

Smartphone Addiction Causing Speech Delay Among Kashmiri Children Experts Attribute Problem To Lack Of Parent-Child Interaction At Home

Majid Nabi

Srinagar: The excessive use of smartphones, besides causing neurological disorders, including fragmented focus and insomnia, is significantly contributing to the speech delay among children in Kashmir. Four to five children with speech delays, as a result of excessive screen usage are seen at the District Early Intervention Centre (DEIC)

at the government's G.B Pant Hospital here on a daily basis. Health professionals blame the inability of parents to speak with their children owing to their hectic work schedules or other commitments, as the primary cause of children's speech delay problems. "When parents buy expensive phones for their kids, they become alienated and only focus on what appears on the mobile phone's screen. We



6 WHEN PARENTS BUY EXPENSIVE PHONES FOR THEIR KIDS, they become alienated and only focus on what appears on the mobile phone's screen. We see four to five children on an average with speech delay disorder at DEIC."

see four to five children on an average with speech delay disorder at DEIC. A child's social-emotional development and parent-child interactions may suffer from excessive mobile use," said Danish Iqbal, Speech

Therapist at DEIC. According to Danish, the problem of speech delay among Kashmiri children worsened during Covid-19, since the bulk of individuals were engrossed **» More On P6**

Term Of MCs, Councils To End By Nov 30

Agencies

Srinagar: The Housing and Urban Development Department (HuDD) has written to the government, seeking details about the dates of end term of Municipal Committees and Councils in Jammu & Kashmir. Official sources privy to the development said that the end term of Municipal Committees and Councils vary as there were bi-elections at multiple places as well. Pertinently, the Municipal elections were last held in Jammu & Kashmir in September 2018, in four phases. J&K has two municipal corporations, 19 municipal councils and 57 municipal committees. "The authorities have written to the government in this regard and have **» More On P6**

LG Flags Off Kashmir's First Vistadome Coach

Says Post G-20 Meet, Foreign Tourist Arrivals Up By 350%

Press Trust Of India

Srinagar: The foreign tourist arrivals in Kashmir have increased by 350 per cent this year post the G20 meeting held in May, Lieutenant Governor Manoj Sinha said here on Thursday.

Addressing a function after inaugurating the Vistadome rail coach at Nowgam railway station here, Sinha also said 1.70 crore tourists have visited J&K so far this year.

"Srinagar hosted the G20 meeting (the third tourism working group meeting of the G20 member countries) and post that, the number of foreign tourist arrivals in J-K has gone up by 350 per cent from the last year," the LG said.

He said last year J&K witnessed a record 1.88 crore tourist arrivals, but this year, 1.70 crore tourists have already visited J&K till September this year. Sinha said the Vistadome coach on the train will boost tourism in J&K. "It will not only ferry travellers



from Budgam to Banihal, but also provide livelihood opportunities to the youth at Budgam, Qazigund, and Banihal stations. The coach will help tourists see Kashmir's beauty with a new perspective," he said.

"It is a big leap by Railways in the development of the Union Territory. The state of the art Vistadome will attract tourists in large numbers and open up more livelihood generation

avenues for the people living in the cities, towns and villages connected to all the railway stations enroute," he added.

He said the introduction of the Vistadome coach is another step towards J-K's developmental journey.

"We are grateful to Prime Minister Narendra Modi for introducing Vistadome train services in the Kashmir Valley. Vistadome is a symbol that facilities available

in developed countries are now accessible to people of J&K," the Lt Governor said.

He also expressed gratitude to Ashwini Vaishnaw, Union Minister for Railways for elevating the travel experience of people and tourists.

The state-of-the-art Vistadome coach, which has advanced features of entertainment and sitting, will chug from Budgam to Banihal. **» More On P6**

PM Modi Speaks To PA Head, Offers Condolences



Agencies

New Delhi: Prime Minister Narendra Modi on Thursday conveyed his condolences to President of Palestinian Authority Mahmoud Abbas over the deaths of civilians at a hospital in Gaza and reiterated India's long-standing "principled position" on the Israel-Palestine issue.

In a phone conversation, Modi, at the same time, shared with Abbas India's "deep concern" over terrorism, violence and deteriorating security situation in the region.

He told the Palestine Authority president that New Delhi will continue to send humanitarian assistance for the Palestinian people.

"Spoke to the President of the Palestinian Authority Mahmoud Abbas. Conveyed my condolences at the loss of civilian lives at the Al Ahli Hospital in Gaza," Modi said on X.

"We will continue to send humanitarian assistance for the Palestinian people. Shared our deep concern at the terrorism, violence and deteriorating security situation in the region," he said. **» More On P6**

AIIMS Adds 63 Drugs To Free Medicine List

Agencies

New Delhi: To increase accessibility to healthcare, the AIIMS-Delhi has added 63 more drugs to the list of medicines being provided free of cost to patients at the premier medical institute.

The move will benefit countless poor people, Director of the All India Institute Of Medical Sciences, Dr M Srinivas, said.

The decision to expand the list of medicines available at the pharmacy from 296 to 359 was taken recently.

"Sixty-three medicines have been added to the existing list," Srinivas said.

Palbociclib, Dasatinib, Methotrexate, Trimazet, Magesterol Acetate and Leucovorin are among the medicines added to **» More On P6**

Vande Bharat Trains In Kashmir Soon: Railway Minister

Vande Bharat services are expected to be introduced in Srinagar within this financial year after the Jammu-Srinagar line becomes functional, Railway Minister Ashwini Vaishnaw said here on Thursday. He said the semi-high speed train will also serve the people of Tripura once the railway line to the northeastern state gets electrified. The government plans to roll out 75 Vande Bharat trains by March next year and is also keen to run sleeper versions of the trains on long-distance routes as an alternative to Rajdhani Express trains. "Once the Jammu to Srinagar railway line is completed very soon Vande Bharat will also be run on that," **» More On P6**

Fake IAS Officer Held in Budgam

Observer News Service

Srinagar: Police on Thursday arrested a man posing as an Indian Administrative Services (IAS) officer in central Kashmir's Budgam district.

Ayush Koul alias Vicky of Srinagar's posh Rajbagh locality was arrested by police a day after receiving a complaint from Ghulam Hassan Malik, a resident of Aalipora Putlibagh, about an alleged impersonation scam, a police spokesperson said.

Malik, he said, had stated that Vicky posed as an IAS officer and defrauded him of Rs 6.5 lakh under the pretext of securing government employment for his son.

In response to the complaint, he said, an FIR No. 302/2023 was registered under sections 419 and 420 of the Indian Penal Code (IPC) in police station Budgam.

"During the investigation, the primary suspect, Ayush Koul, was apprehended. It was revealed that Koul had **» More On P6**

Stray Dogs Causing 'Serious Inconvenience' in Srinagar: HC

Seeks Detailed Report From SMC, Authorities In Ladakh To Deal With It

M Ahmad

Srinagar: The High Court of J&K and Ladakh has directed Srinagar Municipal Corporation to file a detailed report regarding action taken including the census report of the dogs, incidents of canine bites and measures taken to deal with such "menace" by November 1.

"Though a detailed report has been furnished, it appears to be more of a proposed action rather than the action already taken," said a division bench of Chief Justice N. Kotiaswar Singh and Justice Moksha Khajuria Kazmi.

"We therefore, direct the Srinagar Municipal Corporation (SMC) to file a detailed report as to the action already taken including the



census report of the dogs, the report regarding incidents of dog bites and the steps taken by the authorities to deal with such menace by the next date of hearing (November 1)".

Hearing clubbed Public Interest Litigations, the

division bench also directed the authorities in Ladakh to inform it about the steps undertaken by them to prevent "serious inconvenience and harm caused by stray dogs" in Leh and Kargil.

"A status report **» More On P6**

S H O R T T A K E S

12 Ill After Consuming Wazwan

Two people on Thursday were taken ill after consuming a feast at a marriage function in North Kashmir's Baramulla district. The incident took place in the Singpora area of the district when nearly a dozen guests complained of health issues after consuming wazwan during a marriage ceremony, reports said. It is suspected that the guests were taken ill after consuming **» More On P6**

Man Injured In Bear Attack

A man was seriously injured after he was attacked by a wild bear in Jammu and Kashmir's Poonch district on Thursday, officials said. The incident took place in the Adayee area when Mohammad Bashir was passing through a forest while returning home from work, they said. After hearing Bashir's cries for help, locals rushed to the spot and rescued him. Bashir sustained **» More On P6**

Minor Girl Charred To Death

A minor physically challenged girl was charred to death and a residential house was also gutted in a fire incident in Badherkote area of Karnah in north Kashmir's Kupwara district. Quoting an official, news agency KNO reported that fire broke out in a residential house in Badherkote, resulting in complete damage to it. He said that in the incident a 7-year-old girl **» More On P6**

Chemist Held with Contraband

Police on Thursday arrested a chemist and sealed his medical shop for possessing and supplying contraband substances to the youth in Ganderbal district of Central Kashmir. The arrest came after an arrested youth Hilal Ahmad Ganie of Wakoora confessed that Ganie Medical Shop at Wakoora is a supplier of contraband substances to the local youth **» More On P6**

WATCH
Dr Karan Singh,
Former Sadr-e-Riyasat
Today at 7 PM On Kashmir Observer

<https://www.youtube.com/channel/UCay2aOqESrK1viRY7TeSE8w>



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High-Quality Genomes Of Pearl Millet Generated Could Help In Developing A Superior Breed

Press Trust Of India

Researchers have generated enhanced genome sequences of the pearl millet variety, which they say has paved the way for developing a more climate-resilient and nutritionally enhanced breed of the crop.

The enhanced sequences arms the researchers with new levels of accuracy regarding the intricacies of the pearl millet genome and equips them to design and implement innovative breeding strategies to develop the superior breed, the research team from the International Crops Research Institute for the Semi-Arid Tropics (ICRISAT), Hyderabad, and Corteva Agriscience, US, said.

Their study is published in the journal Communications Biology. Pearl millet, or bajra, is thought of as one of the solutions to bolstering global food and nutritional security in the context of climate change, owing to its ability to endure scorching temperatures, prolonged droughts, and nutrient-deprived soils. The crop is currently widely grown in South Asia and sub-Saharan Africa.

ICRISAT had developed the initial



draft genome of pearl millet in 2017.

For the latest development, the researchers leveraged advanced technologies to eliminate gaps in the draft genome, yielding high-quality sequences.

Such "platinum-standard" genome sequences are vital for unravelling the genetic basis of traits such as heat and drought resistance, early maturity, rapid grain development, disease resistance, and nutritional attributes, including protein, iron, and zinc levels, they said.

"The benefits of these insights are



The benefits of these insights are not confined to pearl millet alone; they also extend to closely related cereal crops like foxtail millet, sorghum, wheat, and rice

not confined to pearl millet alone; they also extend to closely related cereal crops like foxtail millet, sorghum, wheat, and rice," said Jacqueline Hughes, Director General of ICRISAT, about the study findings.

"This study will aid researchers in fast-tracking the development of climate-smart crop varieties for the benefit of smallholder farmers in developing nations," said study author Rajeev Varshney, Director of the Centre for Crop & Food Innovation at Murdoch University, Australia.

The researchers further said that the comparative genome analysis presented in the study could help in the identification and reintroduction of vital agricultural traits that may have been lost during domestication but remain present in wild species.

The study also highlighted that pearl millet is genetically coded to produce higher concentrations of amino acids, specifically cysteine and methionine, when compared to legumes like pigeonpea and chickpea.

Thus, combining millet with legumes can create a harmonious mix of amino acids, thereby contributing to a well-balanced diet that can effectively combat malnutrition, the researchers said.

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: 12411285
 Class 10th
 Year & Session 2020- Annual
 Registration: 1921010000390015
 Name : Saiema Qayoom
 Father's Name: Abdul Qayoom Wani
 Mother's Name : Shaheenah Bano
 Date of Birth:- 16-09-2006
 Residenc:- Russu District Budgam



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: 20ARKAM-1028919 be treated as "CANCELLED")
 No: F(Cer is-I-DQC)/KD/23
 Dated
 bmg

Assistant Secretary
 Certificates, KD.

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: 301412
 Class 10th
 Year & Session 2000- Annual
 Registration: B-96-19302-3094
 Name : Sheikh Mohamad Maqbool
 Father's Name: Gh Rasool Sheikh
 Mother's Name : Zarina Begum
 Date of Birth:- 04-04-1982
 Residenc:- Ashtangoo Bandipora



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: -071616 be treated as "CANCELLED")
 No: F(Cer is-I-DQC)/KD/23
 Dated
 bmg

Assistant Secretary
 Certificates, KD.

PUBLIC NOTICE

I have lost my 12th pass Migration Certificate under Roll No: 32609403- Session Annual (Pvt) Bi-Annual 2020-21. 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 Board Of School Education Sub Office Bandipora within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.



Junaid Ahmad Dar
 S/o Mohammad Abdullah Dar
 R/o Aloosa Bandipora

bb

PUBLIC NOTICE

I have lost the DOB certificate of my daughter bearing regd. no: 154/15-A/PSK Dated 08 Sep 2021 issued by Police Station Kreeri. 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 Block Development Office Pattan Baramulla within a period of seven days from the date of publication of this notice. After that no objection shall be entertained

Ajaz Ahmad Parry
 F/o Hoorain Bint Ajaz
 R/ Tapper Waripora

fk0

Government of Union Territory Jammu & Kashmir
Executive Engineer PWD (R&B) Division Bandipora.
 FAX: 01957-225533. e-mail: ee_rmb_bandipora@yahoo.com

NOTICE INVITING TENDERS
 E-NIT No: (74) of 2023-24 DATED:-18-10-2023

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

S. No	Name of work	Estt. Cost (Rs in lacs)	Cost of Tender document (IN Rs.)	Earnest money (IN Rs.)	Time of completion	Time & Date of opening of Bid	Class of contractor	Major Head of Account	Project Authority
1	Construction of Steel Trash Plate for crossing drainage near House of Altaf Hussain Lone Ward No. 04 Bandipora	0.64	200 (indicate name of work with NIT serial no. on TR)	1280.00	15 Days	25-10-2023 10:30 AM	DEE	Normal Works (Internal Resources 2023-24)	ULB Kashmir

Position of AAA= Accorded

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

1. Date of issue of Tender Notice	18-10-2023
2. Period of downloading of bidding documents	From 18-10-2023. 2:40 PM
3. Bid Submission Start date	18-10-2023. 2:40 PM
4. Bid Submission End date	24-10-2023 upto 4.00 P.M.
5. Last Date for receiving the hard copy (Original DD & EMD)	Hard copies shall be obtained only from the bidder who is declared as lowest bidder (L1) at the time opening of tenders. The cost of tender document will be collected through e-Challan/Treasury 0059. However the successful bidders will submit the same after the opening of Bids online. Note:-All bidder must upload EMD in shape of CDR/FDR pledged to Executive Engineer R&B Bandipora @2% of advertised Cost
6. Date & time of opening of Bids (online)	25-10-2023 at 10:30 AM in the Office of the Executive Engineer R&B Division Bandipora.

Note: The Bidder will mention the Contact No. and Bidder Name in the BoQ
 2.Bids must be accompanied with cost of tender documents under MH-0059 in shape of Treasury Receipt favoring to Executive Engineer (R&B) Division Bandipora (tender inviting authority) indicating S.No of Nit, Name of work and Earnest Money / Bid Security in shape of CDR / FDR pledged to Executive Engineer (R&B) Division Bandipora (Tender receiving authority).
 3. The bidder who is declared as L1 shall deposit 5% Performance security of the allotted cost in shape of CDR/FDR Pledged to Executive Engineer R&B Division Bandipora (Tender inviting authority) and the 2% EMD shall be Released in favour of the successful bidder only after the receipt of 5% performance security.
 4. The date and time of opening of Bids shall be notified on website www.jktenders.gov.in and conveyed to the Bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened on same website in the Office of Executive Engineer (R&B) Division Bandipora (tender receiving authority).
 5. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.
 6. The earnest money shall be forfeited, if -
 a. Any bidder/ tendered withdraws his bid/ tender during the period of bid validity or makes any modification in the terms and conditions of the bid.
 b. Failure of successful bidder to furnish the required performance security within the specified time limit.
 c. Failure of successful bidder to execute the agreement within 28 days after fixation of contract.
 7. Instruction to bidders regarding e-tendering process.
 a. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual kit" on website www.jktenders.gov.in acquaint bid submission process.
 b. To participate in bidding process, bidders have to get "Digital Signature Certificate" (DSC) as per Information Technology Act-2000. Bidders can get Digital certificate from any approved vendor.
 c. The bidders have to submit their bids online in electronic format with digital signature. No bid will be accepted in physical form.
 d. Bids will be opened online as per time schedule mentioned in para -1
 e. Bidders must ensure to upload scanned copy of all necessary documents with the bid. (I.e. Enlistment Registration Card, Online Renewal, Pan Card, GST Registration Certificate with clearance of latest Qtr or preceding Month). Besides original/ photocopies of documents related to the bid be submitted physically/ by registered post/ through courier before the date specified in para-1
 f. The bidder who is declared as L1 shall deposit 5% performance security in shape of CDR/FDR pledged to Executive Engineer R&B Division Bandipora Tender issuing authority and the 2% EMD shall be released only after the receipt of the same.
 Note: Scan all the documents on 100Dpi with black & White Option.
 8. The department will not be responsible for delay in online submission due to any reasons
 9. Scanned copy of cost of tender document in shape of Treasury Receipt in favour of Executive Engineer (R&B) Division Bandipora and Earnest Money in shape of CDR / FDR applicable pledged to Executive Engineer (R&B) Division Bandipora (tender receiving Authority) must be uploaded with the documents of the bid. The original Treasury Receipt (Cost of tender documents), CDR / FDR (earnest money / bid security) & relevant bid documents to be submitted to the tender opening authority by registered post / courier / by hand before due date of submission of tender / as per time schedule specified.
 10. Bidders are advised not to make any change in BOQ (Bill of quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the item rate inclusive of all taxes and it should be saved with the same name as it contains.
 11. Price escalation and taxes:- The unit rates and prices shall be quoted by the bidder entirely in Indian rupees and the rates quoted shall be deemed to include price escalation and all taxes up to completion of work unless otherwise specified. Deduction on account of taxes shall be made from the bills for the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.
 12. Bidders are advised to use "My documents" are in their user on R&B e-tendering portal to store such documents as are required.
 13. Instructions to Bidder (ITB).
 13.1. All Bidders shall include the following information and documents with their bids:-
 Principal place of Business.
 a) PAN No. along with the latest self-attested certificate by the bidders to the effect that he has no sales tax liability / arrears, GST Registration with clearance of Latest Quarter or preceding Month.
 13.2. The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of Bid.
 13.3. All documents relating to the bid shall be in English language.
 13.5. All bidders shall mandatory upload verification certificate from the concerned Issuing Authorities of enlistment registration card along-with registration Card and ("online renewal of Registration card as the case may be") non submission of the same shall render the bid non responsive.
 1. If the bidder does not quote rate for any item of the rate list/ quantity schedule, cost of such item/ items shall be deemed to be part of the overall/ total contract value. No rate shall be allowed for such item/ items in the allotment of contract.
 Bidders should be fully cognizant that if the documents uploaded/submitted on the basis of which the contract was awarded are later discovered to be fake/ not genuine, the contract will be cancelled and the Contractor/bidder will be blacklisted from participating in this Division/ Department for a period of three years, in addition to the performance security deposited for the said work being forfeited
 All other terms, conditions are as per PWD Form-25 (Double agreement)

Sd/= Executive Engineer (R&B) Division Bandipora

No:-EE/R&B/Bandi/4298-4305 Dated: 19-10-2023.
 DPK-10721/23

From the office of Advocate Moien ul Islam

In the case of Shadab Hussain Mir S/o Nissar Hussain Mir R/o Natipora Srinagar

Vs Public at Large

Caveator Non Caveator

In the Petition in terms of Section 148-A The caveators have reason to believe that Non-Caveator may file any Application, Petition, Ap- peal, Suit or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/misrepresentation and cooked story and may seed in obtaining some relief/order at their back/in exparte against the caveators and in such eventuality the caveators will be put in irreparable loss and inconvenience. It would be proper that caveators be given an opportunity of being heard by the Hon'ble court before passing any order.

Sd/advocate nj

From office of the Advocate Farhat Rashid And Associates under Lic. No. JK 215/19

In the case of:
 1) Zohraiz wasim S/O Zahid Wasim
 2) Zahid Wasim F/O Zohraiz Wasim
 3) Zarka Wasim W/O Zahid Wasim
 4) Zaira wasim D/O Zahid Wasim
 All residents of Devi angan, Hawal, Srinagar.

V/S PUBLIC AT LARGE (Caveators) (Non-Caveators)

In the matter of: Caveat petition in terms of section 148-A of C.P.C
 The caveator has reason to believe/ apprehension that non caveator may file a suit of any other type of proceeding before the Hon'ble court and on the ground of Distorted facts/misrepresentation and cooked story and may succeed in obtaining some relief/order at irreparable loss and inconvenience it would be proper that caveator is given opportunity of being heard by the Hon'ble court before passing any Order.

nj

E-mail:- techrbpu1786@gmail.com Government of Jammu & Kashmir (UT) Phone:-01933-295302,
Office Of The Executive Engineer R&B Division Pulwama.

TENDER NOTICE
 E-NIT No :- 170/EEP/RNB/of 2023-24/9826-36
 Dated: 18 /10/2023

For and on behalf of the Lt. Governor, J&K UT term e-tenders (In Single Cover system) are invited on Item Rate Basis from approved and eligible Contractors registered with J&K State Govt. CPWD, Railways and other State/Central Government for the following work:-

S. No	Name of Work	Advt. cost	Cost of T/D (Rs.)	Earnest Money (Rs.)	Time of Completion Days	Class of Contract	Major head of account
1	Restoration of road surface under the jurisdiction of PW RNB Sub Division Rajpora on emergency basis by way of supply and spreading of salt on frost snow for the year 2023-2024	2.99	200/-	2000/-	1 Day	A,B,C,D	3054 Snow

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

1. Date of issue of Tender Notice	18 /10/2023
2. Period of downloading of bidding documents	From 18 /10/2023 10:00 A.M.
3. Bid submission Start Date	18 /10/2023 from 10.00 AM
4. Bid Submission End Date	25 /10/2023 upto 4.00 P.M
5. Date & time of opening of Bids (Online)	27 /10/2023 at 11.00 AM in the Office of the Executive Engineer R&B Div.Pulwama

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan/Receipt as per Annexure -C (Debited to M.H.0059 PWD) and EMD in favour of Executive Engineer R&B Div.Pulwama showing clearly the name of work along with NIT No. & S.No. failing which the tender will be rejected outrightly
 3. The date and time of opening of Bids shall be notified on Web site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site in the office of the Executive Engineer R&B Div.Pulwama
 4. The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.
 All other terms and conditions shall be available in website www.jktenders.gov.in

Head Draftsman DPK-10709/23 dated: 19-10-2023
 Technical Officer
 Executive Engineer, R&B Division Pulwama

Div Com Directs Completion Of Work On Bemina, Nowgam Flyovers

Observer News Service

Srinagar: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri on Thursday directed agencies entrusted with execution of developmental projects to expedite ongoing work before the commencement of freezing cold winter days.

The Div Com called for completion of vital projects including Bemina and Nowgam flyovers to ease the traffic flow at these critical junctions. He instructed for metaling and macadamization on the main overpass roads of flyovers for unhindered plying of vehicles on Bypass.

Several ongoing projects of SSCL were also discussed in the meeting for early completion including

Balidan Stambh, Sangarmal Junction, Parking at Hat-Trick and operation of ITMS cameras.

Regarding Natipora Rambagh Barzulla Bund Road, the Div Com exhorted to conduct clear demarcation of state land as per the records and asked to remove encroachments so that the Bund Road shall be developed on priority basis.

Meanwhile, Div Com also directed for Black Topping (BT) of city roads wherever required before the commencement of winter season.

Officers of R&B, SSCL, Revenue and Law who attended the meeting shared feedback about the mentioned works regarding physical and financial aspects besides action taken report.



KO Photo, Majid Nabi

Waqf Board Seals, De-Seals 6 Shops At Budshah Chowk Over Rental Issue

Majid Nabi

Srinagar: Shopkeepers at Budshah Chowk Srinagar on Thursday observed a shutdown against J&K Waqf Board's move to seal half a dozen shops in the busiest market-places of the city.

The aggrieved shopkeepers said the matter is sub-justice and that move came as a shocker for the whole of the business fraternity.

They appealed to the Waqf Board authorities to de-seal their shops at the earliest so they could continue their business.

Several shopkeepers at Budshah Chowk Maisuma closed their shops as a mark of protest, arguing the move as 'unjustified' and 'arbitrary'.

The shopkeepers said the matter is related to enhancement in monthly rent tariff and that the issue is pending disposal before the court. They said they have put forth their genuine argument before the honorable court and whatever decision the court takes, it will be abided by in letter and spirit by all.

"We came to know that Waqf authorities have sealed our 6 shops

during the preceding night. We are paying rent as per agreement drafted during the previous PDP-BJP coalition government. However the Waqf Board later enhanced rent without taking us on board," they added.

The protesting shopkeepers said they cannot pay such a huge sum given their desperate economic conditions. The matter has been heard by the honorable court and we hope the decision will be announced soon and that they will willingly accept the court verdict.

Shopkeepers said the decision of sealing shops is "arbitrary" and appealed to the Waqf Chairperson, Dr Daraksha Andrabi following prolonged deliberations between the Waqf authorities and the traders.

Meanwhile all the six shops were de-sealed after the shopkeepers paid a token amount to the Waqf Chairperson, Dr Daraksha Andrabi following prolonged deliberations between the Waqf authorities and the traders.

Dr Andrabi said the shopkeepers whose shops were sealed had not liquidated an outstanding amount of Rs 9, 50, 000, prompting

the Waqf Board to seal their shops.

"We have de-sealed all six shops after the shopkeepers paid a token amount and assured us that the rest of the outstanding amount will be paid soon. We hope the shopkeepers will cooperate with the board and pay their monthly rental on time in the future," she told reporters.

This property belongs to the Waqf Board and we reserve all rights to remove those disobeying laws. Those paying Rs 700 previously as monthly rent have to pay Rs 7000 and those paying Rs 800 have to pay an increased rent of Rs 800 per month, Waqf Chairperson had earlier said.

She said the tenants whose shops were sealed had no lease or rent deeds as the same stand expired 11 months ago with an outstanding balance of Rs 9, 50, 000.

"If we let everyone off the hook, I think the Waqf Board will disintegrate on its own within the next five years and if this happens, the future generation will not forgive me. Let the shopkeepers handover keys to the board and vacate shops if they cannot pay the increased monthly rent," she added.

CSK, SKUAST-K Hold Awareness Program On Breast Cancer

Observer News Service

Srinagar: The Cancer Society Kashmir in collaboration with SKUAST Kashmir organized a daylong event on awareness of breast cancer and screening in Srinagar.

The inaugural session was presided by Vice Chancellor SKUAST, Prof Nazir Ahmad Ganie.

The awareness program was attended by hundreds of people, employees from different departments of the district including Health services represented by scores of teachers and lecturers from various colleges, SKUAST faculty, residents and other students of the university.

The well known and prominent doctors of Kashmir Valley were also present on the occasion, including, Prof, M Maqbool Lone, Prof Im-

tiyaz Ahmad Bhat, Prof M Ashraf Ganie. The speakers shed light on breast cancer and gave an overview of cancer and mything about it.

The speakers also highlighted the early diagnosis and prompt treatment of breast cancer.

While on the occasion, the Chairman of Kashmir Cancer Society, Syed Manzoor Ahmad Shah, assured that Kashmir Cancer Society is committed to provide its assistance to the cancer patients.

VC SKUSAT, Prof Nazir Ahmad Ganie, highlighted the importance of the event and said it is the responsibility of every stakeholder to contribute to fight the dreadful disease. He assured that the SKUAST Kashmir will be at forefront to prove every possible support to eradicate the cancer from society.

TRAFFIC POLICE : 9419993745, 01998-266686
PCR: 0194-2452092, 2455883
PDD: 0194-2450213
FIRE AND EMERGENCY SERVICES : 2479488, 245222, 245155
CAPD: 18001807011
SMC HEALTH OFFICER: 9469409081
Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJHERA: 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	5:18
ZUHR	12:16
ASR	4:14
Magrib	5:56
ISHA	7:15

HIJRI CALENDAR
04 Rabi-ul-Sani
1445

This Day In History

- 1786 - Harvard University organizes 1st astronomical expedition in US.
- 1899 - Battle at Talana Hill, Natal: British army vs Boers
- 1902 - The Chamber of Deputies appoints a committee to consider questions on the separation of Church and State in France
- 190 - 3 US wins disputed boundary between District of Alaska & Canada
- 1904 - Bolivia and Chile sign a treaty ending the War of the Pacific; recognizing Chile's possession of the coast, providing for construction of a railway linking La Paz, Bolivia, to Arica on the coast
- 1905 - Great General Strike in Russia begins; lasts 11 days
- 1905 - Russian Tsar allows Polish people to speak Polish
- 1910 - The hull of the RMS Olympic, sister-ship to the ill-fated RMS Titanic, is launched from the Harland and Wolff shipyard in Belfast, Ireland.
- 1921 - Germany and Allies comes to an agreements over reparation payments in a meeting at Wiensbaden
- 1921 - The French and Mustafa Kemal nationalists sign a treaty at Ankara fixing the Turko-Syrian border
- 1935 - Communist forces end their Long March at Yan'an, in Shaanxi, China, bringing Mao Zedong to prominence
- 1936 - Spanish government moves to Barcelona
- 1941 - Nazi occupiers murder 500 inhabitants of Kragujevac Serbia.
- 1944 - Revolution by workers & students in Guatemala
- 1944 - Soviet and Yugoslav troops free Belgrade
- 1944 - US 1st army wins battle of Aachen
- 1944 - US forces under General Douglas MacArthur return to the Philippines with the landing of the US 6th army on Leyte
- 1950 - Chemists Archer John Porter Martin and James Lovelock give the first demonstration of gas chromatography at a meeting of the Biochemical Society. The technique is rapidly adopted by the petrochemical industry.
- 1952 - Emergency crisis proclaimed in Kenya
- 1965 - Mass arrests of communists in Indonesia
- 1971 - Senator in the US Congress Edward Kennedy calls for a withdrawal of British troops from Northern Ireland and all-party negotiations to establish a United Ireland.
- 1973 - US president Nixon fires Watergate accuser Archibald Cox
- 1975 - Supreme Court rules teachers could spank their pupils after warning
- 1982 - Nobel Prize in Economics awarded to George Stigler
- 1982 - Sri Lanka President Jayewardene re-elected
- 1986 - Tupolev-134 crashes in Southern Africa
- 1988 - Britain ends suspects' right to remain silent in crackdown on IRA
- 1989 - Pakistan win Sharjah Trophy over India & WI on round-robin

از عدالت ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر
باجلاس: اروند شرما
JK BANK LTD B/U: SOURA SRINAGAR
بنام
Obaid Bhat
دعویٰ وصولیائی رقم مبلغ = **Rs:15,04,807.89**
اشتہار بصراد آگاہی بنام
Obaid Bhat S/o: Ghulam Mohammad Bhat
R/o: Housing No K-3 Lane No 3 Friends Enclave Humhama Airport Road Budam Kashmir Srinagar
M/S Meld Town Cafe 1st Floor HDFC Bank Building Sour Sgr
مقدمہ مندرجہ عنوان الصدر میں مدعا علیہ مدعا علیہ کی تعمیل کرانے کی بسیار کوشش کی گئی۔
- الا ن تو پتہ جدید پر مدعا علیہ مدعا علیہ دستیاب ہوئے اور نہ ہی بذریعہ معین تعمیل لائی گئی۔
- بدین وجہ حسب استنادی مدعا علیہ مدعا علیہ جو بذریعہ اشتہار بذراطلاع کیا جاتا ہے کہ آپ کے خلاف مقدمہ بعنوان بالا اجراء بغرض وصولی رقم مبلغ = **Rs:15,04,807.89** زیر سماعت عدالت ہذا ہے۔
لہذا آپ کو بذریعہ اشتہار بذراطلاع کیا جاتا ہے کہ آپ بغرض بیرونی اہراء ہذا بعنوان بالا مورخہ 21.10.2023 یا وکالتا بروقت چھیری حاضر آکر مقدمہ ہذا کی بیرونی کریں۔ بصورت عدم حاضری حسب ضابطہ کاروائی عمل لائی جائے گی۔
ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر nj

از عدالت سب جج اسپیشل موبائل مجسٹریٹ سرینگر
باجلاس: احسان ملک
سرکار عہدہ 05 سال 2021
تھان پولیس CBK کشمیر
بجرائم رقم 412,420,468,471,34, RPC
وارنٹ گشتی عام زیر دفعہ 512 ف ب بخلاف
Manzoor UI Hassan Qadri S/O Gh Hassan Qadri R/o Poshwani Pattan Baramulla
مقدمہ مندرجہ عنوان الصدر میں ملزم متذکرہ بالا معمول طلب کی گیا ہے۔ الا تا ہوز دستیاب نہ ہوا۔ تعمیل کنندہ نے اپنے رپورٹ میں تحریری طور اظہار کیا کہ ملزم مذکورہ کا کوئی نکتہ نہ ہے اور اس کی دستیابی بطریق معمول ناممکن ہے۔ اس طور عدالت ہذا کو اطمینان ہوا ہے کہ واقعی ملزم مذکورہ کو بطریق معمول طلب کرن ناممکن ہے۔
لہذا حکم ہوا۔
کہ ملزم متذکرہ اندر دودر ریاست جموں و کشمیر جہاں کی بھی دستیاب ہوا اسے گرفتار کر کے عدالت ہذا میں پیش کریں درج ہے کہ وارنٹ ہذا دستیاب ملزم زیر کار ہے گی۔
تحریر الصدر 03-10-2023
سب جج اسپیشل موبائل مجسٹریٹ سرینگر
DIPK-10725/23 dated: 19-10-2023

از عدالت ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر
باجلاس: اروند شرما
JK BANK LTD B/U: SOURA SRINAGAR
بنام
Mrs Ruby Jan
دعویٰ وصولیائی رقم مبلغ = **Rs:1,60,380.42**
اشتہار بصراد آگاہی بنام
Mrs Ruby Jan W/o: Mukhtar Ahmad Malik R/o: Chanapora Nowshara Sgr
مقدمہ مندرجہ عنوان الصدر میں مدعا علیہ مدعا علیہ کی تعمیل کرانے کی بسیار کوشش کی گئی۔
- الا ن تو پتہ جدید پر مدعا علیہ مدعا علیہ دستیاب ہوئے اور نہ ہی بذریعہ معین تعمیل لائی گئی۔
- بدین وجہ حسب استنادی مدعا علیہ مدعا علیہ جو بذریعہ اشتہار بذراطلاع کیا جاتا ہے کہ آپ کے خلاف مقدمہ بعنوان بالا اجراء بغرض وصولی رقم مبلغ = **Rs:1,60,380.42** زیر سماعت عدالت ہذا ہے۔
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ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر nj

از عدالت ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر
باجلاس: اروند شرما
JK BANK LTD B/U: SOURA SRINAGAR
بنام
Sajad Ahmad Sheikh
دعویٰ وصولیائی رقم مبلغ = **Rs:1,62,329.25**
اشتہار بصراد آگاہی بنام
Sajad Ahmad Sheikh S/o: Abdul Lateef Sheikh R/o: Nowshara Soura Sgr
مقدمہ مندرجہ عنوان الصدر میں مدعا علیہ مدعا علیہ کی تعمیل کرانے کی بسیار کوشش کی گئی۔
- الا ن تو پتہ جدید پر مدعا علیہ مدعا علیہ دستیاب ہوئے اور نہ ہی بذریعہ معین تعمیل لائی گئی۔
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ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر nj

از عدالت ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر
باجلاس: اروند شرما
JK BANK LTD B/U: SOURA SRINAGAR
بنام
Bashir Ahmad Kundoo
دعویٰ وصولیائی رقم مبلغ = **Rs:1,49,646.75**
اشتہار بصراد آگاہی بنام
Bashir Ahmad Kundoo S/o Ghulam Nabi Kundoo R/o: Shalbah Mohalla, Anchar Near Jinab Sahab Sgr
مقدمہ مندرجہ عنوان الصدر میں مدعا علیہ مدعا علیہ کی تعمیل کرانے کی بسیار کوشش کی گئی۔
- الا ن تو پتہ جدید پر مدعا علیہ مدعا علیہ دستیاب ہوئے اور نہ ہی بذریعہ معین تعمیل لائی گئی۔
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ایڈیشنل ڈسٹرکٹ جج (بنک مقدمات) سرینگر nj

From KO Archives

Kashmiri Student Murdered In Delhi

SRINAGAR - A Kashmiri student was stabbed to death by unknown assailants in Delhi last week. According to reports Naseer Ahmad Sofi, son of Ghulam Rasool Sofi, hailing from Baramulla, was doing an X-ray tech-nicians' course in Mahipalpora. He was stabbed to death on Friday last week. The killers have not been identified so far. The victim's kin left for Delhi today to bring back the body. The incident has left parents of students study-ing outside the state deeply perturbed.

(Kashmir Observer, October 20, 2000)

KASHMIR OBSERVERTM

Friday | 20-10-2023

Heart Attack Epidemic?

Over the past some years, Kashmir has been witnessing a disturbing surge in young individuals falling victim to heart attacks. Health experts in interviews to this paper have pointed to post-Covid complications, increasing substance abuse, and sedentary lifestyles as the primary culprits. The post-Covid scenario is particularly troubling. Though we still need conclusive evidence, Covid-19 is believed to have led to an increase in heart attacks among young patients. Myocarditis, inflammation of the heart muscle, directly impacts the heart, while the coronavirus causes inflammation in veins and blood vessels, reducing the heart's blood supply.

Similarly, a sedentary lifestyle, excessive consumption of junk food, and widespread smoking, especially among young people, are also contributing factors to the elevated risk of heart attacks. According to the National Health Family Survey 5, a substantial percentage of men in Jammu and Kashmir are smokers of cigarettes and other tobacco products.

Experts have also sounded the alarm on the escalating problem of substance abuse among the youth. The use of opioids, inhalants, and particularly heroin, has surged, leading to overdose-related deaths and heart attacks. Also, according to the survey conducted by the Union Ministry of Health, around 9 percent of the population of Jammu and Kashmir have diabetes. The reason for this is again our unhealthy lifestyle. A significant number of people don't exercise, nor do we eat balanced food.

One more factor that has affected the health of a large mass of people is the stress and depression which has now become veritably an epidemic in Kashmir. According to a study carried out by the Doctors Without Borders in 2016, nearly 1.8 million people in the region suffered from mental health disorders. But it is clear that the number has since only further risen - albeit, we need to have a proper study to get an estimate of how many are afflicted by the disease now. Here again, the COVID-19 pandemic has further exacerbated the situation, with lockdowns, fear, and uncertainty leading to an increase in anxiety and depression. Compounding the growing mental health burden in the UT is the lack of adequate mental health services in the valley, creating a significant treatment gap. However, in a welcome effort toward prioritizing mental health, Jammu and Kashmir recently announced the setting up of a dedicated mental health authority. The primary objective of this authority is to oversee and regulate all mental health facilities within the region, ensuring they are properly registered and conform to established guidelines.

That said, we need a proper investigation of the growing incidence of heart attacks in the UT. And more importantly, we need to improve and upgrade the health infrastructure to ensure swift medical attention to the people when they suffer from heart attacks. As of now, many lives are lost as the patients can't be moved to hospitals quickly enough to be administered treatment. It is time the government pays attention.

OTHER OPINION

Fear factor

Inflation faced by consumers eased to 5% in September, bringing some relief after a sharp rally in prices that began with July's 15-month high inflation rate of 7.44%. This not only marks a return to the 2% to 6% tolerance range of the Reserve Bank of India (RBI), but also matches the bank's upgraded estimate of 6.4% average inflation between July and September. Of course, the preferred inflation rate remains 4% and the RBI will remain "resolutely focused" on durably attaining that. By its own reckoning, that target appears distant — this quarter is expected to average 5.6% inflation, followed by 5.2% between January and June 2024. Even these expectations may need to be tempered. While the RBI has projected an average inflation of 5.4% in 2023-24, the International Monetary Fund and World Bank raised their estimates this month to 5.5% and 5.9%, respectively. So, September's 5% inflation, which was partly aided by base effects from 2022 when the inflation pace was 7.4% and partly by a sharp dip in volatile prices of tomatoes and vegetables, with a little help from the Centre's LPG price cuts, is unlikely to sustain or cool further.

Although food inflation which had spurred the spike in prices through July and August, has eased to 6.6% in September, this was disproportionately influenced by crashing vegetable prices even as the inflation pace accelerated for pulses, fruits, eggs and sugar. Cereals and spices inflation remained sticky at 11% and 23.1%, respectively. Rural inflation remained higher than that faced by urban consumers, and with the erratic monsoon hurting kharif season sowing in crops like pulses and uncertainties about the El Niño effects on the rabi crop, weak rural demand as well as food price pressures remain a source of concern for the economy. The Wholesale Price Index released on Monday shows pulses prices spiked 17.7% while onions rose 55% in September, compared to 10.4% and 31.4% in August, respectively. At -0.26%, wholesale price rise just about stayed in deflationary mode for the sixth month on the back of double-digit upticks through the same period last year. But that streak may be nearing its end. The government has held retail fuel prices since last May and may even be tempted to cut them ahead of critical elections. But producers, facing the brunt of higher global oil and gas prices, which rose at an eight-month high pace of 15.6% in September, have been raising prices for two months now. Global prices for urea, that India largely imports, are up 20% since March. These will start to feed into retail prices soon so it is not time to celebrate cooling inflation yet.

The Hindu



Feature image credits: Shutterstock

A Call For Beauty in Kashmir

Are we losing beauty in Kashmir to the mechanisation of the modern world?

Amir Suhail Wani

“With the arrival of the reign of haste and ushering in an era of hurry, we have not only given up our refined aesthetic tastes and sensitivities, but have also undone the basic and elementary sense of preserving and valuing beauty and objects of aesthetic value. From music to architecture, calligraphy to dressing, dining habits to conversations, the uncouth culture and coarse habits have displaced subtlety and finesse, grace and dignity and in a trend of cultural pulverization, all that was best, has been uprooted and erased from the arch of life and living

Beauty and the experience thereof in diverse human and man-made forms is one of the most subtle & sublime experiences & ideals of human life. People and cultures may differ in their idealisations and realisations of beauty and the white-man's beauty might be black-man's ugliness and vice versa. But nobody denies the fact that we all, in our respective cultural and subjective contexts, crave for the beauty; aspire for its creation and dream of its profusion in all aspects of life. The technicalities of the definition of beauty will land us into theoretical hair-splitting of undesirable order, which are of no special interest to us. Therefore, suffice it to say that beauty consists of an arrangement of integral parts into a coherent whole, according to proportion & harmony which evokes euphoria and solace in the human subject. Beauty is not a mere addendum to the existing scheme of things, but forms an essential pivot not only in the organisation of the world around us, but is also indispensable to our self-construction and individuality — a gaze into the mirror and an attempt to make ourselves look beautiful is only an ephemeral testimony to what has been said.

In all the religious traditions of the world, beauty has been assigned a place of distinction and oftentimes identified with the supreme divine reality itself. Thus, in one of its chapters, Quran identifies "the beauty of deeds" as the purpose of human creation and the Prophet Muhammad (saw) is reported to have said "God is beautiful and loves the beauty". In the Indic traditions, the succinct formula of "Satyam-Shivam-Sundaram" goes on to place beauty at par with God and the Absolute Truth itself. No wonder, we come across gardens and buildings, spaces and structures of aesthetic importance built under the royal patronage in the past. This was an exercise in the "proliferation of beauty" and has had definite effects on body and mind — positive indeed.

Kashmir, by its mere mention, evokes the sense of beauty and the aesthetic feelings of refinement. This land has been always known as the paradise on Earth for the abundance of the spectres of natu-

ral beauty the providence has conferred upon it. But, the Kashmiri arts and crafts, the woodcarving and paper-machie, which in their intricacy and subtlety evoke the feelings of awe and inspiration, have created a parallel realm of beauty. While nature had been generous in conferring upon the land of Kashmir the bounties in the form of brooks & blossom, gardens & greenery, flowers & fruits and the diversity of landscape, Kashmiris themselves added to this realm of beauty by way of arts and crafts, their dressing style and the evolved crockery, the dazzling architecture and unparalleled carpets; all this set Kashmir atop the aesthetic maze and sharpened the peoples' senses and sensitivities to the call of beauty. We aren't under any spell of regionalism and fully acknowledge that each region has its own biome of natural-manmade amalgam of aesthetics. But for the fact that we are presently talking about Kashmir, the discourse binds us to refer to it again and again.

From miniature copper utensils to exquisitely designed Paper-Machie boxes, the perseverance and patience reflects back and forth and the efforts — physical and artistic — poured in are not lost to the observer. But modern day mechanisation of life, with machine made goods not only replacing the artistically crafted hand-made goods, but also invading other domains of life and ceasing the human agency in favour of the mechanisation of life. People no longer travel in the sense of letting the Earth caress their feet, but they board a bus and bus keeps travelling, while as the human subject keeps sitting at a single place. Well that may seem too trivial and can be justified in the wake of modern means of transport. But what about our dressing sense and clothing aesthetics — the corporate brands like Nike and United Colours of Benetton and others have sold us the hubris of globalisation without making us realise the destruction it has caused both to local economy and mores. So much so has this clothing invasion affected us that except Pheran (That too altered one), we remember and recognise nothing of our traditional dress-code and do not even know what our vernacular dress used to be

like. There is another and more pervasive tendency whereby one, driven by the sense of inferiority complex, is drawn to the point where his hatred for his own culture and tradition develops into alienation. Seeing the scientific and technological ascent of the West, one is, at times, led into the belief that we are culturally and traditionally as much backward with respect to the West as much we are in matters of science and technology. This false consciousness leads one to give up his inherited values, mores, paradigms and perspectives on life and culture and he surrenders sheepishly to all alien influences. Let it also be reiterated that cultures and civilizations have always learnt and imbibed from one another and there is nothing to go against it or to reject this tendency wholesale.

With the arrival of the reign of haste and ushering in an era of hurry, we have not only given up our refined aesthetic tastes and sensitivities, but have also undone the basic and elementary sense of preserving and valuing beauty and objects of aesthetic value. From music to architecture, calligraphy to dressing, dining habits to conversations, the uncouth culture and coarse habits have displaced subtlety and finesse, grace and dignity and in a trend of cultural pulverization, all that was best, has been uprooted and erased from the arch of life and living. Restoration of beauty is not a hollow call to the soul-less structures and hypnotising music, but in this call we see restoration of equilibrium and grace; retrieval of human composure and an equipoise with the world around and the world within. The overarching chaos and ugliness which has come to define our life in all its facets is also responsible for the woes we are struggling with. It thus becomes inevitable to listen closely to the call of beauty and to wake to it. In it lies the secret of harmonious and prosperous coexistence with ourselves and the world at large.

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

The author is a Srinagar-based columnist

Mindful Fridays

Winter Is Coming And
So Are The Chances Of SAD

Wasim Kakroo

Do you feel sloppy and lazy as the gloomy days of winter approach? Is it more difficult getting out of bed early in the morning? Is it difficult for you to concentrate at work? Do you feel demotivated and sad for no apparent reason for most part of the day? Do you recline on the couch all day and have difficulties sleeping during night? Do you binge on comfort food and laze around watching TV, or surfing social networking sites. There are chances that you have Seasonal Affective Disorder (SAD).

What is SAD?

Seasonal Affective Disorder or SAD is a recurrent form of clinical depression. It's a type of major depressive disorder that occurs only during particular months of the year (for most of the people during winter months, especially during deep winter).

Can you tell us how SAD differs from depression in general?

Seasonal Affective Disorder differs from depression primarily in that it follows a seasonal pattern, with major depressive episodes reoccurring consistently during particular seasons of the year, especially during winter season, and the person remains almost symptom free for the rest of the months of the year.

What are the various symptoms of SAD?

The various symptoms include:

- ▶ Feeling totally hopeless
- ▶ Feeling unable to perform your usual responsibilities
- ▶ Significant weight loss or weight gain
- ▶ Thoughts of ending your life
- ▶ Depressed mood most of the day nearly every day
- ▶ Loss of interest in things you used to find interesting or enjoyable
- ▶ Changes in sleep patterns—primarily oversleeping
- ▶ Low energy and lethargy
- ▶ Difficulty with concentration and focus
- ▶ Feeling anxious or irritable, or having difficulty managing stress
- ▶ A reluctance to engage with others and a desire to be alone
- ▶ Decreased libido and sexual desire
- ▶ Craving sunlight
- ▶ Craving carbohydrate-rich foods

The average SAD episode lasts approximately five months although the symptoms may be more severe in deep winter, so we're talking about five months periodically suffering from these severe symptoms on a yearly basis.

Do the symptoms normally begin when the days become shorter and the weather becomes colder, usually in late October or early November?

Yes. It most certainly begins in

late October in Kashmir. In terms of symptom onset, no two people with SAD are the same, but I would say October is when the first early onset symptoms appear.

Then, in November, they build up speed, with a lot more symptoms in December. The months of January and February are usually the most difficult. Those are the months when the majority of people who have a seasonal pattern to their depression will be experiencing a full-blown severe depressive episode.

What causes SAD?

Researchers are unsure of the exact cause of seasonal depression. People who are prone to the disorder may be triggered by a lack of sunlight. According to the theories:

Biological clock shift: A person's biological clock changes as they are exposed to less sunlight during winters. Mood, sleep, and hormones are all controlled by this biological clock. Thus, when the biological clock changes, people may have difficulty regulating their moods.

Chemical imbalance in the brain:

Nerve cells communicate with each other through Neurotransmitters through brain chemicals called neurotransmitters. Serotonin is one of these chemicals, and it leads to emotions of happiness. Because sunlight aids in the regulation of serotonin, a lack of sunlight during the winter months can lower down the Serotonin activity and hence lower down the mood and may even cause mood swings.

Vitamin D deficiency: Vitamin D also boosts serotonin levels. Because sunlight is necessary for the production of vitamin D, a lack of sunlight during the winter might result in a vitamin D shortage. This change can have an impact on serotonin levels and mood.

Melatonin boost: Melatonin is a hormone that regulates sleep cycles. Some people may produce too much melatonin due to a lack of sunlight. During the winter, they may feel sleepy and tired.

Are there any gender differences in terms of likelihood of getting SAD?

Almost every epidemiological study on Seasonal Affective Disorder that has ever been undertaken has indicated that SAD was more common amongst women than men. I think that the gender difference in SAD is at least as large as that in non-seasonal depression, which is two to one in favour of women for every male case of clinical depression.

We know that women with non-seasonal depression have a more ruminative response style, which means that when they are sad or start to develop depressive symptoms, they retreat inward and repeatedly reflect or ruminate about why they are feeling this way. What happened to make me feel this way? What are the causes and consequences of this way of feeling?



In the study of seasonal depression, there's some evidence that the more people ruminate in the fall, the more severe their symptoms are the following winter. In the study of seasonal depression, there is some evidence that the more people ruminate in the autumn months, the worse their symptoms are the following winter.

How is SAD diagnosed?

Don't try to diagnose yourself if you think you have SAD symptoms. A complete examination should be sought from a general physician. You could be depressed due to a physical problem. Frequently it has been seen that Seasonal affective disorder is a part of a more serious mental health problem.

You may be referred to a psychiatrist or clinical psychologist by your general physician. These mental health professionals discuss your symptoms with you. They look at your symptoms in order to determine whether you have seasonal depression or another mood condition.

What is the treatment for seasonal affective disorder (SAD)?

Your healthcare professional will discuss your treatment choices with you. It's possible that you'll need a combination of therapies, such as:

Phototherapy: Using a specific lamp, bright light therapy can be used to cure SAD.

Antidepressant medication: Psychiatrists may prescribe antidepressant medication alone or in

SEASONAL AFFECTIVE DISORDER DIFFERS FROM DEPRESSION PRIMARILY IN THAT IT FOLLOWS A SEASONAL PATTERN, with major depressive episodes reoccurring consistently during particular seasons of the year, especially during winter season, and the person remains almost symptom free for the rest of the months of the year

combination with light treatment/psychotherapy to treat depression.

Spending time outside: Exposure to more sunlight can help alleviate symptoms. Make an effort to get out during the day. Increase the amount of light that comes into your home or office as well.

Vitamin D: Taking a vitamin D pill may help you feel better.

Exercise: Create or maintain a regular workout plan to improve your mood. Exercise will not only make you feel better physically, but it will also trigger the release of feel-good neurotransmitters such as endorphins, which will boost your mood. Exercise can also boost your immune system, which aids in the fight against depression.

Alter your eating habits: What we consume has a significant impact on our emotions. If SAD is already giving you mood swings, you'll want to eat items that can help regulate them. Check to see if you're overeating or not eating enough; both too much and too little food might affect how you feel.

Avoid sugar and refined carbohydrates, which can cause your blood sugar to fluctuate, altering your mood. Consume whole grain carbohydrates such as oats and whole-grain bread instead. Have a more protein rich diet. Each day, consume enough vegetables. Maintain your energy levels by eating smaller, more frequent meals. Consume fruit, legumes, and vegetables as they may help maintain high energy levels. Reduce caffeine consumption as it reduces serotonin production.

What is the role of clinical psychologists in the treatment of SAD?

Clinical psychologists use various types of psychotherapies to treat various mental health issues. Psychotherapies are intended to address SAD-related maladaptive thinking, behaviours, interpersonal patterns,

and communication, as well as the various ways the patients use that may lead to relapse and recurrence of SAD every year during winter. Psychoeducation, reflective listening, therapeutic support, challenging of distorted thoughts and behaviors, and empathy are all common elements of these treatment approaches.

Cognitive Behavioral Therapy: CBT is a sort of talk therapy that can be used to treat SAD. According to studies, CBT has the longest-lasting effects of any treatment method. Depressive cognitive factors that underlie mood disorders in general, such as dysfunctional attitudes, negative automatic thoughts, and ruminative response style, are the target of cognitive therapies. Structured activities and pleasant event scheduling are the focus of behavioural therapies. Many interventions combine elements of both cognitive and behavioural therapy, as well as basic problem-solving techniques and psychoeducation. Thought journals, activity schedules, and a positive data log are standard CBT methods used to treat people with SAD.

Third wave CBT: In third wave CBT, traditional CBT methods are coupled with mindfulness and mindfulness meditation in a therapy called as mindfulness-based cognitive therapy (MBCT). MBCT, like CBT, is based on the idea that depression is caused by negative automatic cognitive processes. The purpose of MBCT is to stop these automatic processes while teaching the person to focus less on reacting to stimuli and more on accepting and observing them without judgement. Individuals can then recognise when automatic processes occur and adjust their reactions to demonstrate more contemplation and awareness as a result of their mindfulness practice.

Interpersonal therapy: Interpersonal therapy is a manualised depression treatment that is based on the notion that improving communication patterns and how people relate to one another can effectively treat depression. Individuals can use interpersonal therapy to identify how they connect with others and to improve undesirable interpersonal behaviours. It may also concentrate on assisting clients in identifying painful emotions and their triggers, as well as learning to express appropriate emotions in a healthy manner. Individuals may evaluate prior relationships that may have been influenced by distorted mood and behaviour in interpersonal therapy, with the goal of learning to be more objective about current relationships.

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When Hope Feels Unreachable

Jennifer Gerlach LCSW

I remember sitting alongside a friend who had been through all things imaginable. I let her know how much I respected her strength. She tilted her head letting me know, "You don't get a choice. It wasn't my strength that got me through, it was hope." That stuck with me.

In ways, hope is like a small candle glowing in a dark room. Just a little hope goes a long way. It's a dangerous little thing though. Tilt it too far toward an expectation, you risk getting burned. As a therapist, I meet with people in all kinds of circumstances. I've sat with grieving families, individuals with addictions, people facing legal problems, and people facing mental illness. Hope can mean millions of things.

The beginning of my career focused on suicide prevention through crisis intervention. Perhaps the greatest predictor of suicide is hopelessness. Hopelessness gives a

sense of futility to anything. Sometimes people land in hopelessness when a specific wish is vanquished like when a relationship has ended, when someone who had hoped to regain contact with a child is denied this, or when serious damage to one's life goals.

A View of the Future

Yet, in my work, I have also seen people remember hope. Genuine hope does not have to be linked to any one specific expectation. We can have hopes just for today. Hope to stand outside and enjoy the sun. A hope to refrain from an addictive substance or behavior. We can also have hope that tomorrow we will feel a greater sense of hope than we have in the past. Keeping flexibility in our hope makes hope more realistic. Our hopes can change from day to day.

Depression, anxiety, and other mental health challenges can temporarily blind us to the presence of hope. Like a reverse fun house mir-

ror, depression, and anxiety distort our views of the future. This has been confirmed through research showing that people with depression were less accurate in rating how they would feel in four days than those not experiencing depression (Zetsche and colleagues, 2019). Unsurprisingly, participants with depression rated their mood to be poorer than it would be. Hope has also been found to correlate positively with quality of life in individuals living with serious mental illness Mashiach-Eizenberg and colleagues, 2013).

Gaining insight into these illusions that mental health challenges place on our hope is key to recovery. Reaching out to supportive others in these times is key. Friends, family, and mental health clinicians can help you to regain perspective. Noticing small positive things like the sounds of the birds or a smile from a stranger are also ways to challenge your mind's deception.

Hopeful and Healthy

Hope is linked to more active health behaviors, which make us healthier (Greene and colleagues, 2015). Hope may also independently support more favorable health outcomes. Building a sense of hope is also an important part of counseling in palliative care. The person may not have hope to live for another 30 years, but they can hope for other things like having a meaningful conversation or enjoying a sunset.

We all need hope. Leaning into our values, letting go of rigid expectations, embracing uncertainty, and noticing ways that our minds may play tricks on us are ways to cultivate it. Hope is a skill anyone can build. If you are feeling low on hope, you are not alone. Many have felt this way and gotten through it. Perhaps you have even felt this way in the past and have gotten through it. Help is available. There is always hope.

The article was originally published by Psychology Today

Israel's Endgame? No Sign Of Post-War Plan For Gaza

Arabs fear Gaza conflict could trigger regional war, Biden cautions Israelis of US mistakes after 9/11

Reuters

Dubai/Washington: Israel is vowing to wipe out Hamas in a relentless onslaught on the Gaza Strip but has no obvious endgame in sight, with no clear plan for how to govern the ravaged Palestinian enclave even if it triumphs on the battlefield.

Codenamed "Operation Swords of Iron", the military campaign will be unmatched in its ferocity and unlike anything Israel has carried out in Gaza in the past, according to eight regional and Western officials with knowledge of the conflict who declined to be named due to the sensitivity of the matter.

Israel has called up a record 3,60,000 reservists and has been bombarding the tiny enclave non-stop following Hamas's assault on southern Israel on October 7, which killed about 1,400 people, mostly civilians.

The immediate Israeli strategy, said three regional officials familiar with discussions between the US and Middle Eastern leaders, is to destroy Gaza's infrastructure, even at the cost of high civilian casualties, push the enclave's people towards the Egyptian border and go after Hamas by blowing up the labyrinth of underground tunnels the group has built to conduct its operations.

Israeli officials have said that they don't have a clear idea for what a post-war future might look like, though.

Some of US President Joe Biden's aides are concerned that while Israel may craft an effective plan to inflict lasting damage to Hamas, it has yet to formulate an exit strategy, a source in Washington familiar with the matter said.

Trips to Israel by Secretary of State Antony Blinken and Defense Secretary Lloyd Austin this past week had stressed the need to focus on the post-war plan for Gaza, the source added.

Arab officials are also alarmed that Israel hasn't set out a clear plan for the future of the enclave, ruled by Hamas since 2006 and home to 2.3 million people.

"Israel doesn't have an



endgame for Gaza. Their strategy is to drop thousands of bombs, destroy everything and go in, but then what? They have no exit strategy for the day after," said one regional security source.

An Israeli invasion has yet to start, but Gaza authorities say 3,500 Palestinians have already been killed by the aerial bombardment, around a third of them children - a larger death toll than in any previous conflict between Hamas and Israel.

Biden, on a visit to Israel on Wednesday, told Israelis that justice needed to be served to Hamas, though he cautioned that after the 9/11 attacks on New York, the U.S. had made mistakes.

The "vast majority of Palestinians are not Hamas", he said.

"Hamas does not represent the Palestinian people," Aaron David Miller, a Middle East expert at the Carnegie Endowment for International Peace, said Biden's visit would have given him a chance to press Israeli leader Benjamin Netanyahu to think through issues such as the proportional use of force and the longer-term plans for Gaza before any invasion.

'CITY OF TUNNELS'

Israeli officials, including Netanyahu, have said they will wipe out Hamas in retribution for the attack, the deadliest in

Israel's 75-year-old history.

What will follow is less defined.

"We are of course thinking and dealing with this, and this involves assessments and includes the National Security Council, the military and others about the end situation," Israeli National Security Council director Tzachi Hanegbi told reporters on Tuesday. "We don't know what this will be with certainty." "But what we do know is what there will not be," he said, referring to Israel's stated aim to eradicate Hamas.

This might be easier said than done.

"It's an underground city of tunnels that make the Vietcong tunnels look like child's play," said the first regional source, referring to the Communist guerrilla force that defied U.S. troops in Vietnam. "They're not going to end Hamas with tanks and firepower."

Two regional military experts told Reuters that Hamas' armed wing, the Ezzedine al-Qassam Brigades, has mobilised for an invasion, setting up anti-tank mines and booby-trapped explosive devices to ambush troops.

Israel's coming offensive is set to be much bigger than past Gaza operations that Israeli officials had previously referred to as "mowing the grass", degrading Hamas's military capabilities

but not eliminating it.

Israel has fought three previous conflicts with Hamas, in 2008-9, 2012 and 2014, and launched limited land invasions during two of those campaigns, but unlike today, Israel's leaders never vowed to destroy Hamas once and for all.

In those three confrontations, just under 4,000 Palestinians and fewer than 100 Israelis died.

There is less optimism in Washington, though, that Israel will be able to completely destroy Hamas and U.S. officials see little chance that Israel will want to hold onto any Gaza territory or re-occupy it, the U.S. source said.

A more likely scenario, the person said, would be for Israeli forces to kill or capture as many Hamas members as they can, blow up tunnels and rocket workshops, then after Israeli casualties mount, look for a way to declare victory and exit.

CLOUDS OF WAR

The fear across the region is that the war will blow up beyond the confines of Gaza, with Lebanon's Hezbollah and its backer Iran opening major new fronts in support of Hamas.

Iranian Foreign Minister Hossein Amir-Abdollahian warned of a possible "preemptive" action against Israel if it carried out its invasion of Gaza. He said last weekend that Iran would not watch from the sidelines if the US failed to restrain Israel.

Arab leaders have told Blinken, who has been criss-crossing the region this past week, that while they condemn Hamas' attack on Israel, they oppose collective punishment against ordinary Palestinians, which they fear will trigger regional unrest.

Popular anger will ratchet up across the region when the body count rises, they said.

Washington has sent an aircraft carrier strike group to the eastern Mediterranean and is concerned that Hezbollah might join the battle from Israel's northern border. There has been no sign, however, that the U.S. military would then move from a deterrent posture to direct

involvement.

The regional sources said Washington was proposing to re-energise the Palestinian Authority (PA), which lost control of Gaza to Hamas in 2007, although there is huge doubt whether the PA or any other authority would be able to govern the coastal enclave should Hamas be driven out.

Miller, a former US Middle East negotiator, expressed deep skepticism about the potential for establishing a post-Hamas government to rule Gaza.

"I could paint you a picture more appropriate to a galaxy far, far away and not on planet Earth on how you could combine the UN, the Palestinian Authority, the Saudis, the Egyptians, led by the US marshalling the Europeans, to basically convert Gaza from an open-air prison to something much better," he said.

In the meantime, calls for the creation of humanitarian corridors within Gaza and escape routes for Palestinian civilians has drawn a strong reaction from Arab neighbors.

They fear an Israeli invasion will spark a new permanent mass wave of displacement, a replay of the 1948 Israeli war of independence and 1967 Arab-Israeli war. Millions of Palestinians who were forced to flee then have remained stranded as refugees in the countries that hosted them.

East Jerusalem, captured by Israel in the 1967 war and then annexed, and Israeli settlement expansion across occupied territory are at the core of the conflict with Palestinians.

Netanyahu has openly embraced the religious and radical far-right, promising to annex more land to be settled by Jews.

Hundreds of Palestinians have died in the West Bank since the start of the year in repeated clashes with Israeli soldiers and settlers, and there is widespread concern that the violence might engulf the territory as nearby Gaza burns.

"Whatever worst-case scenario you have, it will be worse," a second regional source said about the potential for the conflict to spread beyond Gaza.

Iran: Regional situation resembles 'powder keg' ready to explode



Agencies

Iran's foreign minister has likened the current situation in West Asia to a "powder keg" ready to explode, expressing hope for an end to Israel's war crimes against the Palestinians in the fully besieged Gaza Strip.

Hossein Amir-Abdollahian made the remarks on Thursday before leaving the Saudi port city of Jeddah, where he attended an emergency meeting of the Executive Committee of the Organization of Islamic Cooperation (OIC) on the bloody Israeli bombardment of Gaza. He said all the foreign ministers who participated in the session agreed on the immediate cessation of the regime's war crimes.

The top diplomats, he said, were also seriously concerned about the spillover of the war, something that seems inevitable and may happen at any hour.

"The circumstances in the region resemble a powder keg with the possibility of being exploded or getting out of control. We hope to see an end to war crimes against the people of Gaza as soon as possible," Amir-Abdollahian said.

The Iranian foreign minister also noted that in talks with his counterparts on the sidelines of the OIC meeting he had censured US President Joe Biden for his visit to the region in support of the criminal and warmongering side.

"In the bilateral meetings, there was serious criticism of US President Biden; first of all, because a hospital in Gaza has been targeted by Zionist bombs and more than a thousand civilians, patients and medical staff have been martyred, but Biden visits the region in support of the warmonger and secondly, as put by one the

foreign ministers, 'Biden came and a dinosaur gave birth to a fly' - where with all boasts of Democrats about human rights and humanitarian issues, he announced that they had arranged for 20 trucks of humanitarian aid to enter Gaza in the coming days," he said.

Israel launched the war on Gaza on October 7 after the Palestinian resistance group Hamas waged the surprise Operation Al-Aqsa Storm against the occupying entity.

The Tel Aviv regime has killed over 3,780 Palestinians, including at least 1,520 children and 1,000 women. Well over 12,400 Palestinians have been injured. Israel has also blocked water, food and electricity to Gaza, plunging the coastal sliver into a humanitarian crisis.

The deadliest Israeli strike was carried out on Tuesday night, when the regime hit Ahli Arab Hospital in Gaza. About 500 people were killed.

Amir-Abdollahian said, "I would like to announce out loud that time is running out and if the warmongers think that they can remove the resistance and Hamas from Gaza, they are definitely bluffing."

"They used to make such a claim years ago about removing and disarming Hezbollah in Lebanon, but the world has witnessed that Hezbollah is in its strongest condition and position."

Referring to the Israeli carnage, Amir-Abdollahian said the occupiers along with the White House have made a "ridiculous claim" by blaming the attack on the Palestinian Islamic Jihad movement.

The US president reportedly offered the Israeli prime minister his "private backing" to press ahead with a plan to send troops for a ground invasion of Gaza.

CONTD. FROM FRONT PAGE

Smartphone Addiction

in their mobile phones at home during the pandemic.

"If a kid's parents do not engage with them and support their early physical and mental development, a child can lose his or her capacity to speak for the rest of his or her life. This happens because excessive use of cell phones hinders their growth," he added.

A rise in the chance of obesity, sleep issues, and mental health illnesses including melancholy and anxiety are just a few of the negative impacts of excessive screen use on social and emotional development.

The problem was further highlighted in a 2022 research "Increase in screen-time for children in Covid times and its effects," which was carried out by the Department of Social and Preventive Medicine at Government Medical College (GMC), Srinagar.

According to the research, 94.1% of parents thought that their kids' mental health was suffering as a result of prolonged screen use. Furthermore, the study showed a connection between childhood obesity rates and screen usage, inactivity, sedentary lifestyles, and inadequate exercise.

President Doctors Association of Kashmir (DAK), Dr Nisar-ul-Hassan asserted that in addition to the periodic surveys on the topic, the World Health Organization (WHO) has strongly advised against giving smartphones to the children as the same hinder their mental and emotional development.

Dr. Hassan said the parents should avoid providing their kids cell phones as they have an adverse effect on their capacity building.

"Giving children smartphones at a young age prevents them from developing their full potential. According to surveys conducted from time to time; parents think the practice will keep their children occupied and make it easier for them to do their daily tasks. But this negative practice leads to speech delay in kids," Dr Hassan said.

He said the parents should be aware of the detrimental effects of mobile phones on their children.

"Kids experience a high prevalence of mental and physical health problems that are linked to excessive use of technology like smartphones," he said.

Dr Hassan said that the majority of official guidelines state that by the age of 13, a child is prepared for smartphone usage under scrutiny.

"I regret the day I gave my 3-year-old kid a cell phone. I am a government employee and I am stationed approximately 20 km from my house. Actually, my son is a little naughty and often bothers her mother at home. Initially

I thought the phone would distract his attention and cause him to quit bothering his mother, but now that my lone kid doesn't even recognize my voice, I am deeply worried," said a parent, wishing anonymity.

A couple from South Kashmiri told Kashmir Observer that their 4-year-old daughter spends most of her time on her phone and that this excessive screen time has slowed down her speech development.

We attend DEIC twice a month with the hope that our kid would be able to talk since we are unsure of how to stop her from using her cell phone excessively, they said.

Medical Superintendent DEIC, Dr. Abdul Rashid Parra said that Kashmir is seeing an epidemic of child-mobile phone addiction, and as a result of their excessive screen time, kids have lost their ability to communicate.

"In Kashmir, excessive screen time has become a pandemic. It's causing numerous health issues in addition to impeding children's early development. We recommend parents to spend as much time with their kids at home as parent-child interaction plays an important role in a child's physical and mental development," Dr Parra told Kashmir Observer.

Term Of MCs,

sought details about the first meetings held after their appointment of elected representatives," they said.

According to the law, the term of the Municipal Committees and Councils begin from the date of first meeting held by the elected representatives.

Officials said that the five-year term as per the Municipal Act 13, begins from the date of the first meeting, which is being held within a month after the appointment of elected representatives.

"The term of almost all the Municipal Committees and Councils are ending by the end of November, but we have sought advice from the legal department about the term of the Committees or Councils where bi-elections were conducted," they said.

"There is no provision of any extension in their terms, but we have written to the government and it will take a decision soon as the term of almost all the Municipal Committees and Councils are ending by the end of November," an official said.

However, a source within the department informed that a notification about the end term of the Municipal Committees and Councils is expected to be issued by October 21—(KNO)

PM Modi Speaks

"Reiterated India's long-standing principled position on the Israel-Palestine issue," the prime minister added.

Around 500 people were reported to have been killed on Tuesday in the explosion on the al-Ahli Arab Hospital in Gaza, triggering strong international condemnation.

Palestinian authorities blamed Israeli air strikes for the explosion at the hospital while Israel said it was caused by a misfired rocket launched from Gaza by militant group Palestinian Islamic Jihad.

Palestinian news agency Wafa reported that Abbas received the phone call from Prime Minister Modi, during which the two leaders discussed the latest developments in Palestine and the importance of an immediate end of the Israeli aggression on Gaza.

It said Abbas emphasised the urgent need to halt "acts of aggression and the ongoing blockade in the Gaza Strip".

The report said Abbas stressed the importance of delivering humanitarian aid, medical supplies, food, and ensuring access to water and electricity to the Palestinian people in Gaza.

The Palestine president underlined that the policies, programs, and decisions of the Palestine Liberation Organization (PLO) represent the legitimate and sole representation of the Palestinian people, the Wafa report said.

He reiterated that security and peace could only be achieved through the implementation of the two-state solution based on international legitimacy, it said.

The report said Modi, in turn, reaffirmed India's unwavering support for peace based on international law and expressed his solidarity with the Palestinian people during these trying times.

He emphasized the importance of returning to negotiations and dialogues to achieve a lasting peace in the region, it said.

Modi on Wednesday had expressed shock at the loss of lives in the attack on the Gaza hospital and that those involved in civilian casualties in the ongoing conflict should be held responsible.

"Deeply shocked at the tragic loss of lives at the Al Ahli Hospital in Gaza. Our heartfelt condolences to the families of the victims, and prayers for speedy recovery of those injured," Modi said on X.

"Civilian casualties in the ongoing conflict are a matter of serious and continuing concern. Those involved should be held responsible," he said.

AIIMS Adds 63

the list. Besides, injection regular insulin,

injection NPH Insulin and injection Insulin Premix 30/70 will also be available free of cost.

Professor in-charge of the Media Cell, Dr Rima Dada, said, "The pharmacy has been a beacon of hope for poor patients who require medications but face economic constraints."

"This initiative aligns perfectly with the government's mission to make quality healthcare accessible to all," Dada said.

LG Flags Off

The coach has rotational seats, transparent glass roof, and windows, offering 360-degree views.

Giving details about the coach, chief area manager, Srinagar, Northern Railway, Saqib Yusuf said it is going to be a major tourist attraction for people visiting the valley.

"It is a glass-top coach with wide windows, rotating chairs, so that the passengers can enjoy the Kashmir valley's panoramic look especially in the coming winter season. It is expected to give a major boost to tourism in the Kashmir valley. It will run from Budgam to Banihal in the morning, and in the evening, it will run from Banihal to Budgam. It will run six days a week," Yusuf said.

Vande Bharat

Vaishnav told PTI.

He said the Jammu-Srinagar railway line is expected to start within this financial year.

This train has been designed in a unique way so that they run very smoothly in those temperatures and altitude, Vaishnav said.

According to a survey, Vande Bharat express trains have been popular amongst the youth and senior citizens alike for comfort and speed.

"In Tripura, the railway line will get electrified shortly, then we will be able to provide Vande Bharat services to Tripura," Vaishnav said.

He said Prime Minister Narendra Modi has taken personal interest in the development of the northeastern region and Jammu and Kashmir where railway services were being expanded in a big way.

Fake IAS Officer

an accomplice, identified as Burhan Bashir, a resident of Nundreshi Colony, Bemina. Both Ayush Koul and Burhan Bashir were arrested," the spokesperson said.

He urged the public to exercise caution and vigilance, and verify the credentials of individuals offering such promises to avoid falling prey to fraudulent schemes.

"The police also encourage anyone with pertinent information related to this case to come forward and assist in the ongoing

investigation," the spokesperson added.

Stray Dogs Causing

with regard to course of action taken, was submitted in order to mitigate the problems being faced by the general public due to which serious inconvenience and harm caused by stray dogs and accordingly, this Court took cognizance of such course of action to be taken by the respondent-authorities and the same is reflected in our order dated 17 May 2023 with the direction to the respondent-authorities to strictly adhere to the said course of action in terms of status report submitted before this Court," the court said, adding, "...However, no compliance report has been submitted till date before this Court as directed by us."

Accordingly, the court directed the authorities to file the detailed affidavit as to the steps undertaken by them with necessary data and figures, without any fail, on or before the next date of hearing.

"We also make it clear that failure to submit the detailed affidavit will entail appropriate action from this Court," the court said.

12 Ill After

contaminated food.

All the people, reports said, were removed to the government medical college (GMC) Baramulla for treatment. Their condition is said to be stable.

Meanwhile, the police have taken cognizance of the incident and started further investigation.

Man Injured

serious injuries on his face and neck, the officials said.

He is undergoing treatment at a hospital.

Minor Girl

was also charred to death.

"The cause of fire was yet to be ascertained," he said.

Chemist Held

of the area, a police spokesperson said Thursday.

Acting swiftly on the directions of SSP Ganderbal Nikhil Borkar, he said, a team led by police post Shadipora along with Executive Magistrate concerned raided Ganie Medical Shop at Wakoora and during search, contraband substance was recovered/seized on the spot.

The chemist identified as Mehraj-ud-Din, he said, was also arrested.

"Moreover, the Medical Shop was also sealed by the Executive Magistrate 1st Class Wakoora on the spot," the spokesperson said.

LG To Inaugurate Art Exhibition At SKICC Today

Observer News Service

SRINAGAR: An Art Exhibition of paintings by Dr. Archana Jha Choudhary Titled "SANGAM" is being held at SKICC tomorrow from 1200 hours.

The exhibition will be inaugurated by Lieutenant Governor, Manoj Sinha.

The gala event will showcase confluence of Basholi miniature painting and Madhubani paintings. Basholi miniature painting, considered as first school of pahari paintings originated in Jammu region, is known for its vivid, evocative colours, bold lines and deep-set facial patterns. The art form is being characterised by bold and vibrant use of colours, intricate patterns and geometric

designs. It combines the folk art associated with Hindu mythology and Mougai technique.

Similarly, Madhubani paintings (also known as Mithila paintings) originated in the Mithila region of Bihar and trace its antiquity to ancient times. Both the art forms have been instrumental in preserving and promoting the rich cultural heritage of their respective regions of origin.

The two different art forms reflect the life journey of the artist, acquiring Madhubani painting as her heritage and learning Basholi painting on her move to J&K since early 1990's.

The art lovers, students and general public are welcome to visit and witness the exhibition from 01:00 pm to 05:30 pm.

Bhatnagar Inaugurates Cultural Fair At Presentation Convent School



Observer News Service

SRINAGAR: In a splendid ceremony, Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Thursday inaugurated the much-anticipated Soan Meeras Cultural Fair at Presentation Convent Higher Secondary School (PCHSS) here.

The fair marks a significant cultural milestone, bringing together art, music, and tradition, in the heart of the valley.

Addressing the large gathering of students, parents as well as faculty of institution, Advisor Bhatnagar expressed his immense pleasure for being part of this vibrant event, highlighting the importance of celebrating culture and traditions. He

remarked that with the growing modernity and desire for digital technologies, it is important not to forget our roots of unique culture and traditions.

The Advisor highlighted that this unique fair features an array of activities and performances for the students, including traditional music and dance, art exhibitions, interactive cultural workshops, local art and crafts, which will acquaint them about their past traditions and culture of their society. He commended the school administration for organizing this cultural extravaganza, emphasizing that education institutions have primary role in nurturing the cultural roots of our younger generation.

Kashmiri Medico Tops International Fellowship, Wins Gold Medal

Observer News Service

SRINAGAR: Kashmiri medico Dr Taha Ashraf Qureshi has topped the maiden Fellowship in Allergy, Asthma, and Immunology (FAAI) course and won "Dr Pudupakkam K Vedanthan Gold medal" in recognition of his outstanding performance in the FAAI course, 2023.

The fellowship was offered jointly by AIIMS Rishikesh, PGI Chandigarh and International Asthma Services, Denver (USA). FAAI is the first of its kind fellowship for which the first batch of candidates from India and abroad competed in June, 2023.

The certificates of completion for FAAI will be awarded during the graduation ceremony, which will be held in the month of December 2023 at AIIMS, Rishikesh, wherein "Dr Pudupakkam K Vedanthan Gold medal" will be awarded to Dr Taha Ashraf Qureshi while "Dr Stephen Berman Silver Medal" will be awarded to Dr Dipak Kumar Gupta.

Pertinently, Dr Taha Ashraf is Allergy Specialist at Allergy Clinic in JLNH Hospital. The clinical facility was recently established by the Directorate of Health Services J&K and has received a very good response in a short span of time because of the high prevalence of allergic diseases in the valley.



J&K LIEUTENANT GOVERNOR MANOJ SINHA and former Chief Minister Dr Farooq Abdullah engaged in a conversation during the launch of Vistadome rail coach at Nowgam railway station here on Thursday.
KO PHOTO, ABID BHAT

LG Addresses 'A Life Of Happiness' At KU

Says People Can Be Tremendously Happy If They Create A Fine Balance Between External And Inner Journey

Observer News Service

SRINAGAR: Stating that stress has become a social issue in today's world and many times people are overwhelmed by the situation leading to anxiety, Lieutenant Governor Manoj Sinha said Thursday that people can be tremendously happy if they create a fine balance between external and inner journey.

"If stress is real, so is happiness. We get so entangled in peripheral things of life that we forget to live and enjoy the ultimate bliss life is offering us. We must look at life in its entirety. We must look within and recognize our potential and importance of this beautiful life that is full of possibilities," Sinha said.

He was addressing the Motivational event - 'A Life of Happiness' organized by Inner Space Centre at University of Kashmir. In his address, the LG congratulated the Inner Space Centre and also welcomed the international motivational speaker Sister Shivani to J&K.

"In today's world, stress has



become a social issue and many times people are overwhelmed by the situation leading to anxiety. The people, however, can be tremendously happy if they create a fine balance between external and inner journey," he said.

The LG said the ancient philosophy of our great nation has always guided the people to first know themselves, develop their individuality, focus on creativity and follow their passion.

"Many times, when someone is very upset or stressed, the sound of music playing somewhere in the distance creates

a new, yet momentary excitement. That one moment can turn into 365 days, 24x7 happiness when people follow their creativity, passion and they are in charge of their life instead of others," he said.

Sinha called upon the students, teachers and professionals to rediscover their passion and contribute in nation building with complete dedication.

"Every person is unique. He or she just needs to recognize it. Our every step in this journey should be dedicated to the service of others. It should be our mission to wipe every tear from every eye and eradicate inequality. Dignity of life, pride, prayers can be meaningful only when we can wipe someone's tears and show him the right path," he said.

Vijay Kumar, ADGP Kashmir; Prof. Nilofar Khan, Vice Chancellor Kashmir University; senior officials of UT and Police Administration; members of Inner Space Centre and Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and youth in large numbers were present.

Fast Development In J&K Post Art-370: Railway Minister

SRINAGAR: Union Railway Minister Ashwini Vaishnaw said on Thursday that in the last nine years, Jammu and Kashmir has changed a lot and the change is discernible on the ground.

"After abrogation of Article 370, development of Jammu and Kashmir is pacing fast. Recently, meetings of G20 were held in the UT. In Railways also, various development projects have been ongoing in Jammu Kashmir and the development work has been completed on Chenab Bridge, Anji Bridge,

tunnels have been completed except on some portion," he said.

He made these remarks during the launch of much-awaited Vistadome train services in Kashmir.

The Union Minister and Chief Ministers of Assam and Tripura had joined the ceremony through video-conferencing. Later, the LG flagged off the first Vistadome coach train to Banihal from Srinagar Station.

Speaking on the occasion, Vaishnaw said, in the last nine years, Jammu Kashmir has changed a lot and the change is

discernible on the ground.

The specially designed Vistadome coach is equipped with wide windows, revolving chairs and glass rooftop, offering the passengers a panoramic view of the surrounding landscape.

Junaid Azim Mattu, Mayor, SMC; Dr Farooq Abdullah, Member of Parliament; Aftab Malik, Chairman, DDC Srinagar; senior officials of Northern Railways, Civil and Police Administration and people in large numbers attended the launch ceremony.

Days Of Working In Silos Over: Singh To J&K Officers

Asks Them To Adopt Whole Of Govt Approach

Press Trust Of India

NEW DELHI: Union Minister Jitendra Singh on Thursday asked officers of Jammu and Kashmir Administrative Service to adopt "whole of government" approach in governance, saying the days of working in silos have gone.

He also asked the officers to identify the schemes having commonality and adopt an integrated approach of their execution for better efficiency and result, benefitting common people.

Singh, the Minister of State

The minister said India has improved systems of grievance redressal to make them "more relevant to our times, and has tried to address any lingering sense of injustice springing from an administrative act by simplification of administrative processes and strengthening institutions".

It is to this end that digital advancement has enabled citizens grievance redressal, he added.

Singh also promised to implement call centre approach in J-K, currently being implemented at the Centre to personally ascertain the satisfaction level



for Personnel, was addressing the sixth capacity building programme for officers of J-K administrative services organised by the National Centre for Good Governance (NCGG) here.

He said there is change in the demography of central and state civil services due to availability of technology even in the rural and remote areas and democratisation of resources.

Singh said Prime Minister Narendra Modi has special penchant for governance reforms and soon after taking charge in May, 2014, a number of measures were taken to streamline the administration to make it more transparent, more accountable and to have citizen-centricity.

of the persons having redressed their grievances.

He said the new age competency of civil servants has to be anchored in ethics and accountability.

"Government of India has maintained a 'zero tolerance approach to corruption' bringing greater transparency to government processes, enhanced supervision and severe penalties in cases of proven misconduct. India's legislative and constitutional framework to fight corruption has been greatly strengthened with mandatory declaration of assets by civil servants on an annual basis, thereby focusing on preventive vigilance," the minister added.

PUBLIC NOTICE

This is for the information to the general public that I want to change the name of my electricity bill bearing consumer ID 0203010023796 from Javid Ahmad Khan S/o Ghulam Hassan Khan R/o Hamdaniya colony Bemina Sgr to Naseema Akhter d/o Bashir Ahmad Dar R/o Hamdaniya colony Bemina Srinagar. If anybody has any objection he/she may contact concerned PDD office within seven days from the date of publication of this notice. No objection shall be entertained thereafter. NJ

FROM THE OFFICE OF ADVOCATE MOIEN UL ISLAM
In the case of Farn Kraft Foods through its proprietor Mir Ubaidul Amin s/o Mohammad Amin Mir R/o Shahihmandan Colony Nayak Bagh Natipora Srinagar
Vs
Public at Large
Non Caveator
In the Petition in terms of Section 148-A
The caveators have reason to believe that Non-Caveator may file any Application, Petition, Appeal, Suit or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/misrepresentation and cooked story and may seek in obtaining some relief/order at their back/in exparte against the caveators and in such eventuality the caveators will be put in irreparable loss and inconvenience. It would be proper that caveators be given an opportunity of being heard by the Hon'ble court before passing any order. Sd/advocate NJ

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JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION
SOLINA SRINAGAR, KASHMIR - 190001
website: http://jkpsc.nic.in
email: jkpscsecretary@gmail.com
Jammu: 0191-2566528 (f)2566530
Srinagar: 0194-2312629 (f)2312631

Subject: Provisional Select List for the post of Assistant Professor, Dogri, in Higher Education Department.
NOTIFICATION NO. 76 -PSC (DR-S) OF 2023
DATED: 17.10.2023

Whereas, the Higher Education Department, vide letter No. HE/Coll/Coord/Appt/A.P./2021 dated 05.07.2021 and No. HED-GAZ/85/2022-04 dated 13.04.2022, referred Five (05) posts (OM: 03, RBA: 01, SC: 01) of Assistant Professor, Dogri, to the J&K Public Service Commission, for selection of suitable candidates; and,

Whereas, the J&K Public Service Commission, vide Notification No. 06-PSC (DR-P) OF 2023 dated: 01.03.2023, advertised the said posts for selection; and,

Whereas, written test was conducted on 10.09.2023. The result of the written test was declared vide Notification No. PSC/Exam/S/2023/58 dated: 05.10.2023, in pursuance of Rule 42 of J&K Public Service Commission (Conduct of Examination) Rules, 2022 and Rule 31 of J&K Public Service Commission (Business & Procedure) Rules, 2021, as amended up-to-date; and,

Whereas, 25 candidates qualified for interview; and,

Whereas, the interview/viva-voce of candidates was conducted on 13.10.2023 with the assistance of Experts from outside of the UT.

Now, therefore, on the basis of the performance in the written test, interview, and other related parameters, in pursuance of Rule 45 of the J&K Public Service Commission (Business & Procedure) Rules, 2021, the merit of the candidates who appeared in the interview is enclosed as Annexure-"A" to this Notification.

Consequent upon the details given here-in-above, the candidates whose particulars are given in Annexure-B, are provisionally selected against the said posts.

NOTE:-

- The Commission reserves the right to have certificates/documents of the candidates verified, if at any later stage found expedient to do so. The selection of the candidates is purely provisional and is subject to the outcome of writ petition(s) pending before any competent Court of law.
- The selection is provisional and objections, if any, may be submitted to the Commission within five days for examination and disposal. No claim, whatsoever, shall be entertained after five days from the date of issuance of Notification.

No. PSC/DR-HE/Assistant Prof/2023
Dated: 17.10.2023

(Bashir Ahmad Dar) JKAS
Secretary
J&K Public Service Commission

JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION
SOLINA SRINAGAR, KASHMIR - 190001
website: http://jkpsc.nic.in
email: jkpscsecretary@gmail.com
Jammu: 0191-2566528 (f)2566530
Srinagar: 0194-2312629 (f)2312631

Subject: Provisional Select List for the post of Assistant Professor, Public Administration, in Higher Education Department.
NOTIFICATION NO. 68-PSC (DR-S) OF 2023
DATED: 11.10.2023

Whereas, the Higher Education Department, vide letter No. HED-GAZ/85/2022-04 dated 24.03.2023, referred 02 posts (OM: 01, RBA: 01) of Assistant Professor, Public Administration, to the J&K Public Service Commission, for selection of suitable candidates; and,

Whereas, the J&K Public Service Commission, vide Notification No. 17-PSC (DR-P) OF 2023 dated: 15.05.2023, advertised the said posts for selection; and,

Whereas, written test was conducted on 27.08.2023. The result of the written test was declared vide Notification No. PSC/Exam/S/2023/55 dated: 20.09.2023, in pursuance of Rule 42 of J&K Public Service Commission (Conduct of Examination) Rules, 2022 and Rule 31 of J&K Public Service Commission (Business & Procedure) Rules, 2021, as amended up-to-date; and,

Whereas, 11 candidates qualified for interview; and,

Whereas, the interview/viva-voce of candidates was conducted on 04.10.2023 with the assistance of Experts from outside of the UT.

Now, therefore, on the basis of the performance in the written test, interview, and other related parameters, in pursuance of Rule 45 of the J&K Public Service Commission (Business & Procedure) Rules, 2021, the merit of the candidates who appeared in the interview is enclosed as Annexure-"A" to this Notification.

Consequent upon the details given here-in-above, the candidates whose particulars are given in Annexure-B, are provisionally selected against the said posts.

NOTE:-

- The Commission reserves the right to have certificates/documents of the candidates verified, if at any later stage found expedient to do so. The selection of the candidates is purely provisional and is subject to the outcome of writ petition(s) pending before any competent Court of law.
- The selection is provisional and objections, if any, may be submitted to the Commission within five days for examination and disposal. No claim, whatsoever, shall be entertained after five days from the date of issuance of Notification.

No. PSC/DR-HE/Assistant Prof/2023
Dated: 11.10.2023

(Bashir Ahmad Dar) JKAS
Secretary
J&K Public Service Commission

Kohli Hits Ton As India Beat Bangladesh

Press Trust of India

PUNE: Virat Kohli hit a sensational century as India beat Bangladesh by seven wickets in the ICC World Cup match here on Thursday.

Shubman Gill slammed a fifty while captain Rohit Sharma scored 48 as India cruised to an easy victory in the end.

Batting first, Bangladesh scored 256 for eight. Opener Litton Das top-scored for Bangladesh with 66 off 82 balls, while Tanzid Hasan struck a brisk 43-ball-51 in a first-wicket partnership of 93 at the Maharashtra Cricket Association Stadium.

Bangladesh suffered a mid-innings slump, losing four wickets for 36 runs after a solid start.

The seasoned Mushfiqur Rahim steadied the innings with a 38-run knock, before Mahmudullah Riyadh contributed a breezy 36-ball 46.

Ravindra Jadeja, Mohammed Siraj



and Jasprit Bumrah picked up two wickets each for India. Hardik Pandya limped off the field after sustaining an ankle injury while bowling.

Australia, Pakistan Need To Regain Batting, Bowling Mojo

Press Trust of India

BENGALURU: Australia's cricketing DNA is constructed by meticulousness and Pakistan's by explosiveness.

When they meet each other here on Friday, Australia and Pakistan will have to regain those qualities in batting and bowling to infuse a fresh life into their World Cup campaign, which is yet to go into overdrive.

Pakistan's strength lies in their ability to play fearless cricket in the face of pressure. Make a quick rewind to their glory year of 1992 for a validation of that remark.

But in this World Cup, they caved in at the first hint of real pressure, a match against India. There



simply was no fight in their seven-wicket battering by the Men in Blue.

That mammoth chase of 345 at Hyderabad in their second match came on a featherbed against a vastly short of quality Sri

Lanka, and taking it as a pointer will be sheer naivety.

Now, the Aussies offer another genuine pressure point to the Green Brigade. A side immersed in its own turmoil, the five-time

champions are no India but they are a rival not to be scoffed at.

Pakistan will know that very well because Australia hold a 69-34 advantage in ODIs and a 6-4 edge in the 50-over World Cups.

Kashmir Division Ranking Carrom Tournament From Oct 31



Observer News Service

SRINAGAR: The J&K Carrom Association is organising the Kashmir Division Ranking Carrom Tournament in collaboration with the District Srinagar Carrom Association from 31st October and 1st November 2023 at Gindun Sports Stadium in Raj Bagh here.

The championship will be held as per the laws of International Carrom Federation. Players will compete in all the three categories: Sub Junior, Junior & Senior Categories for both boys and girls, men and women.

The championship is open to all participants, schools, colleges, institutions and residents of Kashmir division of J&K. Followed by the screening, selection trials will be held

for 328th All India Federation Cup Carrom Tournament 2023-24, which will be held from 10.12.2023 to 13.12.2023 at Gandhi Institute of Technology and Management, KRM Indoor Stadium in Visakhapatnam, Andhra Pradesh.

"All the desired players, interested schools, institutions, clubs of concerned districts are requested to register their players on email jkcarrom@gmail.com for the said championship in the format: Name, Parentage, DOB, District, Contact No. & Institute, for any information contact Arif Sultan on 9906767529 or Mr. Adil Shah on 9070000093. Nominal registration fee will be charged from the players," the J&K Carrom Association said in a statement.



District Level Annual Athletic Meet Begins In Anantnag

Observer News Service

ANANTNAG: The Department of Youth Services and Sports Anantnag inaugurated its District Level Annual Athletic Meet on Thursday at Anantnag Sports Complex.

The event saw the participation of a number of young athletes from various schools across the district.

The District Level Annual Athletic Meet will run for three days, from October 19 to October 21, 2023, and will feature a variety of track and field events, including sprints, long-distance races, high jump, long jump, shot put, and more. Participants will compete in different age categories.

District Youth Services and Sports Officer Anantnag DYSS, expressed his excitement about the event, stating, "We believe that sports play a crucial role

in the physical and mental development of our youth. The Annual Athletic Meet is an excellent platform for young athletes to display their skills and dedication. We encourage everyone to come and support these talented individuals."

"The Department of Youth Services and Sports aims to foster a sense of community, unity, and excellence through sports. This District Level Annual Athletic Meet has been made possible through the collaborative efforts of DYSS, local schools, and the support of the community," DYSS Anantnag said in a statement.

"DYSS invites the public to come and witness the talent and determination of our young athletes at the Anantnag Sports Stadium over the next three days. Let's celebrate sports and encourage our youth to lead a healthy and active life," it added.

Provincial Basketball Competition Begins At Ganderbal

Observer News Service

GANDERBAL: The Department of Youth Services and Sports on Thursday kick-started its Inter-District Provincial Level Basketball Competition/Selection Trials for Boys and Girls of Kashmir division.

The event took place at the picturesque courts of GCOPE in Gadoora Ganderbal.

On the first day, the competitions for boys of all age groups were conducted, in which 156 enthusiastic student players from various dis-



tricts of Kashmir participated. DYSSO Ganderbal, Sheikh Shafiqat Iqbal felicitated the meritorious teams with their well-deserved trophies and also congratulated them all for their success.

DC Bandipora Congratulates 'Mr Kashmir-2023'

Observer News Service

BANDIPORA: Deputy Commissioner Bandipora, Dr. Owais Ahmad, on Thursday congratulated Peerzada Aqeel, who recently bagged the 2023 'Mr Kashmir' title.

Peerzada Aqeel, a 27-year-old fitness enthusiast, hailing from Bandipora, secured the overall championship in the senior division of the recently concluded 2nd Sher-i-Kashmir Bodybuilding & Men's Physique Championship 2023.

Dr. Owais appreciated him for establishing a fitness center and involving the local youth of Bandipora in various fitness related programs. The DC said that the involvement of youth in fitness related activities serves as a catalyst to keep the youth away from drug menace. He expressed his commitment to developing sports infrastructure in the district and promoting the health and wellness of the general public.

Big Boost To Rail Connectivity In North East, J&K

Railway Minister along with J&K LG, Chief Minister, Assam and Chief Minister, Tripura flag off new trains

Observer News Service

SRINAGAR: Ashwini Vaishnaw, Union Minister of Railways, Communications, Electronics and Information Technology, Government of India along with Manoj Sinha, Lieutenant Governor, Jammu & Kashmir, Himanta Biswa Sarma, Chief Minister, Assam, Prof. (Dr.) Manik Saha, Chief Minister, Tripura flagged off Train No. 15617/15618 Dullabcherra - Guwahati tri weekly train, Train No. 07688/07687 Agartala- Sabroom DEMU train, extension of train no. 12514/12515 Guwahati-Secunderabad Express upto Silchar (Assam), extension of Train No 12519/12520 Kamakhya-Lokmanya Tilak Express upto Agartala (Tripura) via video conferencing today.

New Vistadome coach in Budgam-Banihal train in Jammu and Kashmir was Oflag off ceremony, several dignitaries were connected through video conferencing.

Speaking on the occasion, Vaishnaw said, "In last nine years, North East states and Jammu Kashmir have changed a lot and the change is discernible on the ground. Prime Minister has visited North East region more than 60 times which is higher than the visits of Prime Ministers of India before him. After abrogation of Article 370, development of Jammu and Kashmir is pacing fast. Recently, meetings of G20 were held in the state of Jammu and Kashmir. In Railways also, various development projects have been ongoing in both these



Abid Bhat/KCO

regions. Railways have allotted the annual budget of around Rs. 10,269 Crores for North East, while earlier it was around Rs 2122 Crores. Railways' projects are progressing swiftly in North eastern states. Two Vande Bharat Trains are also planned for North East. In Jammu & Kashmir, development work has been completed on Chenab Bridge, Anji Bridge, tunnels have been completed except on some portion. Railways' are working for overall transformation of North eastern states."

Speaking on the occasion, Manoj Sinha, Lieutenant Governor, Jammu and Kashmir said, "Vistadome coach between Banihal and Budgam is a big leap by Railways in the development of the Union territory. The state of the art Vistadome will attract tourists in large number." He said that there has been substantial boost in tourism in recent times and the new coach will further give impetus to the development

connectivity between Barak Valley (Silchar) and Secunderabad. It will benefit people of lower Assam and areas bordering Barak Valley. The regular service of the train will commence from 21.10.2023 (Saturday) ex- Secunderabad.

The introduction of Train No. 15617/15618 Dullabcherra-Guwahati Tri weekly Train (ex- Guwahati - Mon, Wed, Sat & ex- Dullabcherra- Tuesday, Thursday & Sunday) will provide direct connectivity between remote area of Dullabcherra and Guwahati benefiting students, businessmen and traders of Dullabcherra.

Extension of Train No. 12519/12520 Kamakhya-Lokmanya Tilak Express (weekly) upto Agartala (Tripura) will be the direct train service between capital of Tripura and Mumbai. It will benefit people in the region, traders and patients in Tripura who travel to Mumbai for treatment purpose. The regular service of the train upto Agartala will commence from 22.10.2023 (Sunday) ex-Lokmanya Tilak Terminus.

The introduction of Train No. 07688/07687 Agartala-Sabroom DEMU train will benefit people from the remote areas of the state and will enhance connectivity with the state capital, Agartala. It will also boost tourism in the state. The launch of Vistadome coach in Train No 04688/04687 Budgam-Banihal train will boost tourism in the state and provide memorable journey experiences to the passengers.

Extension of Train No. 12514/12515 Guwahati-Secunderabad Express (weekly) upto Silchar (Assam) will provide direct

CANCER SOCIETY OF KASHMIR

کینسر سوسائٹی آف کشمیر

4-Bagh-i-Islam Colony Lal Nagar, Chanapora Srinagar-190015 TELEFAX 0194-3500478-79 / 2441899
Website: www.cancersocietykashmir.org | Email: cancersocietyofkashmir@gmail.com

PRESS NOTE

Cancer society of Kashmir in collaboration with **SKAUST Kashmir** organized daylong event on awareness and screening of breast cancer. The inaugural function was presided by **Prof. Nazir Ahmad Ghanyi** Vice Chancellor **SKAUST Kashmir** who in his presidential address highlighted the importance of awareness cum screening camps for which he appreciated the efforts of Cancer Society of Kashmir. In his welcome address **Prof. S.A.Wani Dean Faculty of Horticulture** assured that SKAUST Kashmir will always support such endeavors. In his introductory remarks **Dr. Tariq Abdullah producer EMRC University of Kashmir** highlighted the objectives of C.S.K. **Prof. M.A.Siddique DSW SKAUST** in his remarks highlighted the roll of students for awareness campaign related to myths about cancer. Expert and well known doctors of the valley were present on the occasion which include **Prof (Dr.) Nisar Ahmad Wani, Prof (Dr.) M.Maqbool Lone, Prof (Dr.) Imtiyaz Ali Bhat and Prof. M.Ashraf Ganie**

- Prof (Dr.) M.Maqbool Lone (General Secretary of CSK)** gave an overview of cancers and some myths about breast cancer.
- Prof (Dr.) Nisar Ahmad Wani (Treasurer of CSK)** highlighted early diagnosis and prompt treatment of breast cancer
- Dr. Shahida Nasreen** highlighted risk factors of breast cancer.
- Dr. Shafiq Qammar Wani** highlighted the importance of self examination of breast.

On the occasion Chairman Cancer Society of Kashmir **Syed Manzoor Ahmad** assured that society is committed to provide its services and fulfill its objectives towards the needy Cancer patients. While talking to media persons he highlighted the noble work which is being carried by CSK by providing free diagnosis and free distribution of Anti Cancer drugs to the needy patients. Pertinent to mention such events are being organized by Cancer Society of Kashmir at regular intervals at various educational institutes in order to detect this disease at the early stage so that it can be treated appropriately. **Prof Shaheen Gul, Deptt of Entomology presented formal vote of thanks.**

Issued in Public Interest by:-

CANCER SOCIETY OF KASHMIR.