lead in the 45th minute to end the half time 2-0 up. Amanjot gave AG's Office a glimmer of hope in the 70th minute, but Hafiz scored two important goals (87', 90') to give downtown a convincing 4-1 win. Afreen was the player of the match.

In the final game of the day, fast-emerging football club FCI was pitted against the reserve team of Real Kashmir FC.

The game was a one-sided contest for most part. Captain Asrar Rehbar opened the scoring with a penalty, before Ahteeb made it 2-0 at half time. Shafaqat and Asrar made it 4-0, before Real Kashmir's Musa pulled one back. Feroze made it 4-2 for Real Kashmir, but Asrar got his hat trick to end the game 5-2 in FCI's favour.

## India's Workload Plans In Focus Against Bangladesh



Press Trust of India

**COLOMBO:** Having already sealed a place in the final, India will be tempted to test their fringe players when they face an already knocked out Bangladesh in a Super Four match of the Asia Cup here on Friday.

The Rohit Sharma-led outfit will think deep whether to give as much game time as possible to its first-choice team or give an opportunity to some of the fringe players ahead of the World Cup at home next month.

The question of workload management is pertinent particularly in the case of bowlers. Jasprit Bumrah has bowled just 12 overs so far in the Asia Cup - five against Pakistan and seven against Sri Lanka. He did not play against Nepal.

So, it could boil down to

Bumrah's choice whether he wants to have a crack at batsmen in one more match or take a step back and return for the summit clash on September 17. On the other hand, Mohammed Siraj has bowled 19.2 overs and Hardik Pandya 18 overs in this tournament.

It might not appear heavy numbers but the humidity in Colombo has been energy-sapping, so the team management might just give a break to one of them.

In that context, it would not be a major surprise if Shami replaces Siraj against Bangladesh.

It will also help the senior pacer to register some valuable real-match time under his belt before the quadrennial big bash, starting October 5.

It is important because Shami has now been used as a back-up seamer behind Bum-

rah, Siraj and Pandya.

But the dwindling bowling graph of Axar Patel will concern the thinktank as he has been marked as a cover for Ravindra Jadeja.

The left-arm spinner has neither been able to take wickets and contain the run-flow, an area where Jadeja excels.

When it comes to the Bangladesh camp, they will not have the services of wicket-keeper batsman Mushfiqur Rahim for this match.

Rahim had flown back home after their Super 4 match against Sri Lanka, which they lost by 21 runs.

In the absence of Rahim, Litton Das is expected to keep wickets.

However, their captain Shakib al Hasan has rejoined the team after returning home to spend some time with his family.



## Messi, Mbappe, Haaland Nominated For FIFA Best Award

Agencies

Lionel Messi, Kylian Mbappe and Erling Haaland are on the short-list for The Best FIFA Men's Player Award, while Spain's Aitana Bonmati is among the nominees for the Best Women's Player on the back of winning the Golden Ball at the World Cup. Half of the dozen nominees in the men's category were part of Manchester City's 2022-23 treble-winning squad, while City's Spanish manager Pep Guardiola is nominated for Best Men's Coach.

Spain's World Cup win sees four of their players among the

16 nominees for the women's award. World Cup runners-up England have four players on the list, with Sarina Wiegman up for the women's coaching award, while Australia have three players. World Cup winners Messi of Argentina and Spain's Alexia Putellas are the current holders of the top player awards.

The nominees were shortlisted by a panel of soccer experts that included retired players Mia Hamm and Didier Drogba. Voting for the eighth annual awards opened on Thursday on FIFA.com and closes in mid-October. National team coaches, captains, journalists and fans make up the list of voters.

## Sancho To Train Away From Man United First Team

Agencies

**MANCHESTER:** Manchester United's Jadon Sancho will train alone pending the resolution of a "discipline issue", the Premier League club said on Thursday, following the attacker's falling out with manager Erik ten Hag.

England international Sancho was omitted from United's squad for a 3-1 league loss to Arsenal on Sept. 3, with man-

ager Ten Hag stating he had been left out because of poor training performance.

Following the match, the 23-year-old responded in a lengthy post on X - the social media platform formerly known as Twitter - saying he had been unfairly made a "scapegoat".

United are 11th in the Premier League with six points from four games, and they next host Brighton & Hove Albion on Saturday.

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