KASHMIR OBSERVER

Friday 29 September 2023 | Srinagar | Vol. 26 | Issue: 242 | Pages: 12 | Price: ₹3

www.kashmirobserver.net ● twitter.com / kashmirobserver ● facebook.com/kashmirobserver ● Postal Regn: L/159/KO/SK/2014-2016

SSP Rakesh Balwal Shifted To Manipur



Press Trust of India

New Delhi- The Centre has rushed senior IPS officer Rakesh Balwal from Jammu and Kashmir to Manipur amid fresh violence in the north-

eastern state.
Balwal, a 2012 batch IPS officer serving as Srinagar senior superintendent of police (SSP), has been transferred to his parent cadre Manipur where the situation has been tense for the past few months. He took charge as Srinagar SSP in late 2021.

"The Appointments Committee of the Cabinet has approved the proposal of the Ministry of Home Affairs for premature repatriation of Rakesh Balwal, IPS, from AGMUT cadre to Manipur cadre," an official order said.

Before taking charge as Srinagar SSP, Balwal was on deputation with the NIA for three-and-half years as superintendent of police and was a member of the team that investigated the 2019 Pulwama terror attack in >> More On P6

Top Army Commander In Ladakh

Reviews Operational Preparedness



Jammu- The Northern Army Commander Lieutenant General Upendra Dwivedi on Thursday visited forward areas along the Line of Actual Control (LAC) and reviewed the operational preparedness of troops in Ladakh. This is the second day of his visit to the Ladakh region to interact with troops on ground zero and review their security and operational preparedness. » More On P6



Eid-e-Milad Being Observed Today

id-e-Milad-un-Nabi, the birthday of Prophet Muhammad (Pbuh), is being celebrated with religious fervour across Jammu and Kashmir on Thursday. The largest congregation is expected to be held at Hazratbal shrine. The devotees would have a glimpse of the holy relic after every congregational prayer. Besides Hazratbal, large congregational prayers are expected to be held at Khanqahe-Maula, Asarisharif Kalashpora, Jenab Sahib Soura, Lal Bazar, Pinjura Shopian, Khiram Sirhama Anantnag (Islamabad), Seer Hamdan, Kaba Marg Qaimoh, Ahmshrief Bandipora and Hazrat Janbaz Wali Baramulla. A festive look prevailed in Srinagar for the past several days as many sshrines and thoroughfares were decorated and illuminated with florescent lights while religious flags and >> More On P6

Reduced Generation Hits Valley Power Supply

- KPDCL Begins Power Curtailment Months Ahead Of Winter
- Will Import Electricity To Meet Demand: CE Javed Yousuf

Owais Gul

Srinagar: With prolonged dry spell leading to the reduction in water level in most of the water bodies across the Valley, the Kashmir-based power houses are generating less electricity, prompting the government to go ahead with power curtailment, causing immense hardships to the people.

Pertinently, August and September—2023 has recorded deficient rainfall while the hot and humid weather conditions continued for weeks together, breaking the decades old record in the month of September.

The hot and humid weather



conditions resulted in reduction in water level in the famous water bodies including river Jhelum, Chena, Doodh Ganga and others following which the people complained of water scarcity in their areas. However, with the passage of time, the consumers across the Valley have been complaining of erratic power supply, demanding authorities to ensure uninterrupted electricity supply to the people.

The complaints are being received from Natipora, Rambagh, Barzulla, Bhagat, Chanapora, Dalgate, Boulevard, Nehru Park, Habb Kadal, Chattabal and other places. "The conditions are the same in both metered as well as the non-metered areas," the consumers said.

Chief Engineer, Kashmir Power Distribution Corporation Limited (KPDCL), Javed Yousuf Dar told Kashmir News Observer » More On P6

Work On For Delhi-Amritsar-Katra Expressway

Travel Time From Delhi To Srinagar Just 8 Hours Likely

Auqib Javeed

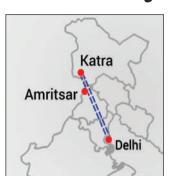
Srinagar:- The work on Delhi-Amritsar-Katra Expressway is going on in full swing and the travel time between the national capital New Delhi and Kashmir is likely to be reduced to just eight hours.

"The Delhi-Amritsar-Katra Expressway is expected to become operational by March 2024. The work on Katra-Jammu highway will be completed in 2025", said a senior official of the National Highway Authority of India (NHAI).

"The expressway will facilitate travelers to reach Katra from Delhi within six hours, reducing the distance from 727 km to 588 km", P Siva Shanker, Regional Officer NHAI, J&K Region, told Kashmir Observer.

He said that the expressway will also reduce the distance between Delhi-Amritsar and Delhi-Chandigarh by half.

However an official from the NHAI said that the project is currently facing land acquisition hurdles in Punjab where farmers are seeking higher compensation for their farm land. Nearly 14,000 acres of land will be acquired from Punjab and 5,000 acres from Haryana.



Earlier, Union Transport and Highways Minister Nitin Gadkari has said that work is underway on the Delhi-Amritsar-Katra Expressway. The work on Srinagar-Jammu National Highway (NH 44) will be completed by 2024.

He further said the government is constructing road projects at a cost of Rs 1.25 lakh crore in J&K.

Then, it will be possible to reach Srinagar from Delhi in just 8 hours. The foundation stone of the expressway was laid by Prime Minister Narendra Modi in August 2022 and it will cost around Rs 35,000 crore. The 620 km long Delhi-Amritsar-Katra Expressway will connect Delhi, Haryana, Punjab, and Jammu & Kashmir. » More On P6

THE OBJECTIVE IS TO COMPLETE the section of the highway leading to Jammu by May 2024, with the Katra segment expected to be ready by June 2025."

HC Quashes PSA Order Against Member of 'Drug Mafia'

M Ahmad

Srinagar: The High Court of J&K and Ladakh has quashed the detention order under Public Safety Act against an alleged member of drug mafia.

Allowing a petition filed by Mushtaq Ahmad Kumar of Bijbehara Anantnag, challenging his detention under PSA issued by Divisional Commissioner Kashmir on 20 December 2022, a bench of Justice Sanjay Dhar ordered authorities to release him forthwith if not needed in any other case.

any other case.

"If we go to the grounds of detention, it is mentioned that

tive member of the drug mafia. In the grounds of detention, it is not mentioned as to who are the members of the drug mafia of which detenue is allegedly a member," the court

the detenu (Kumar) is an ac-

said, adding, "It is not discernible from the grounds of detention as to with whom the detenu is having close link/association."

Thus, the allegations made in the grounds of detention are vague and lacking in material particulars, the court said.

"On the basis of these vague allegations, the detenu could not have made an effective "

SMHS Records 4,396 Dog Bite Cases In 6 Months

54,000 Dog Bite Cases Recorded Since April 2015, Reveals Official Data

Agencies

Srinagar: An alarming 4,396 bite victims, mostly dog bites, were reported to the Anti-Rabies Clinic at Srinagar's SMHS Hospital in the last six months this year, officials said.

The presence of dogs in the nook and corner of the valley has led to human-dog confrontation due to which the number of cases of dog bites has increased in the region, they said.

An official from Anti-Rabies

Clinic SMHS said that from 1st April 2022 till 31st March 2023, as many as 6,875 bite cases were reported, with most of

them from Srinagar. He said a total of 4,396 fresh cases were reported from April 01 to September 27 this year. If it continues, the cases may reach the 10,000 mark by March 2024, he said.

Giving yearly data on bite cases, the official said that from April 2015 to March 2016, 7,061 bite cases were reported to ARC SMHS, followed by 5,832 cases from April 2016 to March 2017, 6,802 from April 2017 to March 2018, 6,397 from April 2018 to March 2019, 6139 from April 2019 to March 2020, 4,808 from April 2020 to March 2021, 5,469 from April 2021 to March 2022, 6,875 from April 2022 to March 2023 and 4396 cases till date.

Around 54,000 cases have been registered → More On P6

Winds of Change Blowing in Rural Economy: LG

Ghazipur: Lieutenant Governor Manoj Sinha on Thursday said that the dream of India as a global superpower under the guidance of Prime Minister Modi has been realized and a new work culture and a new pro-growth mindset has taken root in the society."

Speaking at a function after unveiling the statue of Smt Tetara Devi at Mata Tetara Devi Sachidanand Girls Degree College in Ghazipur Lt Governor



highlighted the rapid strides made by the country in many areas from education to economic growth in the last 9 years.

He said the progress in infrastructure, manufacturing, agriculture is truly unprecedented and development has become

"Winds of change are blowing in rural economy of the country. Under the leadership of Hon'ble Prime Minister Shri Narendra Modi Ji, the dream of India as a global superpower has been realized and a new work culture and a » More On P6

Draft Notification for ESZ Around Dachigam Park Unveiled

Agencies

Srinagar: The Union Ministry of Forests, Environment & Climate Change has unveiled the draft notification for an eco-sensitive zone around Dachigam national park, Thajwas (Baltal) and Overa-Aru wildlife sanctuaries.

The notification, a copy of which is in possession of news agency—Kashmir News Observer (KNO), proposes that an area to an extent varying from 200 meters to 13.15 kilometers around the

boundary of Dachigam National Park, Thajwas (Baltal) wildlife sanctuary and Overa-Aru Wildlife sanctuary shall form their ESZ.

"The extent of eco-sensitive zone shall be of 200 m to 13.15 km from the boundary of Dachigam National Park, Thajwas (Baltal) Wildlife Sanctuary and Overa -Aru Wildlife Sanctuary and comprising of an area of 448.00 sq.km," reads the notification.

The Ministry has invited suggestions/ objections on the proposal contained » More On P6

As Cricket World Cup 2023 Approaches, Demand For Kashmir Willow Bats Surges

Press Trust of India

Sangam: Sunil Kumar, an expert batmaker from Uttar Pradesh's Meerut, is among several master craftsmen lured to Sangam as manufacturers in this south Kashmir town have witnessed a surge in orders ahead of the Cricket World Cup that begins next week.

While sales of bats made from Kashmir willow witness an uptick ahead of every multilateral event organised by the International Cricket Council (ICC), orders this year have been higher as India is hosting the event after a gap of 12



years. "With the Cricket World Cup approaching, the demand for bats has risen so much that

we are not able to complete all the orders," Kumar said. While more work translates

WE ALWAYS
WAIT FOR THE
WORLD CUP
BECAUSE OUR WORK

increases manifold and we get double the wages. We work day and night during these days as this is the source of our livelihood."

into higher earnings, Kumar is happy that the bats he makes will reach international cricket.

will reach international cricket.
"I am a batmaker with 20 years' experience. "More On P6"

BJP Not in Mood to Hold Polls in J&K: Omar

Srinagar- National Conference leader Omar Abdullah on Thursday claimed that the BJP does not want to hold any elections in Jammu and Kashmir as it knows that people will punish them through ballot.

"They (BJP) are not in a mood to hold elections because they know that people are not with them. Leave Kashmir aside, BJP will be at the receiving end from the people in Jammu as well. That's why they do not have courage to hold polls," Abdullah told reporters at the party headquarters here.

The former chief minister said the current dispensation does not seem to be in >> More On P6

70 Animals Charred to Death in Kishtwar Fire Kishtwar: Over 70 sheep and damaged in the fire income.

Kishtwar: Over 70 sheep and goats were charred to death in a horrific fire incident in Dachan area of Kishtwara district of Jammu and Kashmir.

Official sources said that fire engulfed a tin shed housing sheep and goats of an individual. They said that

the tin shed was completely

damaged in the fire incident.
The charred bodies of 74 goats and sheep were recovered from the debris which belonged to an individual namely Lala Chopan.

Chopan told reporters that he has lost everything and is now pinning hope on the government for help. >> More On P6

Monday - Saturday (9am - 6pm)
No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

KASHMIR OBSERVER
Srinagar | Friday | 29-09-2023

Are Fish Oil Supplements As Healthy As We Think? And is eating fish better?

The Conversation

fatty acids, is promoted for a number of health benefits – from boosting our heart health, protecting our brain from dementia, and easing the symptoms of rheumatoid arthritis.

But what exactly are omega-3 fats and what does the evidence say about their benefits for keeping us healthy? And if they are good for us, does eating fish provide the same benefit as supplements? Omega-3 fatty acids are a type of polyunsaturated fatty acid. They are essential to consume in our diet because we can't make them in our body.

Three main types of omega-3 fats are important in our diet: alpha-linoloneic acid (ALA), which is found in plant foods such as green leafy vegetables, walnuts, flaxseed and chia seeds eicosapentanoic acid (EPA), which is only found in seafood, eggs (higher in free-range rather than cage eggs) and breast milk docosahexaenoic acid (DHA) is also only found in seafood, eggs (again, higher in free-range eggs) and breast milk.

higher in free-range eggs) and breast milk.

Omega 3s are key to the structure of our cells, and help keep our heart, lungs, blood vessels, and immune system working.

The initial studies suggesting omega-3 fats may have health benefits came from observational studies on people eating fish, not from fish oil.

So are the "active ingredients" from supplements – the EPA and DHA – absorbed into our body in the same way as fish? An intervention study (where one group was given fish and one group fish oil supplements) found the levels of EPA and DHA in your body increase in a similar way when you consume equal amounts of them from either fish or fish oil.

But this assumes it is just the omega-3 fats that provide health benefits. There are other components of fish, such as protein, vitamins A and D, iodine, and selenium that could be wholly or jointly responsible for the health benefits.

The health benefits seen may also be partially due to the absence of certain nutrients that would have otherwise been consumed from other types of meat (red meat and processed meat) such as saturated fats and salt.

Let's consider the evidence for heart disease, arthritis and dementia.

For cardiovascular disease (heart attacks and stroke), a meta-analysis, which provides the highest quality evidence, has shown fish oil supplementation probably

makes little or no difference.

Another meta-analysis found for every 20 grams per day of fish consumed it reduced the risk of coronary heart disease by 4 per cent.

attack and stroke

For rheumatoid arthritis, studies have shown fish oil supplements do provide benefits in reducing the severity and the progression of the disease.



Fish Oil May Be beneficial for people with heart failure or high triglycerides, a type of fat that circulates in the blood that increases the risk of heart disease and stroke. But it doesn't recommend fish oil for reducing the risk of cardiovascular diseases (heart attack and stroke)

The National Heart Foundation recommends, based on the scientific evidence, eating fish rich in omega-3 fats for optimal heart health. Fish vary in their omega-3 levels and generally the fishier they taste the more omega-3 fats they have – such as tuna, salmon, deep sea perch, trevally, mackeral and snook.

The foundation says fish oil may be beneficial for people with heart failure or high triglycerides, a type of fat that circulates in the blood that increases the risk of heart disease and stroke. But it doesn't recommend fish oil for reducing the risk of cardiovascular diseases (heart

Eating fish also leads to these improvements, but as the level of EPA and DHA needed is high, often it's difficult and expensive to consume that amount from fish alone.

Arthritis Australia recommends, based on the evidence, about 2.7 grams of EPA and DHA a day to reduce joint inflammation. Most supplements contain about 300-400mg of omega-3 fats.

So depending on how much EPA and DHA is in each capsule, you may need nine to 14 capsules (or five to seven capsules of fish oil concentrate) a day. This is about 130g-140g of grilled salmon or mackeral,

or 350g of canned tuna in brine (almost four small tins).

Epidemiological studies have shown a positive link between an increased DHA intake (from diet) and a lower risk of developing Alzheimer's disease, a type of dementia.

Animal studies have shown DHA can alter markers that are used to assess brain function (such as accumulation of amyloid – a protein thought to be linked to dementia, and damage to tau protein, which helps stabilise nerve cells in the brain). But this hasn't been shown in humans yet.

A systematic review of multiple studies in people has shown different results for omega-3 fats from supplements.

In the two studies that gave omega-3 fats as supplements to people with dementia, there was no improvement. But when given to people with mild cognitive impairment, a condition associated with increased risk of progressing to dementia, there was an improvement.

Another meta-anlayses (a study of studies) showed a higher intake of fish was linked to lower risk of Alzheimers, but this relationship was not observed with total dietary intake of omega-3 fats. This indicates there may be other protective benefits derived from eating fish.

In line with the evidence, the Alzheimer's Society recommends eating fish over taking fish oil supplements.

The more people stick to a healthy, plant-based diet with fish and minimal intakes of ultra-processed foods, the better their health will be.

At the moment, the evidence suggests fish oil is beneficial for rheumatoid arthritis, particularly if people find it difficult to eat large amounts of fish.

For dementia and heart disease, it's

best to try to eat your omega-3 fats from your diet. While plant foods contain ALA, this will not be as efficient as increasing EPA and DHA levels in your body by eating seafood.

Like any product that sits on the shop shelves, check the use-by date of the fish oil and make sure you will be able to consume it all by then. The chemical structure of EPA and DHA makes it susceptible to degradation, which affects its nutritional value. Store it in cold conditions, preferably in the fridge, away from light.

Fish oil can have some annoying side effects, such as fishy burps, but generally there are minimal serious side effects. However, it's important to discuss taking fish oil with all your treating doctors, particularly if you're on other medication.

PUBLIC NOTICE

I have lost the RC of my vehicle bearing regd no: JK04E-5568 . Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Budgam within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Bilal Ahmad Rather

S/o Asadullah Rather R/o Aadina Yagipora magam **BMG**

The Jammu And Kashmir State Board Of School Education

SUB-OFFICE BANDIPORA

The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate of 10th Bi-Annual 2017 issued by the board of School Education under Below mentioned particulars

Name: Yaseen Majeed S/o: Abdul Majeed Kumar Roll No: 2611417 Year & Session 2017 Bi-Annual

Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the some before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is teated as cancelled.

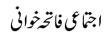
Sd/ Assistant Secretary Board Of School Education Sub Office Bandipora

PUBLIC NOTICE

I Ubaid Ahmad Sheikh from Mazhama requesting that I want to Participate in Village Level cricket tournament from Kaniham Team as our village (Mazhama) is not playing in the Village Level Cricket Tournament. Moreover there is no controversy in this regard with my village Cricketers and The concerned Sarpanch has also allowed me to play from Kanihama Team.

Ubaid Sheikh R/o Mazhama Aadhaar No: 488335702903

bmg





بینجرا نتبائی و کھے کے ساتھ دی جاتی ہے کہ غلام نبی بٹ ولد غلام کمی الدین بٹ ساکنہ پاز لپورہ شالیمار سرینگر 27 متبر 2<u>023ء</u> واس دار فانی سے رصلت کر گئیں۔ اللہ نعائی مرحوم کو جنت الفر دوں نعیب کریں۔ اس سلسلے میں مرحوم کی اجتماعی فاتھ خوانی 30 ستمبر <u>202</u>3ء بروز سنچر وار اُن کے آبائی مقبرہ واقع پازلپورہ شالیمار میں 07:00 ہے انجام دی جائے گی۔ سوگراہ این

مشاق احمد بث، عبدالمجيد بث شوكت احمد بث (فرزندان)

INF

Blood Substances To Help Identify Long Covid Patients Discovered In New Research

Press Trust Of India

Blood biomarkers for long Covid, or specific blood substances indicating the disease, have been identified, and could be used to accurately distinguish patients with the disease, scientists report in a new research published in the

journal Nature.

The long Covid patients also exhibited an increased antibody circulation and markedly lower levels of the hormone cortisol, released by body under stress, compared to those not infected by SARS-CoV-2, they said.

The antibodies circulating also included those that help the body fight non-Covid viruses, such as the Epstein-Barr virus, which is a human herpes-causing virus linked with many cancers, the scientists from Yale University and other US institutes found by analysing the patients' blood

"The work is a decisive step forward in the development of valid and reliable blood testing protocols for long COVID," said principal investigator David Putrino, from the Icahn School of Medicine at Mount Sinai, New York, US.

Further, "the findings can inform more sensitive testing and personalised treatments for long COVID patients," said Putrino.

For the study, the researchers recruited 271 patients between January 2021 and June 2022 and grouped them as such - those with no prior SARS-CoV-2 infection; those fully recovered from a clinically confirmed case of COVID-19; those with active long COVID symptoms for at least four months after confirmed COVID-19 infection.

The researchers analysed the patients' blood samples and applied machine learning algorithms to determine the biomarkers most effective for identifying patients with long COVID.

The patients were also asked to respond to questionnaires enquiring about their symptoms, medical history, and health-related quality of life.

The researchers said that the algorithm was 96 per cent accurate in identifying people with and without long Covid and that it detected the condition based on the distinct features exhibited by the affected participants' blood those of enhanced antibody circulation and low levels of cortisol production.

"These markers need to be validated in larger studies, but provide a first step in dissecting the disease pathogenesis of long COVID," said co-principal investigator Akiko Iwasaki, professor of immunobiology and of molecular, cellular & developmental biology at Yale School of Medicine.

"There is no 'silver bullet' for treating long COVID, because it is an illness that infiltrates complex systems such as the immune and hormonal regulation.

"Complex illnesses require complex treatment solutions and we need more rapid research to better understand long COVID and discover new and promising therapies," said Putrino.







WHY TO USE CRITICAL CARE AMBULANCE

Early Intervention

 Critical care ambulances are equipped with advanced medical equipment and trained medical professionals who can provide early intervention to patients during transit. This early intervention can help to stabilize patients and prevent their condition from deteriorating, thereby reducing the risk of mortality and morbidity.

Timely Transportation

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

Reduced Complications

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

Better Coordination

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

Improved Accessibility:

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



9484100200/01942310018

OpenAI's ChatGPT Can Now See, Hear And Speak

IANS

am Altman-run OpenAl on Monday announced it is rolling out new voice and image capabilities in ChatGPT that can now help the Al chatbot see, hear and speak.

These capabilities offer a new, more intuitive type of interface by allowing you to have a voice conversation or show Chat-GPT what you're talking about, the company said in a statement.

"Voice mode and vision for

chatGPT! really worth a try," Alt-

man posted on X.

The company said it is rolling out voice and images in ChatGPT to Plus and Enterprise users over the next two weeks.

"Voice is coming on iOS and Android (opt-in in your settings) and images will be available on all platforms," said the Microsoft-backed company.

The new voice capability is powered by a new text-to-speech model, capable of generating human-like audio from just text and a few seconds of sample speech. "We collaborated with professional voice actors to create each of the voices. We also use Whisper, our open-source speech recognition system, to transcribe your spoken words into text," said OpenAI.

Image understanding is powered by multimodal GPT-3.5 and GPT-4. These models apply their language reasoning skills to a wide range of images, such as photographs, screenshots, and documents containing both text and images.

The new voice technology opens doors to many creative and accessibility-focused applications. However, "these capabilities also present new risks, such as the potential for malicious actors to impersonate public figures or commit fraud," the company noted.

"This is why we are using

"This is why we are using this technology to power a specific use case — voice chat. Voice chat was created with voice actors we have directly worked with," it added.

Spotify is using the power of this technology for the pilot of their Voice Translation feature, which helps podcasters expand the reach of their storytelling by translating podcasts into additional languages in the podcasters' own voices.

Food Safety Teams Inspect City Markets On Eid-e-Milad

Observer News Service

Srinagar: On the directions of the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad, the team of Food Safety Department Srinagar on the eve of Eid-e-Milad un Nabi (saw) conducted special drives in various markets of Srinagar City to check the hygiene practices adopted and quality of food items by the Food Business **Establishments**.

The market checking drive was conducted under the supervision of Assistant Commissioner Food Safety (Designated Officer under FSSA Srinagar), Yameen ul Nabi in various city markets to check the quality of ready to eat food especially Kashmiri Snacks being sold in and around the Shrines of Hazrat Makdoom Sahab (RA) and Dastageer Sahib (RA) at Khanyar, besides other including Rain-Nowhata, Shiraz

During the drive Mobile Food Testing Van was put in place by the inspection team to check the quality of Ready to Eat Food being sold in these areas during which about 45 surveillance samples were tested in the Mobile Food Testing Van in-addition general awareness about food safety was imparted to Street Food Vendors regarding Food Safety Rules and Regulations.

Meanwhile, the Food Safety Team also carried out a surprise inspection of a student's hostel at Raibagh and checked the quality of food being served to students staying in the hostel.

Youth Injured In Group Clash In Srinagar

Observer News Service

Srinagar: A youth was injured during a clash between two groups in Parimpora area on the outskirts of Srinagar on Thursday, officials said.

An official said that a clash broke out between two groups near PC Depo

Parimpora over some issue in which a youth identified as Umer Farooq suffered injuries.

He said the injured vouth was shifted to the nearby hospital for treatment and is said to be stable.

Police have taken cognizance of the incident and set the investigation into motion, the official said.

Thieves Steal Manhole Covers In Old City's Habba Kadal

Observer News Service

Unidentified Srinagar: thieves stole over half a dozen manhole covers, all made of iron cast, in the Habba Kadal area of the old city on Thursday.

The locals from Babapora Habba Kadal said they were shocked to find uncovered manholes this morning. The thieves, presumably drug addicts or bootleggers stole the manhole covers during the night intervening Thursday," locals said.

They said manhole zers made of cast iron must fetch a good price in the grev market for

petty thieves and drug addicts. "We request the police to take cognizance of the incident and question the different scrap dealers as the thieves finally sell these manhole covers to scrap dealers," the locals said.

Stealing manholes or other stuff is not uncommon in Kashmir Valley. Last year, drug addicts stole the costly taps from a mosque in the Mehjoor Nagar area of Srinagar uptown. Similarly, a drug addict was apprehended by locals while stealing the battery of a mosque in the Sanat Nagar area of Srinagar.

Routine Traffic Jam At Rambagh-Natipora Flyover **Irks Commuters**

Observer News Service

Dated:27/ 09/2023

Srinagar: The commuters across the city have expressed frustration over the unending traffic congestion at Rambagh flyover, saying this has made their lives "hell". However, the officials said they have sought an alternative route which will be opened in a "few weeks".

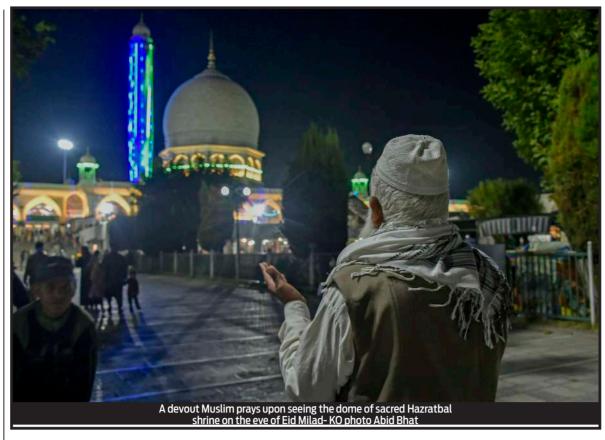
The perennial issue, which has plagued this vital transportation route for a very long time, is the traffic coming from Lal Chowk towards Chanapora and Natipora. It is getting badly choked at Rambagh due to the narrow tail end of the flyover, causing severe traffic jams.

Government of Jammu and Kashmir District Industries Centre, Pulwama PUBLIC NOTICE

M/s Modern Garments at IGC Lassipora District Pulwama, formally registered with DIC, Pulwama under. No:

01/005/11/02715/PMT/MSME dated 29.06.2022. The promoter of the unit has mooted an application to the office of General Manager, District Industries Centre, Pulwama wherein he has requested for change of constitution by virtue of transfer of lease hold rights alongwith ownership rights from proprietary concern of Mr. Hanan So Gh Nabi Ganie Ro Boonura Pulwama to proprietary concern of Mr. Sajad Ahmad Mohand So Dilawar Ahmad Mohand R/o Trichal Pulwama, change of activity from "Mfg of Readymade garments to "Fabrication of Steel (Gates, grills, Window frames, door frames, Transformer bodies, steel tubular poles, MS pipes and water tanks", change in name and style from "M/s Modern Garments" to "M/s Hagani Steel Fabrication" and "Deregistration" of the existing unit. Any person(s) or any organization Department having any objection in this behalf should convey in writing to the General Manager, District Industries Centre, Palwama within (07) seven days from the date of publication of this notice. After expiry of the time frame no objection shall be entertained. No:DICPL M-49/23 /5646

> General Manager, District Industries Centre, Pulwama



DEO Srinagar Holds Meeting With Representatives Of Various Political Parties

Observer News Service

Srinagar: District Election Officer (DEO) Srinagar, Mohammad Aijaz Asad, who is also the Deputy Commissioner of the District, today convened a meeting with the representatives of different Political Parties of Srinagar District here at Meeting Hall of the DC Office Complex.

At the outset, the meeting discussed threadbare the Rationalization of Polling Stations including creation, renaming or relocating Polling Booth locations recommended by District Election Authority in view of upcoming Summary Revision of Electoral Rolls.

Other than Electoral Registration Officers (EROs), the change of polling stations locations was also proposed by various political parties and other stakeholders in the District.

On the occasion, the DC/DEO briefed the meeting about the detailed reasons for change/relocation of 37 locations comprising 83 Polling Stations and recommendations made by concerned EROs for

new locations.

It was informed that change of location of said polling stations has arisen due to several reasons like existing location/building being private structure has been converted into commercial setup/closed/ upgraded etc.

The DC/DEO said the proposed/recommended new 37 locations of the said polling stations are easily accessible to voters and have all assured minimum facilities for the convenience of the voters.

After having detailed discussion, the DC/DEO assured the representatives of the political parties that all their submitted proposals have been thoroughly examined on the ground by the concerned EROs.

The DEO also asked the representatives of the political parties to identify and furnish their list of Booth Level Agents for all the respective polling areas at the earliest.

DEO further emphasized that the District Election Authority is always open to entertain any observation, objection or proposal for the betterment of the electoral process.

During the meeting, it was revealed that as many as 902 polling stations spread across 8 Assembly Constituencies have been set up for successful conduct of Summary Revision of Electoral Rolls as well as forthcoming Parliamentary and Assembly Elections in District Srinagar as and when announced.

The representatives of various political parties expressed their contentment over the consideration of their proposals regarding the change of some polling station locations for the convenience and accessibility of electorates.

Besides, Additional Deputy Commissioner Srinagar (ERO), Syed Shabir Ahmad, Joint Commissioner SMC (ERO), Syed Abul Qasim, Assistant Commissioner Nazool (ERO), SDMs East/West (EROs), Deputy District Election Officer, Shakeel Hussain, all AEROs, the meeting was attended by the concerned Officers/ Officials from District Election Authority Srinagar.



TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092.2455883 PDD: 0194-2450213

FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155 CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081

Ambulance: Kashmer EMS Service: +91 94841 00200

AIRPORTS

RAILWAYS

SHIEK UL ALAM AIRPORT: 01942303311

SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243

BARAMULLA: 0194-102029 BIJBHERA: 01932-228243 PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153

HIGHWAY STATUS



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



PRAYERS FAJR 5:02 **ZUHR** 12:22 ASR 4:38 6:24 Magrib ISHA 7: 44

This Day In History

- 522 BC Darius I of Persia kills Magian usurper Gaumâta, securing his hold as king of the Persian
- 480 BC Battle of Salamis: The Greek fleet under Themistocles defeats the Persian fleet under Xerxes
- 61 BC- Pompey the Great celebrates his third triumph for victories over the pirates and the end of the Mithridatic Wars on his 45th birthday.
- 219 Batavian soldiers consecrate altar on Hercules Magusanus Rome
- 235 St Pontianus ends his reign as Catholic Pope
- 440- Pope Leo I the Great, installed 855- Benedict III begins his reign as Catholic Pope
- 1227- Pope Gregory IX excommunicate German emperor Frederik II
- 1364 Battle of Auray, English forces defeat French in Brittany
- 1564 Robert Dudley becomes Earl of Leicester 1567 - War of Religion breaks out in France
- Huguenots try to kidnap King Charles IX 1580 - Treaty of Plessis-lez-Tours signed between
- Duke of Anjou and Dutch Staten-Generaal 1608 - Captain Christopher Newport arrives in Virginia, for the second time, with supplies from
- **England for colonists** 1650 - 2nd Fronde, the Fronde of the Princes uprising
- ends in France 1650 - Henry Robinson opens 1st marriage bureau
- 1668 English expedition to Hudson Bay led by Frenchman Médard Chouart Des Groseillie at Nemiscau (Rupert) River aboard the Nonsuch (beginning of Hudson Bay Company) [1] 1678 - France & Brandenburg signs peace treaty
- 1848 Battle of Pákozd: Hungarian forces defeat Croats at Pákozd; the first battle of the War of
- 1875 US-Spanish relations decline in wake of Cuban
- rebellion. 1885 - The first practical public electric tramway in
- the world is opened in Blackpool, England.
- 1911 Italy declares war on the Ottoman Empire. 1913- The Treaty of Constantinople between Turkey
- and Bulgaria restores peace; the Turks recover Adrianople and Maritza River line 1915 - British army conquers Chilly al Imara,
- Mesopotamia. 1918 - WWI: Allied forces scored a decisive
- breakthrough of Hindenburg Line 1922 - Benito Mussolini ask Vatican for support of
- fascist party program 1927 - Telephone service begins between US &
- Mexico
- 1936 Radio used for 1st time for a presidential campaign
- 1944 Soviet troops invade Yugoslavia 1953 - US government gives France \$385 million for
- combat in Indo-China. 1959 - Sultan of Brunei promulgates a constitution
- 1964 Greece & Bulgaria close boundaries 1971 - Orbiting Solar Observatory VII launched
- 1973 Soyuz 12 returns to Earth
- 1976 Syria drives Palestinian guerrillas out of Lebanon
- 1977 Soviet space station Salyut 6 launched into Earth orbit
- 1988 26th Space Shuttle mission, Discovery 7 launched
- 1988 UN peacekeeping forces win Nobel Peace prize 1995 - US space probe Ulyssus completes 2nd
- passage behind Sun
- 2004 The asteroid 4179 Toutatis passes within four
- lunar distances of Earth. 2005 - Amnesty referendum in Algeria.
- 2009 MESSENGER spacecraft performs a third and final Mercury flyby 2013 - 42 people are killed by Boko Harem in a college
- attack in Gujba, Nigeria 2013 - 16 people are killed by a Syrian Army air strike
- that hit a secondary school in Raqqa, Syria 2014 - Ashraf Ghani becomes President of
- Afghanistan 2018- Large demonstrations across Brazil against far-right presidential frontrunner Jair Bolsonaro



KASHMIR OBSERVER®

Friday | 29-09-2023

Security Challenges Persist

he new data on militancy indicates a drastic reduction in the number of militants in the union territory. According to the figures, 111 active militants are now operating in the region out of which just 40 are local youth. This is for the first time in years that the ratio of active militants in J&K has changed in favour of the foreigners. While the decline in the number of local militants will be regarded as a positive development by the security agencies, the rise in the influx of foreign militants is troubling. It once again points out the perennial challenge of fighting militancy in the Valley: when the local militancy is reigned in, Pakistan-based militants step in to fill up the shortfall. As a result, the militancy goes on

The rise of militancy in twin districts of Rajouri and Poonch in Jammu division, and which is largely led by foreign militants attests to this fact. More than a decade ago, the twin districts were declared free of militancy by the government. However, since October 2021, the region has witnessed a surge in militant attacks. Although an uneasy calm prevailed in Jammu in 2022, this year the region has once again become a hotspot for militancy, with around ten security personnel being killed in two ambushes. The dense forests of the region have made it difficult for security forces to trace them. The situation has been made even more concerning by the fact that the forest area where the militants are hiding extends to the districts in South Kashmir, which have been a hotbed of militancy in recent years. Kokernag, a scenic spot in the region, recently witnessed a six day long encounter in which a Commanding Officer, Major, DySP and a soldier were killed beside one militant.

In a recent statement, Lieutenant General Manoj Sinha said that the government is now working on a plan to replicate the counterinsurgency strategy adopted in Kashmir Valley to curb the rising violence in Jammu. This includes identification and arrest of over-ground supporters of militants, proactive counter-insurgency operations, deployment of police, Army, Central Armed Police Force (CAPF) and night patrolling and area domination, which are believed to have helped check infiltration to a large extent in the Kashmir region.

That said, the militancy may be down but it is not out. And it is likely to linger on as long as the fresh recruitment and the infiltration continue to replenish the depleted militant ranks. And to achieve this, the government needs to also work on a political outreach in addition to a security approach which may not deliver results beyond a point.

OTHER OPINON

Stomach This

s the world losing its battle against hunger and malnutrition? A recent statement by the head of the United Nations-backed World Food Programme revealed that a shocking 783 million people — one out of every 10 human beings on the planet — go to sleep hungry every night. This alarming figure is not an exception; around 811 million people were victims of hunger in 2020 as the pandemic pushed more people into poverty. That embedded inequality and the Covid-19 pandemic have had a deleterious impact on the efforts to reduce hunger is not surprising but the global food crisis has also been aggravated by conflict. For instance, together with Russia, Ukraine accounted for about one-quarter of global wheat exports in 2019 but the invasion by Moscow and the subsequent blockading of Ukraine's ports have led to a steep increase in the price of foodgrains worldwide and intensified the crisis in poorer countries. Libya, for instance, imported 88% of its cereals from the two nations now locked in battle. This begs an important question. At a time when geopolitical co-operation has taken centre stage and multilateral fora like BRICS and G20 are being projected as platforms capable of resolving several knotty issues, why is the international community or geopolitical blocs failing to work out ways of addressing the challenge of global hunger? The question is relevant because there are precedents of international cooperation addressing food shortages. The decline in the total number of people afflicted by hunger in Latin America and the Caribbean, from 69 million in 1990-92 to 37 million in 2012-14, was largely due to the efforts of organisations like the Community of Latin American and Caribbean States, underscoring the potential of regional blocs in tackling hunger and malnourishment effectively.

India's picture continues to look particularly grim in this context. According to The State of Food Security and Nutrition in the World report, 973.3 million people in India were unable to afford a healthy diet in 2020. The Global Hunger Index of 2022 also classifies India's level of hunger as "serious". In a country where 800 million survive on government rations, a reduced allocation to the PM Poshan scheme in this year's budget represents a clear lack of political concern. Governments — including India's — need to tackle hunger with a localised, piecemeal approach if the goal to eliminate global hunger by 2030 is to be met.

Telegraph India

The Notes of Woe

Understanding Shame Due to Childhood Sexual Abuse in Kashmir

Aamina Hamid

he increasing trend in registered POCSO (Protection of Children from Sexual Offences) cases in Jammu and Kashmir, as reported by the NCRB (National Crime Records Bureau), is both sad and alarming. The numbers have risen significantly over the years, with 32 cases in 2018, 109 in 2019, 200 in 2020, and a concerning 295 cases in 2021. This trend highlights the urgent need for measures to protect children from sexual offences and to address the underlying issues contributing to this rise in cases.

As survivors come forth with their stories, we realise how Childhood Sexual Abuse (CSA) is a profound mental health challenge that continues to haunt them throughout their lives, manifesting in various forms. CSA has been linked to numerous mental health issues, including higher levels of depression, guilt, shame, self-blame, eating disorders, somatic concerns, anxiety, dissociative patterns, repression, denial, sexual problems, and relationship problems. Among these, depression stands out as one of the most prevalent long-term symptoms experienced by survivors. There has been a significant surge in psychiatric morbidity, particularly depression, with a prevalence rate of 55.72%. The highest prevalence is observed in the 15 to 25 years age group at 66.67%, followed closely by the 26 to 35 years age group at 65.33%.

Depression in CSA survivors of Kashmir often presents as persistent feelings of sadness, frequent thoughts of suicide, disrupted sleep patterns, and disordered eating habits. Feelings of guilt, shame, and self-reproach which are common among them are really difficult to deal with. They tend to place blame on themselves for the abuse they endured. This self-blame can be particularly challenging to overcome, especially when the perpetrator is a trusted adult figure.

Mental well-being can be affected by displacement due to armed conflict, family stress, and economic hardship, with many people in Kashmir experiencing post-traumatic stress disorder. The situation in Kashmir can be summarized as a "low-intensity conflict," marked by a cycle of events involving torture, disappearances, displacement, killings, and ballistic trauma, alongside a prevailing state of emotional distress characterized by grief, insecurity, oppression, poverty, and uncertainties in career and relationships. The stress experienced by parents in these tumultuous situations can sometimes lead to child abuse in various forms, as noted by Dar and Deb (2020a, 2020b). A pioneering study conducted in Kashmir, the first of its kind in the region, examines the prevalence of Adverse Childhood Experiences (ACEs) at the community level, based on young adults' childhood experiences across all ten Kashmir districts. On average, young adults reported 4.72 adverse events during childhood (5.28 for males and 3.56 for females) in Kashmir. The study by Dar and Deb found that 19.5 % of the respondents experienced sexual abuse. These results could be because of high social contact in males compared to females. For instance, males tend to socialize more with peers from an early age, making them more susceptible to contact sexual abuse compared to females, who typically stay within their homes. Additionally, females often choose to keep instances of abuse, especially sexual abuse, hidden, as it can tarnish their reputation and hinder their prospects of marriage in the future. The lower disclosure rate of sexual abuse in females may be due to the taboo and honour of females in Kashmiri societies, where the expression of such experiences is considered immoral. There is a hush-hush culture in Kashmir regarding sex and even more so, sexual abuse. Due to this, the figures we get to see on paper are just the tip of the iceberg.

Sexually abused Kashmiri women may face an elevated risk of experiencing loneliness and are less inclined to seek assistance from their social support networks, aligning with reports that suggest survivors of sexual abuse often withdraw from

social interactions. Through an inquisitive enquiry and research into the accounts of survivors, we have been able to see that the survivors of CSA often face significant hurdles in forming and maintaining interpersonal relationships. Due to this, many victims are unable to stay in healthy marriages or even get married in the first place. The psychological, as well as the psysio-sexual implications of CSA trauma can be seen as one of the main reasons of increasing divorce rate in Kashmir. Successful marital relationships hinge on proficient communication and conflict resolution abilities. Regrettably, the absence of these competencies significantly contributes to the deterioration of relationships within the Kashmiri context. The incapacity to articulate one's needs, persistent unresolved disputes, and an overall breakdown in communication channels progressively erode the fundamental pillars of trust and comprehension, thereby rendering reconciliation a formidable challenge. The symptoms associated with CSA, such as trust issues, fear of intimacy, concerns about being perthem frozen and unable to forgive themselves or acknowledge their role in the abuse. Unfortunately, this shame complicates the psychological and spiritual healing process, alters their relationship with a higher power, and may deter them from seeking help due to the fear of exposure. Overcoming the debilitating grip of shame is pivotal in healing from childhood abuse. It can provide the necessary motivation, strength, and energy needed to confront other challenges along the path to recovery.

All is Not Lost

Shame, like a poison, has an antidote—compassion. Compassion is the remedy for shame, as all abuse is seen as a failure of compassion for oneself and others. It enables a survivor to understand their past behaviour and forgive themselves for any negative actions stemming from the abuse, whether it be substance abuse, self-harm, harming others, or breaking the law. When liberated from shame, the world becomes clearer. Instead of feeling isolated and inferior, survivors feel connected and equal as life seems to embrace them.

The lower disclosure rate of sexual abuse in females may be due to the taboo and honour of females in Kashmiri societies, where the expression of such experiences is considered immoral. There is a hush-hush culture in Kashmir regarding sex and even more so, sexual abuse. Due to this, the figures we get to see on paper are just the tip of the iceberg

ceived as different or abnormal, and difficulties in establishing personal boundaries, can hinder the development of healthy connections The trauma thus, finds its way into the personal lives of CSA victims, and their happiness, without any of it being their fault.. It's actually disturbing to see the obvious significant connection between CSA in women and subsequent victimization in adulthood.Kashmiri women encounter heightened challenges in coping and dealing with CSA due to the complex sociocultural dynamics of the region, which often stigmatize survivors and inhibit open discourse about such sensitive issues. The limited access to mental health resources and support exacerbates their difficulties in seeking help and recovery. To make it even more difficult, the protracted conflict in Kashmir further compounds these challenges by contributing to an environment of height-

ened stress and insecurity The emotional struggle is compounded by feelings of humiliation, powerlessness, shame, self-blame and guilt, often leading to cruelty, violence, destructive relationships, and addiction. A study done on CSA indicates that it is significantly associated with mood, substance use, and anxiety disorders in both genders. CSA was linked to a heightened likelihood of becoming a heavy polysubstance user among girls, even after accounting for various factors like age, race/ethnicity, parental substance use, peer influence, psychopathology, and other forms of childhood maltreatment, including physical abuse and neglect. These findings underscore the elevated risk of multiple-substance use in adolescence for female CSA survivors engaged with public service systems.

Was It Me?

These factors collectively erode their self-worth and can even push them toward self-destructive or suicidal tendencies. In my understanding, it's very crucial to recognize the nuanced differences between shame and guilt. Guilt typically emerges when we violate our values or behaviours, leading us to feel remorseful about something we've done or failed to do. On the other hand, shame goes deeper, making us feel inherently bad about who we are. Guilt-prone individuals often fear punishment for their actions, while those grappling with shame tend to fear abandonment. Individuals bound by shame tend to internalize it, resulting in a cycle of constant self-criticism, selfblame, and heightened sensitivity to criticism from others.After experiencing childhood abuse, survivors often grapple with trauma-bound shame. This form of shame can hinder healing and recovery, keeping The essence of self-compassion lies in treating ourselves with the same love, kindness, and support that we would expect from the most compas sionate person in our lives. This approach to self-compassion has been extensively studied, revealing its positive impact on resilience. It can reduce post-traumatic symptoms such as self-criticism, depression, thought suppression, anxiety, and rumination. Self-compassion provides the vital nurturance, understanding, and validation necessary for victims to feel deserving of care. Without it, individuals tend to subject them selves to harsh self-judgment and acknowledging the pain of past abuse becomes even more challenging, hindering the healing process

Another powerful tool for healing is mindfulness, which encourages individuals to grieve and cope with their experiences. It's about consciously being aware and simply observing the current experie out attempting to change or control them. It fosters a less reactive relationship with our inner experiences. Importantly, acceptance in this context isn't synonymous with resignation or powerlessness; rather, it's a deliberate choice to embrace our sensations, feelings, and thoughts as they are. This practice of acceptance opens the door to natural change, without trying to manipulate or evade our experiences and helps survivors steer clear of becoming ensnared in hopes fears, or regrets about what's already transpired or what lies ahead. When combined, mindfulness and self-compassion can be transformative, altering the relationship with the painful thoughts and emotions stemming from abuse. Instead of fighting or evading these feelings, survivors can courageously "lean in" to them with open eyes and a compassionate heart. This approach can help us confront these emotions and reshape our connection with them, ultimately fostering healing and growth.

In Kashmir, cultural aspects likely contribute to the positive association between social support and mental health. Additionally, participants with hopefulness showed better mental health, suggesting it helps them cope with stress and pursue personal growth. This positivity in Kashmiri youth may stem from personal resources and a community environment that encourages optimism.

To improve the mental health of Kashmiri youth exposed to childhood and conflict trauma, enhancing social support and nurturing hope are crucial. Community and institution-based programs can bolster protective factors and reduce the impact of risk factors in this challenging environment. ACEs and conflict exposure were identified as mental health risk factors, while social support and hope emerged as protective factors, high-

lighting the importance of these elements in mental health promotion and disorder prevention. Mental health professionals can use this knowledge to provide resources, knowledge, and skills to promote mental well-being among Kashmiri youth.

Survivors of all kinds of abuse, including CSA can cope better through unapologetic self-expression like that achieved from writing poems, whether figurative(indirect) or literal (direct) about the otherwise hushed experiences. Even reading poems that feel relatable and representaive of the clusters of negative feelings that come with CSA, can be helpful as victims won't feel different isolated. The use of poetry in the treatment of sexually abused children has gained attention in literature lately. Research by Mazza, Magaz, and Scaturro (1987) suggests that poetry can be a valuable tool in both individual and group therapy for abused children. Their findings indicate that using poetry in therapy shows promise as an ego-supportive technique that enables self-expression and promotes feelings of validation and control. In group therapy settings, poetry can contribute to cohesion among participants, create a sense of universality in their experiences, and facilitate self-expression. Poetry serves as a unique window into the world of the abused child, allowing therapists to track their recovery progress. Moreover, it empowers abused children to find their voice, transforming their world and enabling them to express their experiences in a meaningful way through their poetry. This creative outlet allows children to describe certain aspects of child abuse and neglect, providing a means of catharsis and healing.

A poem titled 'Memories' by Brynn Rose gives us an inside view into the existence of a CSA victim, striving to become a survivor. The path is strewn with obstacles but there is so much hope and will to expend, for us all to keep walking with our heads held high.

The memories pull her down,
Like the undertow.
Drowning.
Suffocating.
She tries to fight it,
But it's of no use.
She feels dirty, fat, victimized, defiled,
Extorted, broken, and ugly.
She can feel their hands on her

The unwelcome touches and gestures.

She feels small, defenseless, vulnerable, violated.

Their taunts, threats, lies, and commands fill her ears.

She covers herself with multiple lay-

ers of clothing, But no matter how many she has on She can still feel them.

She covers her ears,
But no matter how hard she presses
her hands
She can still hear them.

Every day and every night. She's terrified to sleep. Terrified to live. The nightmares are relentless. The flashbacks, torture. When will it stop?

She relives it all

When will it end?
Will it ever be over?
The memories escape from her eyes
And stream down her face.
She tries to stuff the memories

Back into their closets
And the demons back into the abyss
That some would call her soul.
But she's too tired,
Too weak,

Too exhausted,
Too devastated.
She shuts her eyes
And locks them tight,
Like the door to a prison cell.
She crawls to the darkest corner of her mind,
Curls up in a ball,
And waits,
Yet again.

For it all to be over.

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

Kashmir Observer The author is a published writer and an intern with Kashmir Observer

The Perfect Example, **PEACE BE UPON HIM**



PROPHET MUHAMMAD (SAAW) **PROMOTED A MESSAGE OF TOLERANCE AND COEXISTENCE IN A DIVERSE SOCIETY.** He welcomed people of different faiths and backgrounds and established the Charter of Medina, which granted equal rights and protection to all residents, regardless of their beliefs. This document serves as a historical testament to his commitment to religious freedom and harmony



M Ahmad

rophet Muhammad (peace be upon him) the final prophet of Islam extends influence far beyond the boundaries of religion. His life and teachings continue to inspire people from diverse backgrounds and beliefs to strive for moral excellence, compassion, justice, and humility. His legacy as the best role model of humanity is a testament to the enduring power of his character and the universal principles he embodied. His life serves as a timeless guide for individuals and societies seeking to cultivate virtuous qualities and build a more just and compassionate world.

Prophet Muhammad (peace be upon him) holds a unique and revered place in the hearts of Muslims around the world. He is not only considered the final prophet of Islam but also the best role model for humanity. His life and teachings provide a profound example of moral excellence, compassion, and leadership that

transcends religious boundaries. One of the most striking aspects of Prophet Muhammad's

(peace be upon him) character was his unwavering moral integrity. His truthfulness, honesty and trustworthiness earned him the titles of "As-Sadiq" and "Al-Amin". He upheld these qualities throughout his life, setting a high standard for truthfulness, honesty and ethics that continues to inspire people of all faiths. He was known for his deep compassion and empathy towards all living beings. He showed kindness to orphans, widows, and the poor, emphasising the importance of caring for the less fortunate. His famous saying, "He is not a believer who eats his fill while his neighbour is hungry," under-scores the need for empathy and social responsibility.

Prophet Muhammad (peace be upon him) promoted a message e and coexistence in a diverse society. He welcomed people of different faiths and backgrounds and established the Charter of Medina, which granted equal rights and protection to all residents, regardless of their beliefs. This document serves as a historical testament to his commitment to religious freedom and harmony. The Prophet's

(peace be upon him) sense of justice and commitment to equality is evident in his teachings and actions. He declared that all humans are equal in the eyes of God, regardless of their race, ethnicity, or social status. He challenged the prevailing tribal hierarchies and sought to eliminate discrimination and injustice. Despite his elevated status as a prophet, Muhammad (peace be upon him) led a life

of simplicity and humility. He dressed modestly, ate frugally, and often helped with household chores. This modesty endeared him to his followers and emphasised the importance of humility in the pursuit of spiritual growth.

Prophet Muhammad (peace be upon him) exhibited exceptional leadership qualities. He united disparate tribes and communities in Arabia under the banner of

Islam, demonstrating remarkable leadership and strategic skills. His leadership served as a model for subsequent Muslim rulers and leaders worldwide. The Prophet's (peace be upon him) family life provides another dimension to his exemplary character. His loving and respectful treatment of his wives and children serves as a model for healthy and happy family life and relationships. One of the most powerful lessons from the life of Prophet Muhammad (SAW) is his capacity for forgiveness and mercy. Even in the face of persecution and hostility, he advocated for forgiveness over retaliation, exemplifying the Quranic teaching that "good and evil are not equal. Repel evil with what is better." The best tribute to the Prophet (PBUH) is to act on his legacy wholeheartedly.

He was gentle and kind hearted, always inclined to be gracious and to overlook the faults of others. Politeness and courtesy, compassion and tenderness, simplicity and humility, sympathy and sincerity were some of the

keynotes of his character. He distinguished themselves by deeds and left permanent imprints on their societies; of prophets who delivered the message of the true God to their peoples; of statesmen who distinguished themselves in the service of their nations; of authors who left monumental additions to the literary wealth of mankind; of conquerors who led their followers to victories, wealth, and renown; and of those who by force of personality or unusual calling succeeded in transforming values or completely revamping the societies into which they were born.

"Indeed there is in the Messenger of Allah a perfect role model for the one who hopes in Allah and the last day and (who) remembers Allah much." (Surah Al

 $Writer\,M\,Ahmad\,from$ $is\ a\ regular\ writer\ for\ this$ newspaper and can be reached at special achivers 78@gmail.com

Reflections On Tawwakal: Balancing Trust With Planning

Ammar Habib

ne of the most fundamental pillars for Muslims is the concept of Tawwakul, which is often defined as trust and reliance

However, many people misunderstand the concept of Tawwakul. They see Tawwakul as a passive, verbal characteristic which simply involves supplicating to Allah for what we want.

However, there's an incident from Prophet Muhammad's (PBUH) life that shows a clear perspective on Tawwakul.

One day the Messenger of Allah (PBUH) noticed a 'bedouin' (desert Arab) leaving his camel without tying it, and he asked the man, "Why don't you tie down your camel?" The 'bedouin' answered, "I put my trust in Allah." The Messenger of Allah (PBUH) then said, "Tie your camel first, then put your trust in Allah." – Tirmidhi

This is a short hadith, but it carries an important lesson for us. If you have any kind of animal, you always tie it down so that it doesn't run off when you're gone.

However, in this hadith, the man wasn't tying down his camel before leaving it.

When Prophet Muhammad (PBUH) asked the man why he didn't do it, the man explained that he was trusting Allah to keep his animal from running off.

Prophet Muhammad (PBUH) re-

plied the man to first tie his camel down and then put his trust in Allah. From Prophet Muhammad's (PBUH) response, it's obvious that

this man didn't understand what trusting Allah was. He thought that Tawwakul meant expecting Allah to take care of everything without the person putting

forth any effort. The Prophet's (PBUH) advice that demonstrating trust in Allah (Tawwakul)

isn't just a verbal and passive trait. Instead, Tawwakul is an active trait, meaning that we show Allah our trust by taking action toward

what we are trying to accomplish. In other words, we must do our part first with our actions before trusting that Allah's Divine help will come.

To demonstrate true Tawwakul, we have to do our part first. For example, even though we believe Allah is the Giver of Life (Al-Muhyi) and Protector/Preserver/Guardian (Al-Hafiz), we have to take the necessary health precautions to keep ourselves from falling sick, such as washing our hands and exercising.

We also believe Allah is The Provider (Ar-Razzaq), but we still have to go out and put forth the effort to create income. We don't expect money to just fall from the sky.

Thus, if you or I are not doing our part—if we're not putting forth effort toward our goals through our actions, then we're not demonstrating true Tawwakul.

To expound on this point, we only



need to look to the life of Prophe Muhammad (PBUH).

Whenever Prophet Muhammad (PBUH) or his companions were faced with any situation, they never sat back and passively trusted Allah

to take care of them. Instead, they were proactive about taking care of themselves, and they put their trust in Allah after they did everything they could do with their

A great example of this is the

Battle of the Trench (Ghazwat al-Khandag). When the Muslims in Medina heard that an army of over 10,000 men was headed to crush the City of Medina, they did not just sit back and say that Allah would pro-

tect them. Instead, the Prophet Muhammad (PBUH) and the Muslims showed their trust in Allah by taking action.

They convened a military council, and the Prophet Muhammad (PBUH) let people share ideas on how they

could defend themselves. It was there that Salman al-Farsi (RA) introduced the idea of building a trench around the city that could be used to hold the enemy back and

even out the odds. The battle began, and the Muslims relentlessly battled and outwitted their adversaries for about thirty

It was after Allah saw their determination and resolve that He sent in a gust of wind that wrecked the enemy camp and forced them to retreat.

The lessons from this incident are that Tawwakul includes:

- Taking the time to properly plan
- Taking action on that plan Showing Sabr (patient perseverance and endurance) by maintaining our faith in Allah and staying steadfast in our actions

If Prophet Muhammad (PBUH) and his companions had to be proactive and patient in their trusting of Allah, then we as Muslims should learn to do the same.

Realize that there is really nothing that we can control other than our own actions and our attitude.

We can't control what our spouse does. We can't control what our parents do. We can't even control what our children do.

All we can control is what goes on in our mind and what we do with our limbs.

Tawwakul means taking action and trusting Allah with the results of our action.

Insha'Allah may Allah make us all people of Tawwakul. I'd like to end by stating that anything right I have said comes from Allah.

However, anything wrong I have said comes from me and I ask for your forgiveness if I have said anything wrong. Jazak Allah Khair!

The article was originally published by About Islam

Disabled Muslim Man Tied To Pole, Beaten To Death In Delhi

A 26-year-old disabled man was tied to a pole and beaten to death in northeast Delhi by some boys after they suspected him of being a thief, an official said on Wednesday, 27 September, adding that the police have apprehended seven individuals, including a minor in connection with the incident.

The deceased was identified as Isar, a resident of Sunder Nagri, while the accused were identified as Kamal (23), Manoj (19), Yunus (20), Kishan (19), Pappu (24), Lucky (19) and a juvenile (17). The official said that the accused have disclosed that at about 5 a.m. on Tuesday, 26 September and they caught Isar "lurking" in the area. "They thought that he was a thief and started questioning him but he was unable to reply properly. They then tied him up to an



electric pole and had thrashed him," said the official

According to police, a call was received on Tuesday, 26 September at 10:46 p.m. in which Abdul Wajid, a fruit seller, told the police that when he reached home at about 6:30 p.m., he saw his son Isar, lying outside the house.

"There were injury marks all over Isar's body and he was in pain. Isar told Wajid that on Tuesday morning, some boys caught him near

G-4 Block, Sunder Nagri. They thought that he is a thief and tied him to a pole," said the Deputy Commissioner of Police (Northeast) Joy Tirkey.
"They thrashed him using

sticks... Assailants were identified as some boys who live near G-4 Block in Sunder Nagri area. Israr was brought home by his neighbour Aamir in a rickshaw,' said the DCP.

"At about 7.00 p.m., on Tuesday, Isar succumbed to his injuries at his house. Wajid

called the PCR and informed the police about the incident. Following which, the body was shifted to the GTB Hospital," the DCP added.

'Postmortem was conducted at the Hospital on Wednesday, 27 September. The doctors found blunt force injuries all over his body including back, arms and legs. Cause of death is shock and haemorrhage," the DCP said.

The National Platform for the Rights of the Disabled (NPRD) condemned the incident, saying: "Incidents of abuse, physical attacks and killings of disabled people are being reported at regular intervals. However, this has acquired a much more dangerous dimension with disabled people being targeted for their religious identity.'

The NPRD cited media reports that claimed Israr was beaten to death for allegedly consuming prasad at a temple in the area.

US Mission To India Surpasses One Million Non-Immigrant Visas In 2023

New Delhi: The US Mission to India on Thursday surpassed its goal to process one million nonimmigrant visa applications this year with Ambassador Eric Garcetti personally handing over the one millionth visa to a couple, who will be heading to the United States to attend their son's graduation at MIT.

Dr Ranju Singh, senior con-sultant, Lady Hardinge College was elated at receiving an email from the US Embassy about hers being the one millionth visa this year. Her husband Puneet Dargan, was granted the next visa. The couple will be travelling to the US in May, 2024. Greeting the couple as "Mr and

Mrs One million", Ambassador Garcetti enquired about their travel plans to the US and made suggestions about what not to miss in the country as a tourist.

"I couldn't be happier today, happy for India, Indians and the United States. Prime Minister

(Narendra) Modi and President (Joe) Biden had said lets do a better job in moving faster on the visas and so the Ministry of External Affairs here approved more bodies in places like Hyderabad... more people who can work on these visas, we changed our systems, we worked harder and smarter and we hit a million visa applications processed this year," the ambassador said.

"Our partnership with India is one of the United States' most important bilateral relationships, and in fact one of the most important relationships in the world. The ties between our people are stronger than ever, and we will continue our record-setting volume of visa work in the coming months to give as many Indian applicants as possible the opportunity to travel to the United States and experience the US-India friendship firsthand," he added.

The Mission has already surpassed the total number of cases processed in 2022 and is processing almost 20 per cent more applica-

tions than in pre-pandemic 2019.
"We got an email after we had finished our visa interviews that we are supposed to collect our visas, we were told that we were the one millionth...the Ambassador meeting us in person was a great moment for us. We are looking forward to going to the US, we will be there at MIT to celebrate our son's proud day and then explore the country as tourists," Dr Singh told PTI.

Dargan informed that their son is currently pursuing his Masters in Financial Engineering at the Massachusetts Institute of Technology (MIT).

"This will be our first trip to the US. We are really looking forward to it," he said.

Last year over 1.2 million Indians visited the United States. Indians now represent over 10 per cent of all visa applicants worldwide, including 20 per cent of all student visa applicants and 65 per cent of all H&L-category (employment) visa applicants.

CONTD. FROM **FRONT** PAGE

SSP Rakesh Balwal

which 40 CRPF personnel lost their

More than 180 people have been killed and several hundred injured since ethnic violence broke out in Manipur on May 3, when a 'Tribal Solidarity March' was organised in the hill districts to protest against the majority Meitei community's demand for Scheduled Tribe status.

A fresh bout of violence, this time led by students, broke out in the state capital on Tuesday after photos of the bodies of two youths who went missing in July went viral on social media.

Violent protests continued till the early hours of Thursday with a mob vandalising the deputy commissioner's office in Imphal West and torching two four-wheelers, officials said.

On Wednesday night, the protesters clashed with security personnel in Uripok, Yaiskul, Sagolband and Tera areas, prompting the forces to fire several rounds of tear gas shells to control the situation, they said.

The premature repatriation of Balwal to his home cadre comes as the MHA seeks to boost the presence of top investigating officers in Manipur. Balwal joins a list of nearly 40 IPS officers who have been sent to the strife-torn state since the violence erupted in May.

A high-level team of the CBI, comprising 10 officials — including a joint director and headed by special director Ajay Bhatnagar – was rushed to the state earlier this week.

In June, the MHA changed the cadre of Rajiv Singh, who was posted as Inspector General at the headquarters of the Central Reserve Police Force (CRPF), from Tripura to Manipur and sent him to the state as director general of police.

Top Army Commander

"Lt Gen Upendra Dwivedi, Army Commander Northern Command, visited forward areas of Ladakh to review operational preparedness and witnessed integrated training," the Northern Command said on X.

The Army commander appreciated the professionalism exhibited by the troops and complimented them for their relentless efforts in maintaining the highest standards of operational effectiveness under challenging conditions.

On Tuesday, the Northern Armv commander reviewed infrastructure development projects, which will enhance the operational capabilities of forces in Shyok Valley in Ladakh. PTI

Eid-e-Milad Being

buntings were hoisted atop many buildings and vehicles to celebrate the birth day of the prophet.

Thousands of devotees flocked to Hazratbal shrine on the eve of Milad. Devotees converged at the shrine that houses the holy relic of the holy Prophet for Shab Khwani or night long prayers.

People offered prayers and recited Durood (praises of the Prophet) at the shrine for atonement of their sins. People could be seen engrossed in prayers while seeking refuge in Almighty Allah's greatness.

Traffic Police issue route plan

Traffic Police Srinagar has meanwhile issued a route plan to ensure smooth vehicular movement on the occasion of Eid-e-Milad.

"A large number of devotees are expected to assemble at Asari Sharief Hazratbal for the celebrations of Eid-e-Milad falling on intervening night of 28th September and 29th September-2023. Traffic Police has made elaborate traffic arrangements for smooth flow of traffic coming from different districts of Valley carrying devotees to the Holy Shrine at Hazratbal," SSP Traffic (Srinagar) Muzaffar Ahmad.

Following routes have been earmarked for the traffic coming from both North and South of Kashmir

valley including Central Districts.

In order to ensure smooth regulation of traffic following route plan are hereby devised for convenience of general public for 28th and 29th September-2023:

ROUTE PLAN Route Plan for vehicles carrying devotees from North, South and

Central Kashmir is as under:

NORTH KASHMIR: Vehicles coming from North Kashmir carrying devotees after reaching Shalteng shall adopt the following route to reach Hazratbal,

SHALTENG – PARIMPORA – QAMARWARI – CEMENT BRIDGE – NOORBAGH – SEKIDAFAR – EIDGAH – ALIMASJID – SAZGARIPORA – HAWAL – ALAMGARI BAZAR – MILL STOP - MOLVI STOP (LAL BAZAR) - BOTSHAH MOHALLAH - KANITAR - UNIVERSITY PARKING (SADERBAL

SOUTH KASHMIR:

Vehicles carrying devotees coming from South Kashmir after reaching Panthachowk shall adopt the following route to reach Hazratbal, Shrine: PANTHACHOWK - STONE QUARRY

(ATHAWAJAN) – BATWARA – SONWAR BAZAR – RAM MUNSHI BAGH- GUPKAR - GRAND PALACE - ZETHIYAR GHAT - NISHAT -CROSSING – UNIVERSITY PARKING (NASEEMBAGH SIDE).

CENTRAL KASHMIR: FROM BUDGAM:

Vehicles carrying devotees coming from Budgam and adjoining areas shall adopt the following route to reach Hazratbal, Shrine:-

BEMINA BYPASS - BEMINA CROSSING – QAMARWARI – CEMENT BRIDGE -NOORBAGH – SEKIDAFAR – EIDGAH ALIMASJID – SAZGARIPORA HAWAL - ALAMGARI BAZAR - MILL

STOP - MOLVI STOP (LAL BAZAR) - BOTSHAH MOHALLAH - KANITAR -UNIVERSITY PARKING (SADERBAL

FROM LAL CHOWK:

LAL CHOWK - SRTC CROSSING - IKHWAN CHOWK - KHANYAR CHOWK- BHORI KADAL - RAJOURI KADAL - GOJWARI CHOWK - HAWAL - ALAMGARI BAZAR - MILL STOP -MOLVI STOP (LAL BAZAR) - BOTSHAH MOHALLAH - KANITAR - UNIVERSITY PARKING (SADERBAL SIDE).

FROM GANDERBAL: NAGBAL – ZAKOORA – HABAK –

NASEEMBAGH PARKING **RETURN ROUTES:**

NORTH KASHMIR:

North bound vehicles on return from Hazratbal Shrine shall adopt the following routes: UNIVERSITY PARKING (SADERBAL

SIDE)-ASHAIBAGH CROSSING RAINAWARI – KHANYAR NOWPORA - DALGATE - M.A ROAD – BUDSHAH BRIDGE – JEHANGIR CHOWK FLYOVER - BATMALOO -MOMINABAD- TENGPORA - BEMINA BYPASS - PARIMPORA - SHALTENG

- AND ONWARDS. SOUTH KASHMIR:

South Kashmir bound vehicles on return from Hazratbal Shrine shall adopt the following routes:-

NASEEM BAGH PARKING HABAK CROSSING - FORESHORE ROAD - NISHAT - ZETHIYAR GHAT - GUPKAR - RAM MUNSHIBAGH -SONWAR BAZAR – PANTHACHOWK

 ONWARDS. CENTRAL KASHMIR:

Vehicles bound for Central Kashmir areas on return from Hazratbal Shrine shall adopt the following routes:

FOR BUDGAM: NIT - ASHAIBAGH CROSSING -RAINAWARI – KHANYAR – NOWPORA - DALGATE - GOLF CROSSING - RADIO KASHMIR – ABDULLAH BRIDGE – HATRIC – CONVENT CROSSING – P/S RAJBAGH – JAWHARNAGAR CHOWK – JAWHARNAGAR BUND – RAMBAGH – BARZULLAH BRIDGE - SADDER CROSSING - HYDERPORA

- ONWARDS.

FOR GANDERBAL: NASEEM BAGH PARKING HABAK – ZAKOORA – NAGBAL AND

ONWARDS. FOR LALCHOWK:

NIT PARKING -CROSSING - RAINAWARI - KHANYAR NOWPORA BRIDGE - KHAYAM CHOWK - DALGATE - M.A ROAD - LALCHOWK.

PARKING PLAN

Elaborate parking arrangements have been made at available locations around the Hazratbal: For vehicles from North /Central

Kashmir: Inside University campus through

Sir Syed Gate (Saderbal Side) For vehicles from South Kashmir including Ganderbal:

Inside Naseem Bagh University Campus through Budshah Gate (Habbak Side). For vehicle moving from Rainawari Khanyar towards Hazratbal Shrine.

NIT Parking

Traffic camp at Hazratbal (VIP Parking)

This area is specially earmarked for

official vehicles. **Travel Time From**

Further, it will be connected to NH-44 to provide seamless connectivity till Srinagar.

Sources said Phase II will connect Gurdaspur - Pathankot - Jammu -Katra and will be a brownfield expansion of the existing NH-54 (old NH-15) and NH-44 (old NH-1) highway.

Notably, due to traffic or weather issues Kashmir valley remains cutoff from the world during rain or snowfall which hampers road and air connectivity.

Post abrogation of Article 370, the central government has initiated many projects including rail to connect Kashmir valley with the rest of India in all the seasons.

The tourist footfall also slows down during winters as the Jammu-Srinagar national high remains shut due to landslides.

'There will be a four-fold rise in the footfall of tourists in Kashmir after the completion of the Delhi-Jammu-Srinagar highway", Union Minister Nitin Gadkari told reporters

An official said that various companies are currently working tirelessly to accelerate the construction of this monumental expressway.

"The objective is to complete the section of the highway leading to Jammu by May 2024, with the Katra segment expected to be ready by June 2025," he said.

He further said that the expressway will also connect to another important road called NH-44, which goes from Srinagar to Jammu. "They will also make the road between Rajbagh and Dayala Chakk wider and develop its 6-lane corridor," he said.

Delhi-Amritsar-Katra Expressway is not just about efficient travel; it also aims to make visiting significant religious sites more convenient.

"Travelers will find amenities such as eateries, bus stops, truck rest areas, entertainment facilities, medical centres for emergencies, police stations, fire departments, and ambulance services along the route. This holistic approach ensures a safe and comfortable journey for both tourists and travelers alike," the official said.

Reduced Generation

that the department has resorted to the power curtailment in view of the less power generation at the powerhouses of the valley in wake of the reduction in water level of river Jhelum, Chenab and other water bodies.

He said that besides the less power generation, the temperature has plummeted, which in result has

increased the demand of electricity, thus promoting the KPDCL to go for power curtailment. "We are trying to ensure less curtailment in the areas where smart meters have been installed," he added.

The Chief Engineer further said that the availability of electricity from outside is too less, but the government is trying to arrange more electricity and hopefully in the coming days, the situation would

It is worth mentioning that two weeks ago, the water level in river Jhelum was recorded 70-year low due to the prolonged dry spell in Jammu & Kashmir.

The prolonged dry spell ended on Sunday when the upper reaches of Gulmarg and other areas received fresh snowfall and the rains lashed the plains across J&K, which also led to the decrease in maximum temperature. KNO

HC Quashes PSA

representation against his detention," the court said, adding, "Therefore, his right safeguarded under Article 22 (5) of the Constitution of India stands violated in the instant case, rendering his detention illegal

and unsustainable in law. **SMHS Records**

in the Anti-Rabies Clinic from April 2015 to September 27, 2023, he added.

In Kashmir, dog bites are a serious public health problem. Thousands of people become victims of animal bites, especially dog bites, and some of them develop rabies.

Rabies is an invariably disease resulting in approximately 59,000 human deaths per year globally, with 95 percent of cases occurring in Africa and Asia. The only way to prevent a rabies

death is vaccination of an animal bite victim. In Kashmir, the burden and characteristics of dog bites are not routinely captured by the health system in place. World Rabies Day is celebrated

on September 28 to raise awareness about rabies prevention and to highlight progress in defeating this horrifying disease. The day also marks the death anniversary of Louis Pasteur, the French chemist and microbiologist, who developed the first rabies vaccine.

Today, safe and efficacious animal and human vaccines are among the important tools that exist to eliminate human deaths from rabies while awareness is the key driver for the success of communities to engage in effective rabies prevention—(KNO)

70 Animals Charred

Meanwhile, police have registered a case to ascertain the cause of the

Winds of Change

new pro-growth mindset has taken root in the society," the Lt Governor said.

The transformational changes of the last 9 years are inspiring every citizen to contribute in realizing the vision of Viksit Bharat, he added.

Prominent personalities and people from all walks of life were present on the occasion.

Draft Notification

in the draft notification.

The natural boundaries of Dachigam National Park, Overa-Aru wildlife sanctuary and Thajwas wildlife (Baltal) sanctuary are connected at landscape level. The boundary of Dachigam national park on North and North Eastern side merges with Overa-Aru wildlife sanctuary while as Overa-Aru wildlife sanctuary on its North and North-Eastern side merges with Thajwas wildlife sanctuary.

The protected areas hold a good

population of some of the important/ endemic species of animals, birds and vegetation.

"The eco-sensitive zone proposed makes these areas as one unit and will help gene flow across these areas to flourish the biodiversity," the notification further states.

The Dachigam National Park, comprising an area of 141 sq.km, was notified as national park on April 10, 1990 while as Overa- Aru wildlife sanctuary, comprising an area of 425 sq.km, and Thajwas(Baltal) wildlife sanctuary, comprising an area of 210 sq.km, were declared as wildlife sanctuaries on March 19, 1987.

The MOEFF&CC notification states that the Union Territory government shall prepare a zonal master plan for the purpose of ESZ within a period of two years from the date of publication of the notification in the official gazette, in consultation with local people and adhere to stipulations given in the notification for approval of the competent authority.

"The zonal master plan for the ecosensitive zone shall be prepared by the Union Territory government in such manner as is specified in this notification and also in consonance with the relevant Central and Union Territory laws and the guidelines issued by the Central Government, if any," it further states—(KNO)

As Cricket World

I have made bats for ace cricketers such as Rohit Sharma, Virat Kohli, KL Rahul, Andre Russell and Dwayne Bravo," Kumar said.

Fawzul Kabir, the spokesperson for the Cricket Bat Manufacturers' Association of Kashmir, said the demand for Kashmir willow bats has steadily increased over the past two years after the ICC granted approval for these to be used in international tournaments.

"We have been manufacturing cricket bats for 102 years but didn't have any national or international recognition till 2021. After getting the ICC's approval, our bats appeared in different international tournaments and the demand has risen manifold." Kabir, who manufactures bats under

the GR8 Sports brand, said. Kabir claimed that Kashmir caters to 80 per cent of the global demand

for cricket bats. "With the World Cup around the corner and being hosted by India, the demand has risen manifold. We manufacture around three million bats annually but the demand for this month and the previous one was 15 times higher. We manufactured around three to four million bats in two months that we delivered," he

Kabir claimed that from "zero exports" till 2021, more than 1.85 lakh bats from Kashmir have been export-

ed to various countries. "We are giving the world a better alternative in the form of Kashmir willow, that too at a cheaper price. Ouality-wise also, if you see our bat, the biggest six in the (T20) World Cup was hit by a player using our bat," he said, adding at least 17 players will be using his company's bats during this edition of the World Cup.

Mushtag Ahmad Sheikh, a worker at a bat manufacturing unit, said the workforce here waits for the World

Cup as their wages go up. "We always wait for the World Cup because our work increases manifold and we get double the wages. We work day and night during these days as this is the source of our livelihood," he said.

Sheikh said the buyers increase their orders three to four times around the time of the World Cup.

"Those who usually order 1,000 bats ask for 3,000 to 4,000 bats now," he added.

Omer Alam, a former cricketer from Jammu and Kashmir who played in the Ranji Trophy, said the

investment into improving the quality of Kashmir willow bats is now

paying dividends.
"The investors are doing a fabulous job. Kashmiri manufacturers are providing bats to youngsters as well as international players," Alam said.

He feels that Kashmir willow bats are better than those made from English willow because of their

durability. "The Kashmir (willow) bats are much cheaper and they have a longer life. English willow bats are used for one season but Kashmir willow bats last for two to three seasons ... We have seen international players playing with these bats and it has got a

good scope," he added. (Agencies) **BJP Not in Mood**

favour of even holding the lo-cal bodies and panchayat elections, which the government played up in

the Supreme Court. "Assembly is a far cry, perhaps they are not willing to hold local bodies and panchayat elections which they talked about a lot in the Supreme Court. The only election that we believe will be held is the one to Parliament. They might find it difficult to defer that. Other than that they don't seem to be in a mood to hold any other election because the mood of the people is to punish them

through votes," he said. Asked about deferring of the local bodies elections, Abdullah said the

government will deny it. "If you ask them (Government), they will tell you how can the elections be deferred when we have not announced it," he said.

In response to a question. Abdullah charged that Lieutenant Governor Manoj Sinha and some bureaucrats were the only people who do not want assembly elections to be held in Jammu and Kashmir.

'There is only one person, and may be a few officers around him who will be going from here when the LG leaves, who does not want elections. Ask anyone on the road. I am not saying they will vote for my party or a particular party but everyone wants elections. There are few yes men who visit the Raj Bhawan to mislead the LG. I also headed a government for six years, these turncoats used to come to my office as well," he added.

Abdullah was referring to a recent statement made by Sinha in which he claimed that 80 per cent of people in Jammu and Kashmir were happy with the current dispensation and did not want any change. He said a meeting of opposition

parties has been convened in Jammu

next week to review the current situation in Jammu and Kashmir. "A meeting has been called, we will sit and discuss. The situation of Iammu and Kashmir will be reviewed. If there is a need for doing something, it will be decided there. The good thing is that the meeting has been convened in Jammu as sometimes it is claimed that all decisions are taken

in Kashmir." he added. Asked about Director General of Police Dilbag Singh's statement about terror-free Jammu and Kashmir, Abdullah said his party will play its

role it achieving this goal. "Who can object to it, other than the terrorists? No one will say that the DGP has said anything wrong. Please make Jammu and Kashmir terror-free, we will also play whatever role we can in this regard. But noting can be achieved by just making statements. How terror-free we are is evident from the Kokernag incident. After such a long time, losing a Colonel, a major, a DySP of JK Police and a jawan is not an ordinary incident," he said.

"Your aim is to make (JK) terror free, please do it. Let it be proved on the ground. Then remove the AFSPA. We will be the first ones to cheer for you," he added.

Presence of Active Militants has Declined: DGP

Observer News Service

JAMMU: Director General of Police, Jammu & Kashmir Dilbag Singh on Thursday presence of number of active militants have decreased and efforts afoot to "finish the remaining".

"Pakistan is the main source of militancy. JKP and other security forces are committed to neutralise and uproot militancy from the UT," he said while talking to media men on the sidelines of a function. He said that successful operations were conducted and will continue to eliminate the remnants of militancy.

"The presence of a number of active militants have decreased and efforts are on to finish the remaining.'

He said that the security grid on the borders and within the hinterlands is alert and active to thwart "nefarious designs of Pakistan backed anti national elements.

Referring to the Kokernag encounter, the DGP said, "We have to work on how to respond better so that loss of security forces lives is avoided."

Referring to the areas where there was no police presence previously, the DGP said that during the last few years "we have tested ourselves to the optimum and have overcome obstacles resulting in the changed situation.'

He said J&K Police along with other security forces are holding ground and have control over all the areas.

"We have ensured that rule of law is applied to stone pelters and instigators whoever they may be," he said.

Earlier the top police officer while addressing 65 DySsP trainees at Sher-e-Kashmir Police Academy Udhampur today said that the atmosphere of training institutes rejuvenates personnel and that training period is missed by all personnel throughout their life.

Sharing his past experiences, Singh said, "All you have to do is to work with passion, dedication and professionally. You have to have synergy, camaraderie with your jawans and colleagues be-

sides with other forces.' The DGP was on a day-long



tour to the SKPA Udhampur and Subsidiary Training Center (STC) Talwara Reasi where he interacted with trainee officers and jawans and also inaugurated new buildings in these training institutes.

Addressing the trainee officers at SKPAU, he said that all personnel consider training institutes wherever they train their second home. Advising to train hard and learn as much as one can, the DGP said, "Focus on your work and don't bother about those people who would try to bring you down".

Urging trainees to ensure holding of the ground, the DGP said that we have to deal with anti national and anti social elements strictly while taking care of the common people. He said that in a region where terror used to prevail, JKP alongwith SFs ensured security and safety of common people whose support & cooperation is utmost important for the UT's peace. He emphasized upon trainees to develop compassion as an essential element for own personnel & for the people we serve adding that Police officers should be confident about their efforts & intentions and taking decisions on ground in the interest of the administration.

Regarding the training of personnel the DGP said that Police Headquarters is more focused providing specialized courses on cyber crime investigation and counter measures as well as tactical aspects. Directing for organising modules on specialized crimes, the DGP said that more specialized training courses are the need of the hour for cracking the modern cyber crimes.



EID-E-MILAD-UN-NABI, the birthday of Prophet Muhammad (Pbuh), is being celebrated with religious fervour across Jammu and Kashmir on Thursday.. KO PHOTO, ABID

PM Modi, HM Shah to Hold Election Rallies in J&K Next Month

Agencies

JAMMU: To boost the morale of party workers and setting right tone for Lok Sabha elections due in April-May next year, Prime Minister Narendra Modi and Union Home Minister Amit Shah among top brass of Bharatiya Janata Party's stalwart (BJP) is all set to led party's campaign in Jammu and Kashmir by holding massive rallies after assembly polls in four states.

Party sources said that Modi, Shah, Defence Minister Rajnath Singh, External Affair Ministers S Jaishankar, Road and Highways Minister Nitin Gadkari among top leadership will be addressing rallies and launching various development projects from October -November onwards.

Sources said though the calendar of VVIP visit is not final yet but it's likely to commence after the assembly elections in four states including Madhya Pradesh, Rajasthan, Chhattisgarh and Telangana.

Sources confirmed that Modi, Shah is expected to be in Jammu and Kashmir for minimum of two days and maximum three days depending upon his schedule whenever it



is finalized.

They said the Home Minister has given his consent to the tour programme while a formal nod from the Prime Minister is expected as the UT Government is also preparing a detailed list of projects and welfare schemes which he will launch and inaugurate. Sources said that PM Modi

is likely to inaugurate AIIMS OPD at Awantipora besides addressing a massive rally in Anantnag, where over 2 lakh people are expected to attend the gathering.

Rajnath Singh also expected to hold rallies before announcement of Lok Sabha polls. Confirming the develop-

Jaishankar, Nitin Gadkari,

ment, BJP's J&K unit president Ravinder Raina said that though dates are yet to be finalised but PM Modi. Amit Shah and other top ministers are expected to address massive rallies. He said that they recently met Amit Shah in New Delhi, where they had requested the top brass to hold rallies in Jammu and Kashmir.

Apart from this, he said BJP leadership has also requested party president Jagat Prakash Nadda for a two to three days visit to Jammu and Kashmir at his convenience but his tour is yet to be finalized. However, as per the party leaders, Nadda will definitely visit the UT before the announcement of Parliamentary polls—(KNO)

Police Foil Protest by Shopkeepers in Sopore Town

Traders at Main Chowk protest against road divider

SOPORE: Police on Thursday foiled a protest demonstration by shopkeepers who were demanding the removal of a road divider here in north Kashmir's Sopore town. Many of them were detained and released later on.

Scores of shopkeepers staged a protest demonstration against the authorities, demanding the removal of a road divider at the heart of the town – Main Chowk – which, as per them, is hampering their businesses.

The shopkeepers from Main Chowk and Bada Bazar (Jamia Masjid road) said their business has been severely affected due to the installation of road barriers and dividers.

Following the protest call by the shopkeepers, policemen were already deployed at the Main Chowk on Thursday morning to thwart any untoward incident. Minutes after shopkeepers staged a protest, they were detained and taken to the nearest police station. However, they were released after hours of detention.

Meanwhile, the shopkeepers while expressing concern said they have been suffering huge losses as most of the material and items remained unsold due to the road divider. This barrier has led to a significant

decline in our sales, they said. "We don't want removal of dividers across the town, but in the Main Chowk only which has impacted the business and livelihood of hundreds of shopkeepers," Rayees Kaloo, a trader and social activist said.

We were detained and kept in the police station for hours for protesting for our genuine demand of removing the barricade, Kaloo said, adding, "We were asked not to protest again else we will be arrested."

We will meet the administration again to discuss the issue, he added.

Meanwhile, themselves from the protest demonstration, President Traders Federation Sopore, Haji Mohammed Ashraf Ganaie said that they were not part of the

"Yes, few of the dividers should be removed as demanded by some shopkeepers as well as shoppers, but it should be resolved peacefully," Ganaie said, adding, "There should be no politics over the issue. We are in no way involved with those who do politics on it."

The president referred to the "political backup" for the protest— With Inputs from KNO

Wildlife Department Rescues Leopard in Anantnag Village

SRINAGAR: A leopard was captured alive by Wildlife Department employees in Kadapora village in Achabal in south Kashmir's Anantnag district on Thursday evening.

Reports said that the Wildlife Department was informed by the locals of Kadapora after a leopard was sighted roaming in the area.

The Department concerned reached the area with men and machinery and soon after launched a rescue operation to trap the beast.

The beast was later on successfully captured by the rescue team. Confirming it, an official told



GNS that the rescue operation was launched on the directions of Wildlife Warden South Division Bijbehara, Range officer Bringi Valley, Range Achabal.

Advisor addresses day-long Technical Conference on Rabies at SKICC

'Collaborative Efforts From All Stakeholders Need of Hour'



Observer News Service

SRINAGAR: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today remarked that collaborative efforts from all stakeholders, including government agencies, healthcare providers, veterinarians and public are the need of the hour to combat the impact of Rabies in the

The Advisor made these remarks while addressing the day long technical conference on Rabies, organised on the backdrop of 'World Rabies Day 2023-All for 1, One Health for All' at Sher-e-Kashmir International Convention Centre

Secretary in Agriculture Production Department (APD), Shabnam Kamili; Director Animal Husbandry Jammu, Shubra Sharma; Director Animal Husbandry Kashmir, Purnima Mittal, Joint Directors, veterinarians from across the districts and other stakeholders were also present on the occasion.

Addressing the gathering, Advisor Bhatnagar said that this conference is a unique platform to raise awareness about the devastating impact of rabies and the importance of prevention and control measures. He emphasized on the need for collaborative efforts from all stake-

holders, including government agencies, healthcare providers, veterinarians, and the public to combat the impact of this dreadful disease.

He stressed upon the all stakeholders to work in cohesion and convergence so that Rabies can be completely eradicated. He highlighted that educational institutions and other publicly important places should be utilised to create maximum awareness among the people about the prevention from Rabies.

The Advisor exhorted upon the participants to aware people about latest advancements in rabies prevention, organise vaccination campaigns and awareness programs, to combat this deadly disease.

Advisor Bhatnagar further called upon the participants to study the feasibility of including certain aspects of veterinary science in school curriculum so that the children are made aware about animal health and hygiene from a very young age.

Speaking on different achievements of J&K Administration, Advisor Bhatnagar said that Jammu and Kashmir is witnessing remarkable changes from last four years. He highlighted that J&K is number one in providing digital services to

the citizens across the country. He added that J&K State Health Agency was ranked number one health agency across the country recently.

Commending the organisers for organising this conference, Advisor Bhatnagar said that this conference will provide a platform for stakeholders from different sectors to come together, share knowledge, and collaborate on efforts to combat rabies and protect human and animal

Addressing the gathering, Shabnam Kamili said that this conference will establish an enabling environment for veterinarians to discuss and deliberate on techniques and methods of tackling Rabies in the region. She urged upon all participants to work together towards a future where rabies is no longer a threat to human and animal populations.

During the conference, several technical sessions and informative sessions were held by veterinarians and experts from various fields related to rabies prevention and control. The participants also had the opportunity to engage in meaningful discussions, share best practices, and explore new strategies to accelerate progress towards a establishing a rabies-free society.

FREE

One to one and group mental health counselling services in the clinic as well as in online mode

HEALTHY MINDS

Our team of well qualified and trained professionals comprises both child/adolescent as well as adult psychologists & counsellors that work under the guidance & supervision of senior consultant psychologists.



WE PROVIDE PROFESSIONAL HELP IN OVERCOMING THE FOLLOWING AND MANY MORE CONDITIONS

- Anger & Stress management
- Personal Empowerment
- **Post Traumatic Stress disorder**
 - Depression Suicide Prevention and more

CALL FOR FREE CONSULTATION!

10AM - 4PM, Monday - Saturday

9469 807 321

Anxiety Disorder

9469 811 096

9070 130 280

HOUSE NO. 27, LANE NO 16 A, GOGJI BAGH

Pakistan Cricketers Floored By 'Unexpected' Welcome In India

Press Trust of India

HYDERABAD: "Zabardast. Maza aa gaya," said Pakistan pacer Haris Rauf as he walked into the main nets of the Hyderabad Cricket Association ground and asked about "the overwhelming" welcome his team received at the airport barely 12 hours ago.

Indians' love for the game is unmatched; therefore, fans chanting Pakistan skipper Babar Azam's name at the Hyderabad airport should not come as a sur-

After all, one of the leading batters in the game had set foot on Indian soil for the first time alongside most of his teammates, marking Pakistan's return to India after seven years.

The perpetual tension between the nations was clearly forgotten as fans were left in awe of Babar and Co. Within no time of their arrival, the Pakistan cricket team was "trending" in India.

Babar was clearly the fans' favourite but the entire Pakistan squad was floored by the unexpected welcome. Barring Mohammad Nawaz and Salman Agha, it is the first visit to India for the rest of the

"We did expect people to turn up at the ground but a proper welcome at the airport from fans, we did not see that coming. They had lined up for the team. It was wonderful to witness that, even the players got emotional about it," a team source told PTI.

"Overwhelmed with the love and support here in Hyderabad," wrote Babar. Shaheen added "great wel-



come thus far".

PAKISTAN HIT NETS 12 HOURS AFTER ARRIVAL

Pakistan arrived here less than 48 hours before their opening World Cup warmup fixture against New Zealand on Friday and fully aware of the task at hand, as many as 10 players including two travelling reserves turned up at the ground for the optional training session.

After warming up in the field of play, Babar Azam and Iftikhar Ahmed were the first batch of batters to hit the nets. Bowling to them were the fearsome pace duo of Shaheen Afridi and a fit-again Haris Rauf, who bowled for the first time since the game against India in Asia Cup on September 10.

The experienced Hasan Ali, making a comeback into the team following Naseem Shah's injury, also hit his stride under the supervision of bowling coach

Morne Morkel.

The pace trio was in good spirits and was seen joking with the net bowlers provided by the local association HCA.

Notwithstanding the diplomatic tensions, the cricketers from both India and Pakistan get along really well and that was evident when Rauf was curious to know about the cricketing structure in India. And he knew that rival pacer Mohammad Siraj was also from Hyderabad.

The team spent close to two and a half hours at the ground.

With all eyes understandably on Pakistan cricket, the optional session of the New Zealand team was a sideshow. With a second batch of Black Caps' cricketers arriving here on Wednesday night, only Daryl Mitchell and Mark Chapman came for practice.

BUTTER CHICKEN,

ICC World Cup: Full Squad List Of All Teams

Press Trust of India

NEW DELHI: Following is the updated squad list of all the 10 participating teams in the ICC ODI World Cup after announcement

India squad: Rohit Sharma (c), Hardik Pandya (vc), Shubman Gill, Virat Kohli, Shreyas Iyer, KL Rahul, Ravindra Jadeja, Shardul Thakur, Jasprit Bumrah, Mohammed Siraj, Kuldeep Yadav, Mohammed Shami, Ravichandran Ashwin, Ishan Kishan, Suryakumar Yadav.

Australia squad: Pat Cummins (c), Steve Smith, Alex Carey, Josh Inglis, Sean Abbott, Cameron Green, Josh Hazlewood, Travis Head, Marnus Labuschagne, Mitch Marsh, Glenn Maxwell, Marcus Stoinis, David Warner, Adam Zampa, Mitchell Starc.

England squad: Jos Buttler (c), Moeen Ali, Gus Atkinson, Jonny Bairstow, Sam Curran, Liam Livingstone, Dawid Malan, Adil Rashid, Joe Root, Harry Brook, Ben Stokes, Reece Topley, David Willey, Mark Wood, Chris Woakes.

Pakistan squad: Babar Azam (c), Shadab Khan, Fakhar Zaman, Imam-ul-Haq, Abdullah Shafique, Mohammad Rizwan, Saud Shakeel, Iftikhar Ahmed, Salman Ali Agha, Mohammad Nawaz, Usama Mir, Haris Rauf, Hasan Ali, Shaheen Afridi, Mohammad Wasim.

New Zealand squad: Kane Williamson (c), Trent Boult, Mark Chapman, Devon Conway, Lockie Ferguson, Matt Henry, Tom Latham, Daryl Mitchell, Jimmy Neesham, Glenn Phillips, Rachin Ravindra, Mitch Santner, Ish Sodhi, Tim Southee, Will Young.

South Africa squad: Temba Bavuma (c), Gerald Coetzee, Quinton de Kock, Reeza Hendricks, Marco Jansen, Heinrich Klaasen, Keshav Maharaj, Aiden Markram, David Miller, Lungi Ngidi, Andile Phehlukwayo, Kagiso Rabada, Tabraiz Shamsi, Rassie van der Dussen, Lizaad Williams.

Sri Lanka Squad: Dasun Shanaka (c), Kusal Mendis (vc), Kusal Perera, Pathum Nissanka, Lahiru Kumara, Dimuth Karunaratne, Sadeera Samarawickrama Charith Asalanka, Dhananjaya de Silva, Maheesh Theekshana, Dunith Wellalage, Kasun Rajitha, Matheesha Pathirana. Dilshan Madushanka, Dushan Hemantha Bangladesh squad: Shakib Al Hasan (c), Litton Kumer Das, Tan-

zid Hasan Tamim, Najmul Hos-

sain Shanto (vc), Tawhid Hridoy,

Riyad, Mehidy Hasan Miraz, Nasum Ahmed, Shak Mahedi Hasan, Taskin Ahmed, Mustafizur Rahman, Hasan Mahmud, Shoriful Islam, Tanzim Hasan Sakib.

Afghanistan squad: Hashmatullah Shahidi (c), Rahmanullah Gurbaz, Ibrahim Zadran, Riaz Hassan, Rahmat Shah, Najibullah Zadran, Mohammad Nabi, Ikram Alikhil, Azmatullah Omarzai, Rashid Khan, Mujeeb ur Rahman, Noor Ahmad, Fazalhaq Farooqi, Abdul Rahman, Naveen ul Hag.

Netherlands squad: Scott Edwards (c), Max O'Dowd, Bas de Leede, Vikram Singh, Teja Nidamanuru, Paul van Meekeren, Colin Ackermann, Roelof van der Merwe, Logan van Beek, Aryan Dutt, Ryan Klein, Wesley Barresi, Saqib Zulfiqar, Shariz Ahmad, Sybrand

WE'RE HIRING



The methods used to consume news have changed over time from newspapers, to television, to the Internet on our computers to carrying the news around with us 24/7 on smartphones in our pockets.

Kashmir Observer, with nearly three decades of experience in news gathering, has utilised the best available talent to launch Kashmir Observer Live.

Kashmir Observer Live is available 24x7 on all digital platforms like laptops, cell phones and on your smart TV's across the world.

Kashmir Observer Live broadcasts primetime news and current affairs bulletins, live debates, talk shows and documentaries on critical issues facing Kashmir. Kashmir Observer also provides a window for Kashmiri businesses, besides

Srinagar Premier League: J&K Bank, Downtown **Heroes Register Win**



Observer News Service

SRINAGAR: Three Round 16 matches of the Srinagar Premier League 2023 were played on Thursday at Synthetic Turf TRC here.

Kashmir Maharaja FC took on J&K United FC at 2:00 pm. J&K United took an early lead, with Mehran scoring in the 3rd minute. Shoaib soon made it 2-0 in the 28th minute. Ausaib scored J&K United's third goal in the 84th minute, as the team won the game 3-0.

In the second game, Downtown Heroes FC played Kashmir Panthers FC at 4:30 pm. George gave the Heroes the lead in just the 4th minute. Inaam made it 2-0 for Downtown Heroes in the 15th, while George got his second goal of the game in the 39th minute. Kashmir Panthers

pulled one back through Arpan, but Downtown soon responded through Moomin as the team went into half time 4-1 up. Arpan scored his second in the 57th minute, but the Panthers couldn't create enough goal scoring chances. At full time, the scores read 4-2 in favour of Downtown Heroes FC, who remained undefeated in the competition.

In the final game of the day, J&K Bank FC locked horns with Real Kashmir FC (Reserves), with kick off at 7:30 pm.

J&K Bank's Prem scored in the very first minute of the game to set the tone for the match. Adnan doubled Bank's lead at the stroke of half time. Uneeb made it 3-0 in the 60th minute, before Rohit scored the fourth for J&K Bank ten minutes later.

Kulgam To Play Baramulla In U-17 Provincial **Cricket Tourney**

Observer News Service

ANANTNAG: The Under-17 Boys Provincial Level Inter District Cricket Tournament, organised by Joint Director Youth Services & Sports Kashmir, reached it final on Thursday in Anantnag. The matches are being played on turf wicket venues across the district.

In the matches played on the Thursday, Pulwama and Bandipora locked horns in the final league match of the

In the semifinal match,

hosts Anantnag played neighboring Kulgam. Winning the toss, Anantnag fielded first and restricted the visiting team to 103 runs, after a superb bowling spell by Solib who took 4 wickets. Wasif Reyaz scored 44 runs in 28 deliveries for Kulgam. Chasing the target, Anantnag lost the game by 15 runs as Kulgam's Basit took 3 wickets. Basit was also declared man of the match for his all-round

MUTTON CURRY PART OF

With beef not available

to all 10 participating teams

in India, Pakistan will rely

on chicken, mutton and

fish for their daily protein

which is in PTI's possession,

includes grilled lamp chops,

mutton curry, and hugely

popular butter chicken and

take, the team has asked the

stadium caterer for steamed

basmati rice, spaghetti in

Bolognese sauce, a favourite of the great Shane Warne.

As Pakistan are here

for almost two weeks, the

cheat meals could include

the famous Hyderabadi

indication, irrespective of

what happens on the field,

it will be a memorable first

trip to India for Babar and

If the first 12 hours are an

and vegetarian pulao.

For their carbohydrate in-

The team's diet chart,

intake.

grilled fish.

birvani.

his team.

PAKISTAN'S DIET PLAN



tournament. Pulwama scored 115 runs in allotted overs after winning the toss. Aasif Ali scored 40 of 30 balls and Junaid Ahmad from Bandipora clinched 4 wickets. Chasing the target, Bandipora made it through with 3 wickets left, with Faizan Bashir top scoring 29 runs in 15 deliveries. However Aasif Ali claimed 3 wickets was declared man of the match for his all-round performance including 11 runs and 3 wickets.

In the other semifinal, Baramulla took on Budgam. Baramulla set a target of 127 runs with a brilliant knock of 48 runs from Ayan Tariq. Chasing the target, Budgam fell short by 24 runs. Umer Ashraf from Baramulla was declared man of the match for his magical spell of 3 overs and 3 wickets.

LOOKING FOR

showcasing Kashmir to the world.

We currently have an exciting opportunity for an experienced Camera Operator / Editor to join our dynamic and talented multimedia team.

We are looking for someone who possesses a high level of creativity and a camera / editing style.

We are looking for someone who has:

Strong news sense and aesthetic camera eye.

A drive and passion for high production standards and creating a quality product.

The ability to think clearly, communicate, and act quickly under pressure requiring minimal supervision.

Be capable of forming productive relationships with reporters and producers.

Ability to work irregular hours. A willingness to travel at short notice to cover breaking news.

A personality that thrives on hard work and high demands on outcomes. An ability to work to tight deadlines and in a work environment that can

change rapidly and often

Kashmir Observer is an Employer of Choice for Gender Equality and an equal opportunity employer, committed to creating a diverse and inclusive workplace.

> **WALK IN INTERVIEW MONDAY TO SATURDAY 12 PM**

KASHMIR OBSERVER

Boulevard, Ghat 6-7, Srinagar-1 Tel 0194-250 2327: +91-1947969705

Rediscover Mirrorless Performance







ISO















ISO





Nikon

MIMIC COLOUR LAB, PHONE NO. 9419044249,7006726389 RESIDENCY ROAD SRINAGAR