

LG Hands Over Land Papers To Landless Beneficiaries



Observer News Service

Srinagar: Jammu and Kashmir administration on Monday began the process of handing over land documents to the landless people of Jammu and Kashmir for house construction under the Pradhan Mantri Awas Yojna. The documents were handed over to some of the selected beneficiaries by Lieutenant Governor Manoj Sinha at a function held here. "It is a matter of happiness that I handed over documents of 5 marlas land to some beneficiaries who are landless but eligible for housing under PMAY. The respective Deputy Commissioners will do the same in their districts," Sinha said. Dispelling the charges that this scheme might be used to

alter the demography of Jammu and Kashmir, Sinha asked the grassroots-level representatives to keep an eye on the list of beneficiaries in their respective areas. "The elected representatives are here. You should look at the beneficiary list and check if there is anyone from outside (JK). There are some people who are unnecessarily playing with the emotions of the people on every issue," he said. "This decision was taken after a lot of thought that poor people should also have their own houses. But some people are doing politics even on this issue. This is one of the reasons why Jammu and Kashmir has not been able to progress," the LG said. This decision will strengthen the rural economy **► More On P6**

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Five Beneficiaries Get Land In Baramulla

The district administration here on Monday allotted five Marla land each to five landless beneficiaries for constructing houses under the Pradhan Mantri Awas Yojna (PMAY) Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraf in presence of Assistant Commissioner Revenue Baramulla, Peerzada Mumtaz Ahmad on Monday handed over sanction orders of 05 Marla of land to five landless eligible beneficiaries of Baramulla under Pradhan **► More On P6**

In Lieu of Tatoo Ground J&K Transfers 158 Kanal Land To Defence Ministry

UT Administration To Seek Transfer Of 150 Kanals From Defence Ministry In Srinagar, Gives Go-Ahead For Taking Up Matter With MHA

Agencies

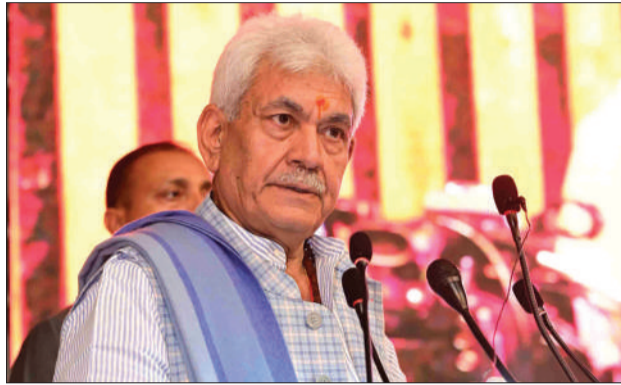
Srinagar: The Jammu & Kashmir government has transferred 158 Kanals of land to the Ministry of Defence in lieu of Tatoo Ground. Documents reveal that the J&K government has transferred 135 Kanals and two Marlas of land at Shariefabad, Budgam and 23 Kanals and 13 Marlas in estate Rakh Buran, Singhpora Baramulla to the

Ministry of Defence in lieu of Tatoo Ground land. The move comes after the Defence Ministry signed a Memorandum of Understanding (MoU) with the Ministry of Home Affairs through the Union Territory government for transfer of defence land measuring 139.04 acres land at Tatoo Ground, Srinagar. The Jammu & Kashmir government plans to use Tatoo Ground land **► More On P6**

Efforts Being Made To Create J&K Of Bapu's Dreams: LG

Observer News Service

Srinagar: Asserting that efforts are being made to create Jammu and Kashmir of Bapu's dreams, Lieutenant Governor Manoj Sinha said Monday that the voices being raised against violence from every corner of the Union Territory and huge participation of people in 'Shanti Yatra' is a testament that the teaching of peace and inclusive development of Mahatma Gandhi have turned into a Jan-Andolan. "Bapu's thoughts are powerful instrument for prosperity, dignity and empowerment of people. His timeless ideals are the only effective instrument to tackle the challenges confronting the world," the LG said. The event also marked the



He was addressing the UT-level event organized by the Department of School Education to celebrate the 154th birth anniversary of Mahatma Gandhi. The event also marked the

culmination of the 'Shanti Yatra' started from Anantnag and series of other programmes which are the part of the month-long celebrations of Gandhi Jayanti held in schools across the UT.

Extending his greetings to the people on Gandhi Jayanti and the birth anniversary of former Prime Minister Lal Bahadur Shastri, the LG recalled the eternal values of Gandhi, which he said, have been inspiring generations across the world and the power of truth, ahimsa, satyagraha, simple living is guiding entire humanity on the path of peace and brotherhood. Sinha also applauded the inspirational journey undertaken by more than 27,000 students during Shanti Yatra to pay homage to Bapu and his ideas and ideals. "Bapu's life teaches us that spirit of dedication and purity of means, can not only ensure independence **► More On P6**

Unveils Gandhi's Statue At Civil Secretariat



Lieutenant Governor Manoj Sinha on Monday unveiled a statue of Mahatma Gandhi and a Charkha' installation as a mark of tribute to the Father of the Nation on his birth anniversary, at the Civil Secretariat here. "Puja Bapu always believed that the message of Charkha's circumference is much broader than its tangible circumference. The goal of the Charkha' is to serve mankind, to live without **► More On P6**



CRPF band played various tunes around Srinagar's Ghanta Ghar (Clock tower) as part of the rehearsal for a motorcycle expedition event that will be flagged off on Tuesday. KO Photo, Abid Bhat

Campaigning Ends For LAHDC Kargil Polls

Fate Of 85 Candidates In 26 Seats To Be Sealed On Wednesday

Press Trust Of India

Kargil: Campaigning ended on Monday for the October 4 elections to the fifth Ladakh Autonomous Hill Development Council (LAHDC)-Kargil with the stage set for a triangular contest in most of the 26 seats. The counting of votes is scheduled for October 8 and the new council will be in place before October 11. The existing council headed by National Conference's Feroz Ahmad Khan completed its five-year term on October 1. A total of 95,388 voters including 46,762 women are eligible to exercise their franchise from 8 am to 4 pm on Wednesday to decide the electoral fate of 85 candidates in 26 seats of the 30-member



Hill Council, according to election officials. Four councillors with voting rights are being nominated by the administration. The National Conference and Congress have announced a pre-poll alliance but have put up 17 and 22 candidates, respectively. Both parties said the arrangement has been restricted to **► More On P6**

Zojila Tunnel Project 1000 Engineers, Labourers Working Hard To Script History

Auqib Javed

Srinagar: A strong workforce of over 1000 engineers and labourers are toiling their sweat to script history by making Srinagar-Ladakh highway, all weather road, even as over 90 percent of the work on the main tunnel in Zojila has been completed so far. According to officials, the work on both the tunnels is in full swing and the slated time of completion is 2026. Once completed, the strategic highway to Ladakh will remain open throughout the year. In 2018, the foundation stone for the Zojila tunnel project was laid, following approval by the Cabinet Committee on Economic Affairs, led by Prime Minister Narendra Modi. The project encompassed



construction, operation, and maintenance at an approximate cost of Rs 6,800 crore. The work on the project to establish all-weather connectivity between the Kashmir valley and the Ladakh region was started

on 15 October 2020. The government of India has given this ambitious project to the Megha Engineering and Infrastructure Limited (MEIL) for execution. Harpal Singh, Project Manager **► More On P6**

PM, Shah Hails J&K For Achieving ODF Plus Status



Observer News Service

Srinagar: The Prime Minister Narendra Modi and the Union Home Minister Amit Shah on Monday lauded Jammu and Kashmir for achieving 100 percent villages Open Defecation Free (ODF) Plus status in the Model category under Swachh Bharat Mission (Grameen) phase-II. "Laudatory effort, for

which I congratulate the people of Jammu and Kashmir. This is a monumental step in our journey towards a cleaner and healthier India," PM Modi posted on X. The PM's reaction was a post put out on X, previously known as Twitter, by J&K Lieutenant Governor, Manoj Sinha. Besides PM, the Union Home Minister, Amit Shah also hailed **► More On P6**

SHORT TAKES

Search Ops Launched In Rajouri

Security forces on Monday launched a search operation in the forest area of Kalakote in Jammu and Kashmir's Rajouri district following information about suspicious movement, officials said. The Army along with police cordoned off Broh and Soom forest belt in Kalakote area for the searches, the officials said. They said a few rounds were heard during the cordon and search operation but it was later clarified that the security **► More On P6**

Man Injured In Bear Attack

A man was attacked and injured on Monday by a black bear in Kokernag area of South Kashmir's Anantnag district. Mahmood Kalas was attacked on Monday evening by a black bear outside his home in Lisser Shalnard village of Kokernag, reports said. The screams of Kalas, reports said, caught the attention of other villagers who rushed to the spot and rescued him. Kalas, who sustained injuries in the surprise beast attack, was removed to **► More On P6**

7 People Injured In Group Clash

At least seven people, including three women were injured on Monday in a clash between two groups over a land dispute in South Kashmir's Anantnag district. The clash took place between two groups on Monday evening in the Panzgam area of the district over a land dispute, reports said. Seven people identified as Mohammad Ashraf Rather, Abdul Rashid, Shakil Ahmad Kasana, Zeena Begum, Fatima Begum, **► More On P6**

High Court Felicitates Safaimitras

High Court of Jammu & Kashmir and Ladakh, under the directions of Chief Justice, celebrated Swachh Bharat Diwas, as part of Swachh Bharat Abhiyan, a mission launched by the Government of India to fulfill the dream of clean and hygienic India, in the premises of the Srinagar Wing of the High Court. The Safaimitras/Safaikaramcahris who participated in the event were felicitated in the High Court premises, Srinagar and were provided gift items. **► More On P6**

Man Killed After Tractor Overturns

A man was killed and his son left injured after their newly purchased tractor turned turtle while the duo was on way to their home Dhani Karnah in Kupwara district on Monday evening, official sources said. They said that a Chassis tractor met with an accident at Zarla area in Karnah resulting in on spot death of a person and injuries to another. "As the news spread, the locals reached the site and lifted the persons to a **► More On P6**

Rajouri Man Found Dead In Tangmarg

A man from Rajouri on Monday was found dead in Drung tourist spot of North Kashmir's Baramulla district. Mahroof, a resident of Nowshera in Rajouri district was found dead by some villagers in Drung tourist spot of Tangmarg on Monday afternoon, reports said. A team of policemen reached the spot after receiving information from the villagers. The body was later taken by police for carrying out medico-legal formalities. Meanwhile, police have **► More On P6**

Researchers Discover Causes Of Liver Cell Scarring

ANI

When damaged liver cells are replaced by scar tissue, hepatic fibrosis results. Cirrhosis, liver failure, and even liver cancer can arise as a result of cumulative scarring that, over time, restricts the blood flow to the liver. When the condition is severe, there is no other course of action.

A group of researchers led by corresponding authors David A. Brenner, M.D., president and CEO of Sanford Burnham Prebys, and Tatiana Kisseleva, M.D., Ph.D., professor of surgery at UC San Diego School of Medicine, describe the origin and fate of liver myofibroblasts, the cells that form liver scar tissue, as well as new research suggesting that liver fibrosis can be reversed if the right conditions are present.

"Liver fibrosis is quite common, in part because it can be caused by a number of things that damage the organ but result in scarring rather than healthy repair," said Brenner, a gastroenterologist and noted liver disease researcher. "Everything from viral hepatitis to excessive alcohol consumption to non-alcoholic fatty liver disease (NAFLD), which is extremely



common in the US." Indeed, it's estimated that NAFLD affects approximately 1 billion people worldwide or roughly one-quarter of the human population. Roughly 20 per cent of patients with NAFLD progress to a more serious form called nonalcoholic steatohepatitis (NASH), characterized by inflammation of the liver, fibrosis and cirrhosis.

In their paper, Brenner, Kisseleva

These myofibroblasts begin forming a chicken wire of non-functional scar tissue that, over time, thickens and coalesces to clog and choke the liver, cascading to other, life-threatening conditions.

"There are many causes of liver fibrosis and thus, there are no effective therapies currently because most efforts have focused on single targets when the nature of chronic liver injury is incredibly complex," Brenner said.

An emerging therapeutic approach, said the researchers, is to zero in on disrupting the creation of hepatic myofibroblasts while simultaneously addressing the underlying cause of the liver damage, such as a viral infection or excessive drinking. Do so, the thinking goes, and aHSCs revert to their dormant state and liver fibrosis disappears.

"That means zeroing in on the factors that activate hepatic stellate cells," said Brenner, signaling pathways that turn them into scar tissue factories.

Recent studies in mouse models and humans have begun to illuminate these cellular and molecular mechanisms. And new single cell technologies and tools like spatial transcriptomics (which can comprehensively characterize tissue organization and architecture at single cell or subcellular resolution) will further the cause.

'Daylight Exposure May Help Treat Type 2 Diabetes'

Press Trust Of India

Exposure to natural light may help treat and prevent type 2 diabetes, according to a small study.

The research, presented at the annual meeting of the European Association for the Study of Diabetes (EASD) in Germany from October 2-6, carried out a range of metabolic tests on a group of people with type 2 diabetes when they were exposed to natural light and when they were exposed to artificial light and compared the results. "The misalignment of our internal circadian clock with the demands of a 24/7 society is associated with an increased incidence of metabolic diseases, including type 2 diabetes," said Ivo Habets of Maastricht University, the Netherlands, who co-led the research.

"Natural daylight is the stron-

gest zeitgeber, or environmental cue, of the circadian clock, but most people are indoors during the day and so under constant artificial lighting," said Habets.

The yet-to-be peer-reviewed study involved 13 participants with an average age of 70 years who stayed in research facilities, which allowed their light exposure, meal, and activity patterns to be tightly controlled.

They were exposed to two lighting conditions during office hours (8 am to 5 pm) in a randomised cross-over fashion: natural daylight from windows and artificial LED lighting. There was a gap of at least four weeks between the two interventions, each lasting 4.5 days. During the natural daylight intervention, the light intensity was usually highest at 12:30 pm, with an average reading of 2453 lux.

The artificial light was a constant 300 lux. Evenings were spent

in dim light (less than 5 lux), and the sleeping period (11 pm to 7 am) in darkness. The participants were provided with standardised meals, meaning they ate the same food in both interventions.

Blood sugar levels were continuously recorded by monitors worn on the upper arm, and a range of other tests were performed on the final day and a half of each intervention.

The study found that blood glucose levels were within the normal range (4.4-7.8 mmol/L) for longer during the natural daylight intervention than in the artificial light intervention.

The respiratory exchange ratio was lower during the daylight intervention than during the artificial light intervention, indicating that the participants found it easier to switch from using carbohydrates to fat as an energy source when exposed to natural light.

The Jammu and Kashmir State Board Of School Education

New Campus Bemina Srinagar
 Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued under as per below mentioned details:-

Roll No: 32427248
Class 12th
Year & Session 2021
Registration: N18441440004
Name : Mehvish Hameed
Father's Name: Abdul Hameed Khan
Mother's Name : Haleema Begum
Date of Birth:- 13-10-2004
Residenc:- Tarhama Tangmarg

According to the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice. (Besides the above referred "Qualification / Marks Certificate/s" bearing No: 124171 be treated as "CANCELLED")
 No: F(Cer-18-DQC)B/KD/23
 Dated
BMG

Assistant Secretary
Certificates, KD.



From The Office Of Advocate Waheed Ahmad & Associates Chamber No 316 District Court Complex, Srinagar

1. Nazir Ahmed want S/o mohd Akber want
 2. Ashiq Hussain want S/o Nazir Ahmed want
 3. Arif hussain want
 S/o Nazir Ahmed want All Residents of Barji Harwan Srinagar V/S
 Public at Large

In the matter of: Caveat petition in terms of Section 148A CPC. That the caveators has reason to believe/apprehension that non-caveator may file a suit or other type of proceedings before the Hon'ble High Court or District court on the ground of distorted facts/misrepresentation or cooked story and may succeed in obtain some relief/order at their back/exparte against the caveators and such eventuality the caveator will be put to an irreparable loss and inconvenience. It would be proper that caveators are given opportunity of being heard by this Hon'ble Court before passing any order.

J&K High Court

From The Office Of Advocate Waseem Shamas (Advocate Jammu and Kashmir highcourt at Srinagar wing)

Shakil Ahmad Mir S/O Ghulam Ahmad Mir R/O Hyderpora Bypass opposite Fly over
 Owner of Red Bricks the Multicusine

... Caveator

Versus
 Public at Large

...Non-Caveator's

In the matter of: Publication for Caveat.
 That the Caveator is the owner and in possession of shop under the name and style of Red Bricks the Multicusine situated at hydepora srinagar.
 The caveator apprehends that the non-caveator whose name is not known to the Caveator may file any suit or writ or any appeal at the back of the caveator and may manage to get ex parte order, therefore the caveator submit in case of any Writ Petition/Appeal/Suit or such proceedings are filed before this Hon'ble court by the non-Caveator's against the Caveator, the Caveator's or the counsel for the Caveator may be provided an reasonable opportunity of being heard before passing any of the order in the said Writ Petition/Appeal/Suit or any Proceeding otherwise the Caveator may suffer such an irreparable loss and injury which cannot be compensated later on in any manner and same would be an abuse of the process of the court.
 Caveator through counsel
 Adv Waseem shamas
 NJ
 Highcourt of Jammu and Kashmir & Ladakh at srinagar

اڑنیات نامیب تحصیلدار تلام

مضمون کا غدرات درخوات منجانب عابد جمید و ناظم جمید وشاید جمید عطش جمید اولادین عبدمل جمید اہنگر ساکن تلام جمید بمردوعلی شکیل کاسٹ سرفکیٹ

اشتہار بمردوعلی شکیل ہرخاص و عام

معاملہ منجہ عنوان الصدر میں درخواست سالہ دفتر پڑھیں زکاردی ہے اس سلسلے میں پڑاری حلقہ سے پورے شور پورہ طلب کیا گیا ہے جس سے میاں ہے کاسان موش تلام جمید کے مستقل کنوٹ وار ہے ساکان کا کبہ پڑیں افرہ پر مشتمل ہے

مہرا جمید اہنگر ولد غلام جمید اہنگر	زوری	45 سال	سرمد کبہ
کا شریک جمید جمید اہنگر	گہر بلوکام	42 سال	
عابد جمید پیر جمید اہنگر	زوری	23 سال	
ناظم جمید جمید اہنگر	زوری	20 سال	
شاہد جمید جمید اہنگر	زوری	17 سال	
مہر جمید جمید اہنگر	زوری	16 سال	

اس کے علاوہ کوئی افراد نہیں ہے سالہ سالہ آئی 102000 سے سرفکیٹ اجرا کرنے میں اگر کسی شخص کوئی مذری اعراض ہو تو وہ اپنا مذری اعراض ساتھ ہم اندر دفتر پڑھیں پیش کرے مہیا کرنے بعد کوئی بھی مذری اعراض قابل قبول نہیں ہوگا

نامیب تحصیلدار kree

اڑنیات نامیب تحصیلدار تلام

مضمون کا غدرات درخوات منجانب محمد اشرف تلی وشاید علی ورلیں اشرف تلی و شکیل علی پیران علی جمید تلی ساکنہ تلام جمید بمردوعلی شکیل کاسٹ سرفکیٹ

اشتہار بمردوعلی شکیل ہرخاص و عام

معاملہ منجہ عنوان الصدر میں درخواست سالہ دفتر پڑھیں زکاردی ہے اس سلسلے میں پڑاری حلقہ سے پورے شور پورہ طلب کیا گیا ہے جس سے میاں ہے کاسان موش تلام جمید کے مستقل کنوٹ وار ہے ساکان کا کبہ پڑیں افرہ پر مشتمل ہے

علی جمید تلی ولد عبدمل اشرف	زمینداری	50 سال	سرمد کبہ
کا شریک جمید جمید تلی	گہر بلوکام	47 سال	
محمد اشرف تلی ولد علی جمید تلی	لازم	30 سال	
شاہد جمید جمید اشرف تلی	گہر بلوکام	29 سال	
محمد اشرف تلی ولد محمد اشرف تلی	بچہ	25 سال	
ریس اشرف تلی ولد علی جمید تلی	زوری	25 سال	
نیک جمید جمید تلی	زوری	22 سال	
اشرف جمید جمید تلی	زوری	20 سال	

اس کے علاوہ کوئی افراد نہیں ہے سالہ سالہ آئی 674304 سے سرفکیٹ اجرا کرنے میں اگر کسی شخص کوئی مذری اعراض ہو تو وہ اپنا مذری اعراض ساتھ ہم اندر دفتر پڑھیں پیش کرے مہیا کرنے بعد کوئی بھی مذری اعراض قابل قبول نہیں ہوگا

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MUZAFFAR ALI NEWS AGENCY	ALAMGIRI BAZAR	BILAL NEWS AGENCY	NOWSHEH-RA
TARIQ NEWS AGENCY	M.K. CHOWK	MUZAMIL NEWS AGENCY	SOURA
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یہ خبر انتہائی دکھ اور افسوس کے ساتھ دی جاتی ہے کہ اہلیہ مرحوم حکیم غلام حسین (طالب) و ہمشیرہ مرحوم غلام نقی ڈاگروسا کی علمگری بازار سری نگر طویل علالت کے بعد مورخہ یکم اکتوبر 2023 بروز اتوار اس دارالافتائی سے دارالہقاری جانب رحلت کر گئی۔

مرحوم ایک نیک سیرت و دیندار اور محبت اہلیت خاتون تھیں۔ اللہ تبارک و تعالیٰ بطقیب انما اطہبا علیہم السلام مرحوم کو جو ارانہ میں جگہ عطا فرمائے۔

مرحوم کے ایصال ثواب کے لئے اجتماعی فاتحہ خوانی مورخہ 04 اکتوبر 2023 بروز بدھوار صبح 7 بجے گلستان بازار علمگری بازار میں انجام دی جائے گی۔ بعد از ان تعزیتی مجلس دولت خانہ پر دن بھر جاری رہے گی۔

سوگواران
 حکیم فدا حسین
 و خاندانہ و ماہر

7006971469

LG Awards Certificate Of Appreciation To DC Srinagar

Observer News Service

Srinagar: The Jammu and Kashmir Government on Monday awarded Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad with Certificate of Achievement for his Exemplary Dedication, Unwavering Commitment & Outstanding Leadership in the pursuit of Swachhata and playing an instrumental role in achieving ODF+ Modal Status under an initiative of Swachh Bharat Mission (SBM-2.0).

The Certificate of Achievement was awarded to Deputy Commissioner Srinagar by the Lieutenant Governor, Shri Manoj Sinha at Raj Bhawan during a Felicitation Ceremony

organized by Rural Development Department to honor the contribution of the Officers and recognize their outstanding capabilities in the pursuit of Cleanliness under an initiative of Swachh Bharat Mission (SBM-2.0). The Deputy Commissioner Srinagar was honored and given recognition by the J&K Government for encouraging and fostering the environment of cleanliness at different forums under his official capacity.

In this regard, the Deputy Commissioner Srinagar has thanked his RDD Team and members of PRIs for their brilliant work and support to District Administration which has led to attainment of important milestones under SBM-2.0.



J&K Lt Governor, Manoj Sinha interacting with a woman entrepreneur after attending Sanskriti Mahotsav at Kashmir Haat on Monday. KO Photo.

SMC Organizes Mega Event At Municipal Park On Gandhi Jayanti

Observer News Service

Srinagar: To commemorate the 154th birth anniversary of Mahatma Gandhi and recognize the invaluable efforts of the Safai Mitras (sanitation workers) in maintaining cleanliness in the City, the Srinagar Municipal Corporation (SMC) Tuesday organized a grand event at Municipal Park on the occasion of Gandhi Jayanti.

The program was presided over by the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad as the Chief Guest.

The event was held under the theme of "Swachhata Hi Seva" aimed to acknowledge and appreciate the dedicated Safai Mitras (sanitation workers) for their relentless hard work and significant contribution towards the Swachh Bharat Abhiyan (Clean India Campaign). The highlight of the event was the provision of health check-ups for the Safai Mitras, ensuring their well-being and emphasizing their importance in the community.

During his address, the Deputy Commissioner, Srinagar expressed his admiration and gratitude towards the Safai Mitras for their tireless efforts in keeping the Srinagar City clean and clear of garbage. He recognized their unwavering commitment and lauded their role as unsung heroes in achieving the vision of a Clean J&K. He further applauded their dedication and perseverance, acknowledging that their work has a direct impact on the overall well-being and quality of life for the residents of the City.

The DC lauded the SMC for organizing the event that served as a platform to raise awareness

SMC Humhama Ward Cleanliness Drive

Srinagar: Srinagar Municipal Corporation Humhama today conducted a cleanliness drive at Humhama, Rangreth Rawalpura, area here.

On the request of locals, a team of SMC led by a concerned ward officer Humhama, Abdul Majeed, Sanitation Officer Riyaz Ahmad, and other officers from the Srinagar Municipal Corporation (SMC) Humhama Ward 33 conducted the cleanliness drive from Friends Colony Humhama to Rawalpura Bridge.

The cleanliness drive Sunday for Srinagar under "Swachhata Hi Seva" campaign, under the guidance of Prime Minister Narendra Modi, has become a Jan-Andolan in J&K.

about the importance of cleanliness and encourage citizens to actively participate in the Swachh Bharat Abhiyan. He said the program is aimed to inspire individuals and communities to take responsibility for maintaining a clean and green environment, ultimately striving for a Clean and garbage-free Srinagar.

The DC on the occasion, presented certificates of recognition to the Safai Mitras as a token of appreciation, acknowledging their outstanding contribution in the cleanliness of the City and hygiene of the Citizens of Srinagar. The certificates symbolize the gratitude and admiration towards these unsung heroes who diligently carry out their duties, often in challenging conditions.

CRPF Organizes Cultural Event At Lal Chowk

Press Trust Of India

Srinagar: Once a hub of anti-national protests, the Lal Chowk in Jammu and Kashmir summer capital Srinagar is now becoming a pivot for tourism and cultural activities.

As the CRPF band played various tunes as part of the rehearsal for an event that will be held on Tuesday, tourists and locals assembled in large numbers around the popular landmark that is fast becoming an open-air theatre in Srinagar.

"This is a memorable moment for us, for India that we are witnessing this event here at Lal Chowk, flying the tricolor. We are celebrating Gandhi Jayanti," Dolly, a tourist from Delhi, said as she watched the rehearsal of women motorcyclists who will be flagged off on an expedition to Kevadia in Gujarat tomorrow.

A group of CRPF women also practiced self-defense techniques in hand-to-hand combat at the newly-refurbished public area around the iconic clock tower, locally known as Ghanta Ghar.

Dolly said it was a very good initiative and should be taken forward to empower women.

"They are being trained well in Karate... it builds confidence in us. We talk about women and men being equal, which is visible here in J-K," she said.

Another tourist from Delhi, Mukesh Jain said he never expected to see such a program at Lal Chowk.

"This is for the first time I am here at Lal Chowk and witnessing this... I never thought I could see this here," he added.

Ayushi Jain said it was a great experience for her on her first visit to Kashmir.

"Good thing here is to see that the army has given chances to girls

they are performing very well and a great example of women empowerment," she said

Srinagar CRPF Inspector General Ajay Yadav said Kashmir was undergoing transformation.

"This is new Kashmir, badalta Kashmir, peaceful Kashmir. No doubt, this is a new beginning heralding a new era," he said.

Yadav said 150 women warriors, part of a motorcycle expedition, will be flagged off from Srinagar, Kanyakumari and Shillong simultaneously on Tuesday.

"You have seen the rehearsals and tomorrow the women's bike expedition will start from Srinagar and culminate at Kevadia, Ektanagar (Gujarat) on October 31," he said.

Yadav said while 50 women will start from Srinagar, an equal number will start from Shillong and Kanyakumari to travel more than 10,000 km to reach Kevadia on October 31.

BSNL landline Connections Defunct In Nowgam

Observer News Service

Srinagar: Bharat Sanchar Nigam Limited (BSNL) landline subscribers of Sheik-ul-Aalam Colony, Nowgam here on the Srinagar outskirts on Monday complained that their connections have been defunct for the past several months.

They said despite bringing the issue into the notice of BSNL authorities, nothing serious was done to mitigate the sufferings of the subscribers.

"Our landline services are defunct... We have time and again apprised the

BSNL authorities about this issue of ours, but they do nothing other than making promises. On the ground nothing has been done all these months," inhabitants said.

They said they are paying monthly rentals for zero services offered by the BSNL authorities.

"We are now mulling to discard BSNL landline connections," they told KNT.

Some residents urged the General Manager BSNL to personally intervene in the matter and direct the ground staff to repair defunct landline connections at the earliest.





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.



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- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488, 2452222, 2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS

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

HIGHWAY STATUS

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

HIJRI CALENDAR 16 Rabi-ul-Awwal 1445	PRAYERS	
		FAJR
	ZUHR	12:21
	ASR	4:34
	Magrib	6:20
	ISHA	7:40

This Day In History

- 52 BC - Vercingetorix, leader of the Gauls, surrenders to the Romans under Julius Caesar, ending the siege and battle of Alesia
- 42 BC - First Battle of Philippi: Triumvirs Mark Antony and Octavian fight an indecisive battle with Caesar's assassins Brutus and Cassius.
- 382- Roman Emperor Theodosius makes a treaty with the Visigoths, granting them lands between the Lower Danube and the Balkans in return for military service
- 1143- Cardinal Guido elected Pope Coelestinus II
- 1247- William II of Holland elected Roman Catholic anti-king of Germany
- 1264- Comet said to predict death of Pope Urban IV is last seen
- 1272 - Beauvais cathedral in France is completed (choir and transept), designed to be the largest French Gothic cathedral ever built
- 1283- Dafydd ap Gruffydd, Prince of Gwynedd, Wales, becomes the first person executed by being hanged, drawn and quartered
- 1569- Battle of Montcontour: Duke of Anjou beats Huguenots
- 1574- The Siege of Leiden is lifted by the Watergeuzen and the forces of Admiral Boisot
- 1605- Chinese uprising on Philippines, Tondo/ Quiapo massacre
- 1657 - French troops occupy Maryland
- 1683- The Qing Dynasty naval commander Shi Lang reaches Taiwan (under the Kingdom of Tungning) to receive the formal surrender of Zheng Keshuang and Liu Guoxuan after the Battle of Penghu.
- 1691- English & Dutch army occupies Limerick Ireland
- 1735- France and Holy Roman Emperor Charles VI sign peace accord
- 1739- The Treaty of Nissa is signed by the Ottoman Empire and Russia at the end of the Russian-Turkish War, 1736-1739.
- 1778- Captain James Cook anchors at Alaska
- 1789- Washington proclaims 1st national Thanksgiving Day on Nov 26
- 1793- A warrant is issued for the arrest of French mathematician and philosopher Marquis de Condorcet forcing him into hiding
- 1835 - Battle of Gonzales fought between Texan settlers and Mexican forces. First engagement of the Texas revolution
- 1851 - The pasilalinc-sympathetic compass (a contraption built to test the pseudo-scientific hypothesis that snails create a permanent telepathic link when they mate) is demonstrated but proves to be a fake.
- 1864 - Battle of Saltville, VA
- 1912 - Gopal Krishna Gokhale, at invitation of Gandhi, arrives in South Africa on a 26-day tour; he also visits Tolstoy Farm
- 1920 - The Chinese sign an agreement with the Russo-Asiatic Bank, largely French and Russian controlled, which will oversee the Chinese Eastern Railway, but give local supervision to China
- 1923 - British occupying army leaves Constantinople
- 1924 - League of Nations approves protocols of Geneva
- 1935 - Mussolini's Italian army attacks Abyssinia (Ethiopia)
- 1940 - 17 German aircraft shot down over England
- 1941 - Germans launch attack on Moscow
- 1944 - Nazis crush Warsaw Uprising killing 250,000 people
- 1944 - US B-17's drops pamphlets on Walcheren
- 1949 - USSR recognizes People's Republic of China
- 1956 - 1st atomic power clock exhibited-NYC
- 1958 - Guinea (French Guinea) gains independence from France (National Day).
- 1963 - West German Chancellor Konrad Adenauer condemns western grain shipments to USSR
- 1968 - Mexico City police fire on protesting students, 300-500 killed
- 1968 - Republic Guinea forms (day of republic)
- 1972 - Aeroflot Il-18 crashes near Black Sea resort of Sochi, kills 105
- 1977 - Pakistani general Zia ul-Haq bans all opposition
- 1978 - Syrian & Palestinians shoot in East Beirut, 1,300 killed

KASHMIR OBSERVERTM

Tuesday | 03-10-2023

Empowering Women

The recently enacted landmark legislation, mandating one-third reservation of parliamentary and assembly seats for women, has the potential to revolutionize gender equality in political representation. The bill had first been tabled in Parliament nearly three decades ago. Women in politics can advocate for cultural transformation that emphasize gender equality and the importance of women's economic contributions. It not only addresses the immediate need for gender equality in political voices but also offers a path to tackle the deep-rooted challenges that have constrained women's labour force participation in India and, in turn, drive economic growth and gender equality in the country.

To understand the far-reaching impact of enhancing women's representation in politics, it is important to highlight how far behind women are in almost all walks of life in India despite constituting 50 percent of the workforce. India ranks among the nations with the lowest representation of women in politics while grappling with an alarmingly low female labour force participation rate. In 2021, a mere 10.5 percent of India's Parliament members were women, falling far behind global counterparts such as sub-Saharan Africa (26 percent), Nepal (34 percent), and Pakistan (20 percent). Simultaneously, India's female labour force participation hovers at a dismal 25 percent, trailing the global average of nearly 50 percent, with only a few countries like Yemen, Iran, and Iraq reporting lower rates.

This is an eye-opener. Despite the one-third political representation, women have a long way to go. Anyway, the representation quote is not coming into effect in the next parliamentary election but may only be implemented in 2029 general elections, or the subsequent one in 2034. This is because the bill's implementation is subject to delays due to its linkage with two unrelated factors: delimitation and the Census. It is unfortunate that the implementation of women's reservation has been tied to delimitation, as the principle of reserving one-third of seats for women has no direct connection to the territorial boundaries of constituencies or the number of constituencies in each state. Consequently, women will not have access to the 33% reservation in the upcoming 2024 parliamentary election.

India granted women voting rights from the very beginning, so it should not have waited when it came to ensuring more substantial political representation for them. Achieving gender equality in politics is not just a matter of justice, it is essential for the country's growth and progress. To institute meaningful change in key areas, women must have a greater say in the decision-making process.

In Jammu and Kashmir too, the one-third political representation for women will make a marked redeeming difference to their plight. It would make a bigger difference when applied to Assembly elections as more women in the state legislature would give them a greater say in the affairs of the region.

OTHER OPINION

Guinea pigs

One would have assumed that the modern healthcare sector would be an exemplar when it comes to upholding ethics. But sadly, this is not always the case: the segment abounds in examples of transgressions. Take, for instance, the recent findings concerning the disproportionate — unfair — distribution of volunteers in several of the hundreds of clinical trials that are being conducted across the world for the assessment of candidate drugs. According to the study published in PLOS ONE, 26 of the 424 global clinical trials sponsored by foreign institutions recruited an excess number of Indians as trial volunteers between 2013 and 2020. More than 60% of the volunteers were from India even though the ideal percentage should not be more than 50%. Most of these participants were roped in to evaluate medicines to treat afflictions like asthma, bacterial infections and cancer, which constitute a large share of the disease burden in India. But 18 of the 20 incomplete trials concerned disorders that are not "preferentially prevalent" in the country. Many of the sponsors of these medical trials are from populous countries like Brazil and Russia that could have found volunteers from within their own borders. The findings thus suggest that the ethical boundaries that are supposed to be honoured in the course of medical trials may not be that stringent.

Significantly, India has emerged as a favoured pharmaceutical hub owing to such factors as a population with a large genetic pool, a streamlined approval process, high disease burdens, and low operational costs. But its rise as a pharmaceutical destination seems to have been accompanied by lax regulations along with easy access to poor and illiterate patients. The ethical loopholes also underline a medical challenge. The Cape Town Statement, the outcome of global deliberations on research integrity, envisions inclusivity and diversity of medical volunteers as the cornerstones of quality medical research since overdependence on a single population base or ethnic group leads to limited outcomes. The employment of a large number of Indians as volunteers could limit the effectivity of the candidate drugs to specific constituencies.

Telegraph India

Local Body Elections J&K: A Litmus Test?

Arshad Khan

Local body elections have always served as a vital barometer of political support, acting as the very bedrock of any electoral democracy. However, in the context of Jammu & Kashmir, these elections assume an even greater significance due to changes that have transpired since the last village body polls were held

The forthcoming local body polls in the Union Territory of Jammu & Kashmir are poised to play an absolutely pivotal role in shaping the intricate and multifaceted political landscape of this region. These grassroots elections, particularly the highly anticipated Panchayat polls, are expected to take place in the months of October and November, marking a truly significant milestone in the democratic process that has been unfolding in this region.

The stage was set for the first-ever Panchayat elections in Jammu & Kashmir since its transition into a Union Territory. The esteemed state election commissioner, BR Sharma, had expressed his unwavering belief that these crucial polls should be conducted within the aforementioned timeframe. This sense of urgency stemmed from the fact that the current term of the existing Panchayat is set to conclude on January 9, 2024, leaving a limited window of opportunity to ensure a smooth transition of power and continuity in governance.

However, the Ministry of Home Affairs has reportedly taken the decision to defer polls until the Parliamentary elections expected to be held in mid-2024.

Local body elections have always served as a vital barometer of political support, acting as the very bedrock of any electoral democracy. However, in the context of Jammu & Kashmir, these elections assume an even greater significance due to changes that have transpired since the last village body polls were held. The region's bifurcation and the subsequent loss of its special status and state-



hood have fundamentally altered the political landscape, creating a complex tapestry of competing interests and aspirations.

On one side of the spectrum, the government contends that terrorism has witnessed a noticeable decline, paving the way for increased investments and development in the region. This narrative seeks to highlight the positive strides made in terms of security and stability, with the hope of attracting both domestic and international investments to foster economic growth and prosperity. However, Valley-based political parties vehemently argue that the democratic rights of the people have been suppressed.

Given these contrasting perspectives and the deeply entrenched divisions within the region, local body polls in Jammu & Kashmir will serve as a crucial platform for the people to voice their opinions and shape the future trajectory of the region. The outcomes of these elections will not

only determine the composition of the Panchayat but will also provide valuable insights into the prevailing sentiments and aspirations of the populace. It is through these elections that the people will have the opportunity to elect representatives who they believe will best advocate for their interests and work towards addressing the myriad challenges facing the region. As such, the significance of these polls cannot be overstated, as they hold the potential to shape the course of Jammu & Kashmir's political landscape for years to come, influencing the lives and aspirations of its people in profound ways.

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

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Global View

Ethnic Cleansing in Nagorno-Karabakh

Asad Mirza

Last week's Azeri blitz against Armenian Christians is the latest chapter in a bitter, decades-long conflict between Armenia and Azerbaijan.

War between the two neighbours started during the collapse of the Soviet Union, of which both countries had been a part. Armenia won control over Nagorno-Karabakh and a wide surrounding region by end-1994. This also resulted in displacement of more than a million people, including hundreds of thousands of Azerbaijanis living in the disputed area.

In 2020, after a 44-day war Azerbaijan retook much of that territory, but the heart of Nagorno-Karabakh remains a de facto independent enclave. Moscow brokered a deal between the warring nations and Russian soldiers were deployed along the borders to protect the status quo.

At present, Lachin corridor is the only available route for most of the refugees fleeing Karabakh, Armenia's decision not to defend them and instead recognise the territorial integrity of Azerbaijan - accepting Karabakh's integration - was a bitter pill for most of the fleeing.

In fact the conclave of Nagorno-Karabakh is recognised internationally as part of Azerbaijan but large areas of it have been controlled by ethnic Armenians for three decades, and it remains at the heart of one of the world's longest-running conflicts.

Azerbaijani officials have said there would be no retribution against Karabakh residents who served in the military, except for those who had committed war crimes in previous conflicts. Further, Baku has promised to offer equal rights to all those who stay. Azerbaijan's president Ilham Aliyev said last week that the Armenian population in Karabakh could now breathe easy. They are our citizens.

Echoing international concern, the U.S. last week urged Azerbaijan to preserve civilian rights and allow humanitarian and monitoring missions, as hundreds of Armenians left their homes in Nagorno-Karabakh, citing fears of ethnic cleansing.

Reportedly on the first day of the exodus, at least 13,550 of the 120,000 ethnic Armenians who called Nagorno-Karabakh home arrived in Armenia.

However, so far, there has been no international condemnation of the Azerbaijani action, as Armenia

complains of the Russian neglect to honour its pledge to safeguard Armenians due to involvement and focus of its forces on the Ukrainian conflict.

In fact, the latest move by Azerbaijan changes the balance of power in the South Caucasus region, a mixture of ethnicities. The region is also crisscrossed with oil and gas pipelines where Russia, the United States, Turkey and Iran are jostling for influence.

Since the breakup of the Soviet Union, Armenia had relied on a security partnership with Russia, while Azerbaijan grew close to Turkey, with which it shares linguistic and cultural ties.

Armenia has sought closer ties with the West, in view of Moscow's neglect, which Moscow denies and has told President Pashinyan that he is making a big mistake by flirting with the United States. Aliyev hinted recently at the prospect of creating a land corridor to Turkey across Armenia.

Regional powers have been heavily involved in the conflict over the years. Turkey has close cultural and historical links to Azerbaijan. Turkish-made Bayraktar drones are said to have played a crucial role in the fighting in 2020, allowing Azerbaijan

to make territorial gains.

According to latest UNHCR reports over 88,000 refugees from the Karabakh region have fled to Armenia in less than a week and humanitarian needs are surging, the UN refugee agency (UNHCR) said on Friday. Last week, UNHCR chief Filippo Grandi tweeted that more than 100,000 refugees had now arrived in Armenia from Karabakh.

In fact, this was a tragedy that could have been avoided. The New York Times recently wrote about what's now happening in Nagorno-Karabakh and why "almost no one saw it coming". Nothing could be more wrong, Armenians, as well as those who have followed the conflict, have warned for a long time that this was coming.

This is an abridged version of the article. Read the full article on our website. Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer

Asad Mirza is a Delhi-based senior political and international affairs commentator



OBSERVER
MAIL

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

MAIL YOUR LETTERS

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Persistent Power Cuts in Natipora

I am writing to express my deep concern regarding the persistent electricity shortage that the residents of Srinagar in general and Natipora in particular have been experiencing in recent months. We are deprived of electricity for the whole day, multiple times a week,

besides the 3 hour curtailment in that is in place. This issue is not only inconveniencing residents but also adversely affecting businesses and overall quality of life. The frequent power outages have become a daily ordeal, leading to disruptions in our daily routines, spoiled food, and sig-

nificant economic losses for local enterprises and people working from home. Students are unable to study effectively. It is evident that the current state of our electricity supply infrastructure is insufficient to meet the growing or necessary demands of the society or even individuals.

Therefore, I urge our local authorities and utility providers to take immediate action to address this issue and help us to get rid of it.

Dawood Khan

Empowering Kashmiri Youth: Channelising Potential Towards Positive Change

Abid Hussain Rather

The former president of India, Indian aerospace scientist and statesman, famously known as missile man of India, Dr. APJ Abdul Kalam has aptly said that children and youth are the pictures of a nation's future. They are our hope for tomorrow. In other words we can say that for a brighter tomorrow, a nation needs to empower its youth. Youth empowerment is a process, to encourage youth by all means. It is an effort towards making a course for them to sustain and adapt as per situations. It is the process of involving the youth and the young population in the decision-making of a community. In the picturesque valleys of Kashmir, a region often synonymous with political turbulence, there lies a wellspring of untapped potential – its youth. The population size of young people in J&K is about 2.50 million, so focusing on youth and channelizing their potential towards positive change is of paramount significance. While the challenges faced by Kashmiri youth are undeniable, there is an urgent need to shift the narrative from conflict to empowerment, from despair to hope. By channelizing their energies towards positive avenues, we can create a brighter future for both the region and its young inhabitants. Youth empowerment in Kashmir is vital for fostering stability, development, and positive change. By engaging and empowering young people through education, skill-building, and meaningful opportunities, the region can tap into its youth's potential to drive social progress, economic growth, and a more inclusive society. Empowered youth are more likely to contribute positively to their communities, participate in decision-making processes, and create a sense of hope and optimism for the future. This can help address various challenges and contribute to a peaceful and prosperous Kashmir.

EDUCATION: THE BEACON OF HOPE

Education is the cornerstone of progress. By prioritizing quality education, we can equip Kashmiri youth with the skills and knowledge necessary to participate in a globalized world. Investments in modern infrastructure, vocational training centres, and scholarships can create an environment where young minds can flourish, paving the way for innovative contributions to various fields. Empowerment through education can also help counter negative influences and ideologies, providing a path towards economic independence, improved livelihoods, and social cohesion. By investing in education and offering opportunities for skill development, Kashmiri youth can become agents of positive change, driving



progress, and stability in the region.

ENTREPRENEURSHIP: FOSTERING INNOVATION

Encouraging an entrepreneurial spirit among Kashmiri youth can lead to self-sufficiency and economic growth. Government incentives, incubation centers, and mentorship programs can help transform creative ideas into viable businesses, generating employment opportunities and redefining the region's economic landscape. Entrepreneurship offers avenues for economic self-reliance, job creation, and community development. It empowers Kashmiri youth to take charge of their futures, contribute to the local economy, and address challenges with innovative solutions.

CULTURAL PRESERVATION: A SOURCE OF IDENTITY AND UNITY

Kashmir has a rich cultural heritage that spans centuries. By promoting art, music, literature, and traditional crafts, young Kashmiris can connect with their roots and find a sense of identity and purpose. Cultural festivals and events can serve as platforms for showcasing their talents and fostering unity within the community. Cultural preservation also offers opportunities for skill development, such as traditional



CHANNELIZING THE ENERGY AND POTENTIAL OF KASHMIRI YOUTH TOWARDS POSITIVE AVENUES REQUIRES A MULTI-FACETED APPROACH. Through education, entrepreneurship, cultural preservation, sports, community engagement, mental health support, and enhanced connectivity, we can empower these young individuals to shape a prosperous and harmonious future for themselves and their region

crafts, music, and performing arts, which can be turned into entrepreneurial ventures.

SPORTS AND RECREATION: HEALTHY BODIES, HEALTHY MINDS

Engaging in sports not only promotes physical well-being but also cultivates discipline, teamwork, and leadership skills. Investing in sports facilities, organizing tournaments,

and supporting local athletes can create a positive outlet for the energy and enthusiasm of Kashmiri youth. Furthermore, investing in sports infrastructure and training programs can create opportunities for local athletes, coaches, and support staff, contributing to economic development. The success of Kashmiri athletes and sportsmen like Pervez Rasool and Umran Malik on a

national and international stage can inspire and motivate other youth to pursue their dreams.

COMMUNITY ENGAGEMENT: BUILDING A STRONGER SOCIETY

Involving young people in community service and volunteerism instills a sense of responsibility and empathy. By participating in initiatives such as environmental conservation, health-care outreach, and disaster relief, Kashmiri youth can contribute to the betterment of their society and gain a deeper understanding of their role as change-makers. This engagement not only allows them to contribute their unique perspectives and ideas but also fosters a stronger connection to their community and its well-being. Through community-based programs, youth can develop leadership skills, collaborate with diverse groups, and gain practical experience that prepares them for active participation in shaping the region's future.

MENTAL HEALTH SUPPORT: NURTURING RESILIENCE

The psychological toll of conflict and uncertainty cannot be underestimated. Establishing accessible mental health services and awareness campaigns can help Kashmiri youth cope with stress and trauma,

enabling them to harness their potential and pursue their aspirations with renewed vigor. By prioritizing mental health, we empower Kashmiri youth to overcome adversities, unlock their potential, and become agents of positive. Mental health support not only enhances their overall well-being but also enables them to focus on personal and academic growth.

COMMUNICATION AND CONNECTIVITY: BRIDGING DIVIDES

Modern technology offers unprecedented opportunities for connectivity and communication. By providing access to the internet, online education, and platforms for expression, Kashmiri youth can transcend geographical boundaries and engage with the global community. Furthermore, enhanced communication platforms facilitate the exchange of ideas, cultural exchange, and collaboration, fostering a sense of unity and shared purpose among Kashmiri youth. By harnessing the power of communication and connectivity, young individuals can be provided with the means to express themselves and explore new horizons.

In conclusion, channelizing the energy and potential of Kashmiri youth towards positive avenues requires a multi-faceted approach. Through education, entrepreneurship, cultural preservation, sports, community engagement, mental health support, and enhanced connectivity, we can empower these young individuals to shape a prosperous and harmonious future for themselves and their region. It is pertinent to mention here that the government of Jammu & Kashmir has rolled out a pioneering initiative - Mission Youth to provide a platform for holistic implementation of all youth engagement and outreach initiatives, and to bring the interests and empowerment of youth to the centre of policy making. It has established around 4,290 youth clubs since its inception in 2021 where volunteer youth are trained to work through real challenges and make meaningful change. This mission has been very successful in empowering the Kashmiri youth and has turned out to be a game changer. Further such initiatives are the need of the hour that hold the potential to alleviate the persistent trauma and tension of Kashmiri youth that has affected their lives for far too long. By investing in the empowerment of Kashmiri youth, we not only contribute to their personal growth but also lay the foundation for a more stable and harmonious region, fostering a sense of hope, unity, and progress that can lead to lasting positive change.

The author is a member of Kashmir Writers' Association and can be reached at rather1294@gmail.com

Motivation and Activation: Why Do You Need Both?

Candida Fink M.D.

Cassie, a young adult I knew many years ago, was excited about starting a fabulous new job at a sought-after design firm. She was highly motivated to do well. She had always been a high achiever and was driven to do the hard work to shine in her new position.

Unfortunately, over the course of the next several months, she developed crushing anxiety that became so severe she was missing work and falling behind on her projects. Even though she remained highly motivated, she was struggling to activate to tasks that she used to do with ease. Once her anxiety disorder was treated with therapy and medication, she was able to get back on track—her activation once again matched her motivation.

The concept of motivation in psychology broadly refers to the combination of energy, drive, and interest that pushes us toward a positive outcome that we need or want, or that pushes us away from something potentially dangerous or undesired. It can be as basic as motivation toward food when we are hungry or motivation away from sickness, leading us to sniff the milk before we put it in our coffee. And it can be as complex as motivation toward a planned academic or career path or motivation away from a person who has hurt us.

Activating to a task is starting the work that you need to do to achieve what motivates you. I may be motivated to write this article because I want to share this information and get people thinking about it. But if I don't activate to the tasks of turning



off a "Gilmore Girls" rerun, opening my computer, pulling up a document, and starting to type, I won't achieve the goal I am motivated toward. Motivation is necessary but insufficient—activation is the secret sauce.

EMOTIONS CAN ENERGIZE OR DRAIN ACTIVATION ENERGY

Activation and motivation zig-zag through numerous brain and body functions, such as thinking, feeling, moving, and socializing. Strong emotions—positive and negative—can drive motivation and activation.

If you are wildly excited about seeing Beyonce or Taylor Swift in concert, it's likely to be relatively

easy for you to activate to the tasks of setting your alarm and waking up at midnight to sit at the computer for tickets, for example. Alternatively, if you have to set your alarm to wake up in the middle of the night to finish writing your English essay, that likely feels a lot harder. Negative emotions can drive motivation and activation as well, such as when fear motivates you to avoid a stretch of road where your car recently spun out in the rain, and it activates you to drive an extra half an hour to make that happen.

Boring or difficult tasks that our brain isn't excited about take much more mental and physical effort to start and complete, even if we are

motivated to complete them. You might be motivated to eat the spaghetti carbonara that you saw on an Instagram cooking video, but if cooking isn't a highly desired and/or interesting task for you, the steps of shopping, preparing, and cleaning up may well feel like too much work. On the other hand, for someone who loves to cook, these tasks may feel exciting and fun, and therefore activating to them feels less painful.

LONG-TERM MOTIVATIONS NEED SHORT-TERM ACTIVATION

Our motivations occur along a continuum of long-term and short-term time frames. If we are motivated toward something further into

the future, such as going to college or getting a particular job, we will need to activate to many short-term tasks along the way, many of which will be less exciting than our long-term goals. Often, they are difficult, so activating to them may be a heavy lift.

One common strategy is to build in more immediate motivators to help us activate to those less desired tasks. For me, it was M&Ms.

I was motivated to do well in medical school so I could graduate and become a doctor. I had strong motivation to study for exams, but activating to that task was painful for me and required short-term motivators, including M&M breaks at certain time intervals during my library sessions. It wasn't my only hack for short-term motivation and activation, but it worked.

Most of us use strategies to motivate and activate to boring or difficult things—and we teach our children and students to use them as well. Clearly, candy should not be the only motivator to use, but I stand by my strategy at the time.

MOTIVATION AND ACTIVATION ARE UNIQUE AND EVOLVING

Every person's motivation and activation profiles develop uniquely, from childhood into adulthood and they continue to fluctuate and change over the years. Factors such as ADHD, learning patterns, physical illness, fatigue, hunger, trauma, depression, anxiety, temperament (personality traits), social drive, and many other brain and body patterns, play vital roles in motivation and activation.

ADHD, for example, adds neurologic barriers to task activation—regardless of motivation. A child with ADHD may be highly motivated to do their homework, but activating to the task may be so challenging that they continue to struggle to even start their assignments, let alone finish them.

Energy and mood factors significantly affect motivation and activation. Say I am looking forward to seeing a friend because I anticipated a positive, happy experience. Usually, it doesn't feel like a heavy mental effort to activate to the tasks to make it happen—such as reaching out, scheduling, and planning.

But if my neighbor has taken up nighttime drum practice and I'm exhausted, then no matter how motivated I am, activating to the tasks will be much more difficult. And at the next level, if I am struggling with depression, my motivation to see my friend may be lower than usual and my energy to activate to make it happen may be near zero.

When you (or your child or your student) struggle with doing tasks, a helpful approach is to be curious—with yourself or that child. Try not to assume that it's a problem of low motivation but rather consider what might be getting in the way of activating to something, even if you (or they) are motivated. Exploring motivation is vital to achieving our goals, but unless we dig deeper into activation factors, it will be much harder to get there.

The article was originally published by Psychology Today

Kohli Skips Practice Session Due To Personal Reasons

Press Trust of India

MUMBAI: India's star batter Virat Kohli didn't join the team's optional practice session in Thiruvananthapuram due to personal reasons but is expected to link up with the squad before the second warm-up game against The Netherlands on Tuesday.

Kohli had left for Mumbai from Guwahati for some emergency personal reasons on September 30 and wasn't available for the afternoon training session at the local college ground in Thiruvananthapuram.

"It was an optional session. He is expected to join the squad soon and could play the warm-up game if required," a BCCI source privy to developments told PTI on condition of anonymity.

On the day, skipper Rohit Sharma, batter Shreyas Iyer and pacer Mohammed Shami also skipped the ses-



sion which was attended by the likes of Shubman Gill, Suryakumar Yadav, Jasprit Bumrah and veteran spin duo Ravichandran Ashwin and Ravindra Jadeja.

The World Cup warm-up match against the Dutch will be the last chance for India to get some game time before the start of tournament proper against Australia in Chennai on October 8.

The Indians had a full-fledged session with Gill, Surya and KL Rahul batting for a considerable amount of time against the likes of Bumrah and Mohammed Siraj.

Ashwin and Jadeja also rolled their arm over for considerable period of time as they both are going to play a massive role in this World Cup on tracks which are expected to offer turn.

ODI World Cup: Unpredictable Pakistan Need Openers & Spinners To Raise The Game

Press Trust of India

HYDERABAD: One can never write off Pakistan in a global event and that will be the case again when Babar Azam and company head into the ODI World Cup in India on the back of an inconsistent run.

Not so long ago, Pakistan were looking like a well-rounded unit but their Asia Cup campaign has exposed the chinks in their armour. Playing in India will give the players the chance to become national heroes overnight. Pakistan open their tournament campaign against the Netherlands here on October 6.

Here is the SWOT analysis of the most unpredictable team in world cricket:

STRENGTH

Despite the injury to Naseem Shah, Pakistan's pace attack remains a potent force. The ball tends to swing in the powerplay at most venues in India and Sha-

heen would be aiming to exploit that including against India in Ahmedabad on October 14.

His new ball partner in Naseem's absence remains undecided but the choice is likely to be between the seriously quick Harris Rauf and the seasoned Hasan Ali, who is making a comeback.

The batting relies heavily on Babar Azam and Mohammad Rizwan and they both looked in sublime touch in the opening warm-up against New Zealand here on Friday. It could be a legacy defining campaign for Babar who would aim to lead from the front.

WEAKNESSES

The absence of Naseem has definitely created a window of opportunity for the opposition batters. Shaheen and Naseem are relentless with the new ball and rivals have to deal with only one

half of the destructive duo.

Rauf, who usually comes in to bowl as first change, opened the bowling against New Zealand but did not look as effective despite his express pace. There will be added pressure on Hasan who is likely to be targeted by rival teams in all phase of the game considering his medium pace.

The opening combination of Imam Ul Haq and Fakhar Zaman also don't inspire a lot of confidence. Big match batter Zaman needs to overcome his inconsistency while Imam, who has a 50 plus average in 66 ODIs, needs to bat a higher strike rate than his current 82.18.

The form of spinners Shadab Khan and Mohammad Nawaz is also a concern.

OPPORTUNITIES

The tournament presents a massive opportunity to the likes

of Saud Shakeel, Iftikhar Ahmed and Salman Agha. However, not all three are expected to feature in the playing eleven at the same time.

Shakeel, who has proved his mettle in Test cricket averaging a staggering 87.50 in seven games, is yet to make the same impact in the 50-over format. He looked good against New Zealand in the warm-up and will be hoping that more chances comes his way.

Middle-order batters Iftikhar and Agha will be expected to chip in with part-time off-spin over the course of the long tournament.

THREAT

As vice-captain Shadab Khan pointed in the media interaction on Sunday, the last thing Pakistan need is another injured squad member. Naseem's loss has disturbed the balance of the bowling attack and they can't ill-afford another key player on the sidelines. Pakistan have the tendency to self-implode and they will need to be wary of that.



Children participate in the J&K Police-organised 'Run For Peace' mega marathon in Srinagar on Monday. The marathon route stretched from Lake View Park Golf Course to Duck Park via the picturesque Nishat-Foreshore road. Prizes worth Rs 6,52,000 were distributed among winners of 13 different categories. KO PHOTOS BY ABID BHAT

Two Matches Played In Srinagar Premier League

Observer News Service

SRINAGAR: The 2023 Srinagar Premier League action continued on Monday, with two Round 16 matches taking place.

Novelty FC played Real Kashmir FC (Reserves) at Bakshi Stadium in the day's first game. The first half had no goals in it, but just when the match seemed heading to a draw, Novelty's Arhan scored the winner in 82nd minute to give his team a 1-0 win.

The second game was played at Synthetic Turf TRC here, with J&K Bank Academy taking on J&K United FC. The game ended in a 0-0 draw with both teams failing to capitalise on goal-scoring opportunities.

Provincial Level Football Tournament Begins At Baramulla

Observer News Service

BARAMULLA: The highly anticipated Inter-District Provincial Level Under-14 Boys Football tournament commenced on Monday at Showkat Ali Stadium here.

The inaugural ceremony witnessed the presence of District Statistics & Evaluation Officer Baramulla, Ishtiyak Ahmad Khan and other dignitaries from the DYSSO Baramulla.

This football tournament has brought together all 10 districts of the Kashmir province in a display of unwavering enthusiasm.

The tournament's opening match showcased an exciting showdown between Srinagar and Baramulla, with Baramulla securing a triumphant 3-1 victory. In the second match, Kupwara faced-off against Pulwama, and Kupwara emerged victorious with a 6-1 score. The third match featured a clash between Shopian and Bandipora, culminating in Bandipora's remarkable 5-0 victory. In the fourth match, Kulgam and Budgam battled it out, with Budgam prevailing 2-0.

Lost Asian Games Bronze To A Transgender Woman, Alleges Swapna



Press Trust of India

HANGZHOU: India's Swapna Barman on Monday sparked a controversy with sensational allegations that she lost out on a bronze medal in the women's heptathlon competition of the ongoing Asian Games to a "transgender" athlete.

Swapna, who had won the gold medal in the 2018 edition of the Asian Games in Jakarta, alleged that compatriot Nandini Agasara was ineligible to compete in the women's event as she is a "transgender" but later deleted her post from social media.

Nandini won the bronze medal in women's heptathlon here, while Swapna failed to defend her crown, settling for the fourth position on Sunday.

"I have lost my Asian Games bronze medal to a transgender woman at the 19th Asian Games held in Hangzhou, China. I want my medal back as it is against the rules of athletics. Help me and support me please," Barman wrote on 'X', for-

merly Twitter. A few hours later, she deleted the tweet even as the Athletics Federation of India (AFI) chief Adille Sumariwalla refused to make an official comment.

It is expected that the AFI will resolve the issue once the Games are over.

Nandini aggregated a total of 5712 points, a personal best. She topped the final event of the heptathlon, the 800m race, to ensure a spot on the podium, ahead of Barman. Besides the 800m event, Nandini also won the 200m race, that earned her 936 points.

The medal in Hangzhou is the 20-year-old Nandini's first international achievement. She represented India in 100m hurdles in the World U20 Championships in 2021 and 2022 where she finished seventh in the final.

The Asian Games here was also her first senior international tournament.

Sources said the athlete had since returned home due to some family reasons and repeated attempts to contact her over phone failed.

VAR Was Supposed To Cut Out Errors. Now The Integrity Of The Premier League Is In Question

The Associated Press

MANCHESTER: VAR was supposed to put an end to all of this.

The fallout from Luis Diaz's wrongly-disallowed goal in Liverpool's 2-1 loss at Tottenham on Saturday resulted in the Merseyside club issuing a statement, saying it would "explore the range of options available given the clear need for escalation and resolution."

It is not clear what those "options" are and The Associated Press has contacted Liverpool and the Professional Game Match Officials Limited (PGMOL), the referees' governing body, for clarification.

But the tone of Liverpool's statement on Sunday revealed the club's frustration after Video Assistant Referee (VAR) Darren England failed to award Diaz's goal, despite replays clearly showing the forward was on-side.

The PGMOL later acknowledged the mistake was a case of "significant human error" and England and his assistant

Dan Cook were stood down from further duty over the weekend.

Diaz's goal would have put Liverpool 1-0 up against Tottenham and a win would have seen Jurgen Klopp's team move to the top of the standings, above defending champions Manchester City.

"It is clear that the correct application of the laws of the game did not occur, resulting in sporting integrity being undermined," Liverpool said. "We fully accept the pressures that match officials work under but these pressures are supposed to be alleviated, not exacerbated, by the existence and implementation of VAR."

Saturday's error appears to have been one of concentration and communication.

The mistake was reportedly the result of the VAR believing Diaz's goal had been given. Upon review the verdict was to say the check was complete, meaning it was correct for the goal to stand.

But as the original on-field



decision was to adjudge Diaz offside, the response of "check complete" appeared to confirm the offside decision was correct.

VAR was introduced to the Premier League at the start of the 2019-20 season after a long-standing debate over the use of

video replays. But while the technology allows officials to review incidents frame by frame on a TV

monitor, the potential for human error still remains. Last season VAR failed to rule out an Ivan Toney goal against

Arsenal, which earned Brentford a 1-1 draw and cost the Gunners the chance to go seven points clear at the top.

"It wasn't human error, it was not understanding your job," Arsenal manager Mikel Arteta said at the time and his team ended the season five points behind Man City in second place.

Earlier this season Wolverhampton was denied a clear penalty against Manchester United when Andre Onana crashed into Sasa Kalajdzic in stoppage time at Old Trafford.

Wolverhampton manager Gary O'Neil said he received an apology from the PGMOL.

Apologies, however, do not make up for costly errors.

"We will not get points for it so it doesn't help," Klopp said Saturday. "Nobody expects 100% right decisions on-field, but we all thought when VAR comes in that it might make things easier."

The PGMOL said it would conduct a full review into the incident.