uesday 24 October 2023 | Srinagar | Vol: 26 | Issue: 264 | Pages: 08 | Price: ₹3

Working For Permanent Settlement Of KP Community In Kashmir

Jammu: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Monday said the security situation in the Union Territory has improved significantly and terrorism is "taking its last breath" here.

Accommodations for employees belonging to the Kashmiri Pandit community in Kashmir Pandit community in Kashmir Pandit community in Kashmir Pandit community in Washmir Pandit community in State of the Community in the Community.



vulnerable groups, includ Kashmiri Pandits and min ties. The police and secu forces are working tirele-towards this goal," he said.

Jammu-based Mata Bhadrakali temple, a replica of a temple located in Kupwara district of north Kashmir, cel-ebrated Maha More on P6

Greets People On Dussehra

ammu and Kashmir Lieutenant Governor, Manoj Sinha has greeted the people on the eve of Dussehra, In a message, the Lt Governor said: "On the joyous occasion of Dussehra, I offer my warm greetings and good wishes to all. The festival of Dussehra, also known as Vijayadashmi, marks the triumph of righteousness over evil and inspires the people to lead a pious and virtuous life by following the high moral values and right conduct of Maryada Purushottam Lord Ram. May the festival usher in happiness, prosperity and well-being of all",

'Jan Sampark Abhiyan'

BJP To Highlight Modi Govt's Achievements In I&K

Press Trust Of India

Jammu: The BJP will launch a months-long public outreach campaign in Jammu and Kashmir from the day of Dussehra on October 24 with an aim to highlight initiatives undertaken by the Narendra Modi government in the union territory.

State BJP chief Ravinder State BJP chief Ravinder Amit Shah will address a big public rally in Jammu under the Jan Sampark Abhiyan to mark its completion after January 15.

Sampark Abhiyan to mark its completion after January 15.
"The BJP is launching a mass contact program in Jammu and Kashmir. On October 24, on the day of Dussehra, the BJP will commence Jan Sampark Abhiyan here," Raina said while addressing workers here on Monday.



Under the programme, par-y leaders and workers will old interactions with people from rural and urban areas of union territory for nearly two months, he said.

months, he said.

This campaign aims to transform the region, promote development, and offer better opportunities to its residents, he added. The campaign is to be completed at all levels and in all the More on P6

Woman Gives Birth To Quadruplets, None Survives

Agencies

Srinagar: In a rare incident, a woman in north Kashmir's Kupwara district delivered quadruplets at the Community Health Center (CHC) here during the intervening night of Sunday and Monday, but unfortunately, all of them could not survive.

Officials informed that a pregnant woman was transferred to CHC Kupwara from the Public Health Center (PHC) Keran after experiencing complications on Sunday evening. The expectant mother, who was in her seventh month of pregnancy, was transferred from PHC Keran, Block Kralpora, and arrived at SDH Kupwara around midnight.

She was attended to by a medical team at the CHC, including a female doctor, a nurse, and a Female Multi



Purpose Health Worker (FMPHW). Tragically, she delivered the quadruplets at 2:00 a.m., comprising three boys and a baby girl. This was a premature delivery, the officials said. Medical Superintendent (MS) of CHC Kupwara, Dr Mohammad Shafi, said the babies were delivered through normal childbirth. He said although the mother was safe, given the premature nature of the birth and the underweight condition of the babies, they were referred for advanced medical care. More on P6

Govt Prohibits Unauthorised Access To Sensitive Info In E-Office

Press Trust Of India

Jammu: The Jammu and Kashmir administration on Monday prohibited all officials working on the e-office platform from accessing any sensitive data for which they do not have explicit authorisation from the competent authority. In a circular issued by the general administration department, Commissioner-Secretary Sanjeev Verma said unauthorised access to sensitive data is a breach of the extant Information Technology (IT) rules.

"All officers/officials working on the e-office platform are, as such, strictly prohibited from accessing any sensitive data for which they do not have explicit authorisation from the designated."

Burglars' Gang

Busted In Budgam



competent authority.
"Any instance of unauthorised access shall be liable for disciplinary as well as penal action under the relevant provisions of law," Verma said.
He said the Jammu and Kashmir administration has implemented e-office across all offices for an efficient conduct of government business.

duct of government business and it was felt necessary to

prohibit unauthorised person-nel from accessing data from e-office files to maintain the security and confidentiality of sensitive official information, besides ensuring com-pliance with data-protection

regulations,
"Unauthorised access in-cludes, but is not limited to, viewing, copying, sharing or disseminating such data with-out proper clearance," the cir-cular read.

The commissioner-secre-

cular read.

The commissioner-secretary directed all departments to conduct audit trails to determine sensitive events and pattern analysis to indicate possible fraudulent use or unauthorised access to the system data and proceed in terms of the extant legal provisions against such breach of access. The departments More on P6

Traffic Restored On Banihal Highway

Press Trust Of India

Jammu: Traffic on the Jammu Srinagar national highway was restored early Monday smidgal hadronal nights was restored early Monday after remaining suspended for over 24 hours due to road repair work in landslide-hit Dalwas area of Ramban district, officials said.

Authorities also allowed traffic on the Mughal and Sinthan top roads, which were shut after fresh snowfall in high altitude areas, they said.

A traffic department official said the highway was reopened for traffic around 5 am Monday.

Traffic on the highway was suspended on Sunday to facilitate the road construction agency in carrying out the repair work. More on P6

HC Upholds PSA Quashment Order

M Ahmad

M Ahmad

Srinagar: The High Court of J&K and Ladakh has upheld its Single Bench verdict by virtue of which it had quashed the detention order under Public Safety Act (PSA) against a youth from Ganderbal district.

The youth Aurang Zab Khan had been placed under preventive detention by District Magistrate Ganderbal (No. 06-DMG-PSA-2021) dated 22 October 2021 and he was ordered to be lodged in Central Jail here. The Court's single bench had quashed the detention order in 1 August last year and ordered Khan's release if not required in any other case.

The government challenged the More on P6

J&K'S POWER LOSSES

Interest On Rs 31000 Cr **Loan Rises By** Rs 5000 Cr Annually

'Consumers Fail To Pay Electricity Dues On Time, Process To Disconnect Power Lines Of Chronic Defaulters Continue



Agencies

Srinagar: The electricity loss-es to the Power Development Department are increasing in Jammu and Kashmir as the annual interest on the loan amount of Rs 31000 crore to pay the power dues by the government is increasing by nearly Rs 5000 crore.

Sources privy to the

development said that there is enough power capacity in transmission. "At present, there is a power capacity of 3000 Megawatts in the transmission, but only 1400 MWs are being supplied as the department has no money available to procure more electricity." the sources said.

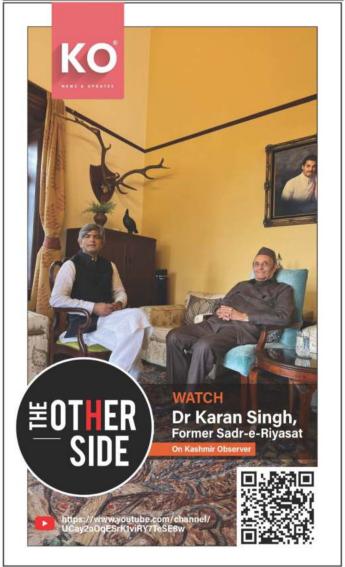
They added that the lack of money is the More on P6

Karan Singh Wants Name Deleted From Congress Panel

Press Trust Of India

Jammu-Veteran Congress lead-er Karan Singh has asked that his name be dropped from the 22-member executive commit-tee of the party's Jammu and Kashmir unit, saying he has not been active in regions' politics for several years. The 92-year-old conveyed his request to Congress

President Mallikarjun Kharge in a letter dated October 21. Kharge had on October 19 approved the constitution of the committee that included veteran leaders Karan Singh and Saif-ud-din Soz as well as senior party members Ghulam Ahmed Mir, Tariq Hameed Karra and Tara Chand. "I see that my name has been included in More on P6



Cousins From India, Pak Reunite After 76 Yrs

Press Trust Of India

Lahore: Two cousins, separated during the Partition 76 years ago, were reunited at the landmark Kartarpur Corridor, in an emotion-al meeting made possible through

Kartarpur Corridor, in an emotion-al meeting made possible through social media, a Pakistani official said on Monday.

Mohammad Ismaeel and his sister Surinder Kaur, both in their 80s, reached Gurdwara Darbar Sahib in Kartarpur from their re-spective cities in Pakistan and India and had an emotional re-union on Sunday.

union on Sunday.

An official of the Evacuee
Trust Property Board (ETPB) tole
PTI that the administration of
Karatarpur Sahib facilitated the
reunion of the cousins and offered sweets and langar to them.
Ismaeel belongs to the Sahiwal
district of Punjab, some 200 km
from Lahore, and More on P6

LG Meets Family Of

Slain Security Man

The Union Territory Lieuten-ant Governor, Manoj Sinha on Monday visited Jagti, Nagrota and met the family of Special Security Force (SSF) Personnel, SGCT Lokesh Singh olice on Monday claimed to have busted a notorious burglary gang by arresting four of its members and recovering a large quantity of stolen prop-erty from their possession. In a statement issued to media, Personnel, SGCT Lokesh Singh who lost his life in a road accident. Extending his condolences to the family, the Lt Governor paid homage to the SGCT Lokesh Singh and recalled his selfless service to the nation. He assured the family of all More on P6 a police spokesperson said that on October 21, a written complaint was received by Police Station Khansahib from More on P6

Man Dies After Sand **Mound Caves In**

man died while another sustained injuries on Monday when they were trapped under a sand mound in Langate area of North Kashmir's Kupwara district. 38-year-old Abdul Hamid Sheikh was killed while his colleague Shabir Ahmad was injured during a sand extractions. injured during a sand extrac tion operation in Shanoo village of Langate on Monday, reports said. More on P6

CS Extends Dussehra Greetings To People

hief Secretary, Dr Arun Kumar Mehta Monday extended greetings to the people on the occasion of Dussehra festival He said the Dussehra fes-tival is celebrated across the country as a symbol of victory of Dharma over Adharma and triumph of good over evil. He said that Vijaya Dasami marks the victory over vices. More on P6

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Adults With ADHD Three Times More Likely To Develop Dementia, Research Finds

Press Trust Of India

dults with attention-deficit/hyperactivity disorder (ADHD) are nearly three times more likely to develop dementia than those without the mental disorder, researchers have found.

Adult ADHD reflects a neurological process that reduces their ability to compensate for the effects of cognitive decline later in life, the researchers from Israel, Sweden and the US said, having followed more than 1,00,000 participants for over 17 years.

Further, less cognitive and brain reserve may result in neurological processes of ADHD that, in turn, reduce compensatory abilities, they said in their study published in THE Journal of the American Medical Association (JAMA) Network Open.

ADHD is a neurodevelopmental disorder characterised by inability to pay attention for longer periods, hyperactivity and impulsive behaviour.

Previous studies have reported evidence of adult-onset ADHD, saying that 5 per cent of children with ADHD meet ADHD criteria in adulthood and constitute 3 per cent of adult ADHD cases.

Studies also show that child and adult ADHD present different social, psychological, and genetic profiles.

Despite being distinct from childhood ADHD, little is known about adult ADHD, the researchers said.

"By determining if adults with ADHD are at higher risk for dementia and if medications and/or lifestyle changes can affect risks, the outcomes of this research can be used to better inform caregivers and clinicians," said study author Michal Schnaider Beeri from the Brain Health Institute (BHI) of Rutgers University, US.

In this study, they used data from a national cohort study consisting of 1.09.218 members of an Israeli nonprofit health maintenance organisation born between 1933 and 1952 (aged 51-70 years). They entered the cohort on January 1, 2003, without an ADHD or dementia diagnosis and were followed up to February 28, 2020. Of the group, 51.7 per cent were female and 48.3 per cent were male.

During the follow-up, the researchers found that 730 participants, or 0.7 per cent, received a diagnosis of adult ADHD, and 7,726, or 7.1 per cent, received a diagnosis of dementia.



Of the 7,726 dementia cases, 96 were among the 730 adults with ADHD and the remaining 7,630 in the 1,08,488 adults not diagnosed to have ADHD.

The researchers found these results to show that an adult ADHD diagnosis was associated with a 2.77-fold increased risk of incident dementia.

Further, 163 of the 730 adult ADHD cases received psychostimulant treatment and were seen to exhibit no clear increase in the risk of dementia associated with adult ADHD.

The results suggested that adult ADHD treatment incorporating psychostimulants may help reduce the risk of dementia as psychostimulants are known to modify the trajectory of cognitive impairment, the researchers said, adding that more research is needed to assess the

By determining if adults with ADHD are at higher risk for dementia and if medications and/or lifestyle changes can affect risks, the outcomes of this research can be used to better inform caregivers and clinicians

impact of medications in patients with ADHD and how they could affect risk.

Physicians, clinicians and caregivers who work with older adults should monitor ADHD symptoms and associated medications, the researchers said.

They also added that symptoms of attention deficit and hyperactivity in old age shouldn't be ignored and should be discussed with physicians.

New Al Tool To Listen To Your Voice & Detect Diabetes With 89% Accuracy

IANS

Determining whether a person is diabetic could be as easy as having them speak a few sentences into their smartphone, according to a groundbreaking study that combines voice technology with artificial intelligence in a major step forward in diabetes detection.

Scientists from Klick Labs in the US used six to 10 seconds of people's voice, along with basic health data, including age, sex, height, and weight, to create an Al model that can distinguish whether that individual has Type 2 diabetes.

The model, detailed in the journal Mayo Clinic Proceedings: Digital Health, has 89 per cent accuracy for women and 86 per cent for men.

For the study, researchers asked 267 people (diagnosed as either non- or Type 2 diabetic) to record a phrase into their smartphone six times daily for two weeks. From more than 18,000 recordings, scientists analysed 14 acoustic features for differences between non-diabetic and Type 2 diabetic individuals.

"Our research highlights significant vocal variations between individuals with and without Type 2 diabetes and could transform how the medical community screens for diabetes," said Jaycee Kaufman. first author of the paper and research scientist at Klick Labs.

"Current methods of detection can require a lot of time, travel, and cost. Voice technology has the potential to remove these barriers entirely."

The team looked at a number of vocal features, like changes in pitch and intensity that can't be perceived by the human ear.

Using signal processing, scientists were able to detect changes in the voice caused by Type 2 diabetes, Surprisingly, those vocal changes manifested in different ways for males and females, Kaufman said.

Almost one in two, or 240 million adults living with diabetes worldwide are unaware they have the condition and nearly 90 per cent of diabetic cases are Type 2 diabetes, according to the International Diabetes Federation.







WHY TO USE CRITICAL CARE AMBULANCE

Early Intervention

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

Timely Transportation

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

Reduced Complications

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

Better Coordination

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

Improved Accessibility:

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



9484100200/01942310018

Subject: - Grant of Registration of the Proposed Travel unit under the name & Style "M/s Meadow Escapes Situated at Munawarabad Link Road Barbar Shah Near Furniture Market

PUBLIC NOTICE

Whereas, I Navreen Faroog W/o Aamil Javeed R/o Jawahar Nagar Kashmir intends to apply in the Department of Tourism for Registration of my proposed Travel Unit under the and style Style "M/s Meadow Escapes Situated at Munawarabad Link Road Barbar Shah Near Furniture Market 190001 ".. Kashmir under Tourist Trade Act 1978/82/2011-12. Whereas, I will submit State Subject/Domicile Certificate, Qualification Certificate, Pan Card, Experience Certificate (Minimum 05 Years), Character Certificate (Police Department), Bank Statement (Minimum Balance 10000), Site Plan, Affidavit, Rent Deed duly attested by Sub-Registrar, Printing Material (Letter Head/ Visiting Card), Photograph of the Unit (Indoor and Outdoor) and Two Passport, size photographs to the Department of Tourism as per prescribed checklist prior to Registration of my unit as an Excursion Agency.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12, before my case is processed for registration by the Competent Authority, the matter is hereby notified for information of general Public/Financial Institutions/Bank/ Organization, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration (e-mail ld:- ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/ newspapers of the valley. No objections beyond a period of 7 days shall be entertained.

PUBLIC NOTICE

I have lost the number plate of my vehicle bearing regd no: JKO4C - 6280 from Police Station Magam to Gumbura . Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objjection in the office of the RTO Budgam within a period fo seven days from the date of publication of this notice. After that no objection shall be entertained. Ali Mohammad Mir

S/o Haji Mohammad Akbar Mir R/o Hill Mission Budgam

bmg 2nd owner Faroog Ahmad Mir S/o Mohammad Rafiq Mir R/o Gumbura Beewah

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: 5467 Class 10th Year & Session 1980-Oct-Nov Registration: 4057-YKP-M-79 Name: Bashir Ahmad Shan Father's Name: Lassi Mohd Shan Mother's Name: --

Date of Birth: - 04-03-1964



Residenc:- Batengo Kund Qazigund According the candidate concerned has approach to this office for issu-

ance 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: 5200 be treated as "CANCELLED")

No: F(Ceris-I-DQC)B/KD/23 Dated

Assistant Secretary Certificates, KD.

AIRPORTS

RAILWAYS

HIGHWAY STATUS

TRAFFIC POLICE: 9419993745, 01998-266686

Ambulance: Kashmer EMS Service: +9194841 00200

PRAYERS

5:19

12:16

4:09

5:50

7:11

FAJR

ZUHR

ASR

Magrib

ISHA

PCR: 0194-2452092,2455883 PDD: 0194-2450213

SHIEK UL ALAM AIRPORT: 01942303311

SRINAGAR: 0194-2103259

ANANTNAG: 01932-228243

BARAMULLA: 0194-102029

BIJBHERA: 01932-228243

PAMPORE: 01933-294132

QAZIGUND: 01951-296153

Sgr-Jammu highway - (Open)

PATTAN: 01954-293507

Mughal Road - (open)

Srinagar-Leh-(Open)

FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155 CAPD: 18001807011

SMC HEALTH OFFICER: 9469409081

Preparations For Dussehra Celebrations In Full Swing In Srinagar

Press Trust Of India

Srinagar: Arrangements for Dussehra celebrations were being finalised here on Monday as effigies of Ravana reached the valley, a day before they were set on fire for 'Ravana Dahan' at the Sher-e-Kashmir Cricket Stadium to signify the victory of good over evil.

Sanjay Tickoo, one of the organisers, told PTI: "We are making preparations for the Dussehra to be held tomorrow (Tuesday). The effigies came from Jammu this morning. We are assembling them.'

"This year, one effigy is 40 feet in height and the other two are 30 feet. They will be set on fire after sunset tomorrow," he said.

Tickoo said after the festival was stopped after the eruption of militancy in the valley, the Kashmiri Pandit community here has been celebrating it since 2007.

"People come to witness this (Ravana Dahan). It is a mixed crowd consisting of Hindus, Sikhs and Muslims most are Muslims. The festival is celebrated in a good manner. These statues are made by Muslims and then they reach us via Jammu," he said.

Karan Veer Singh, an Uttar Pradesh resident engaged in Dussehra preparations in the city, said the material for Ravana Dahan was procured from Meerut and prepared at Jammu. It will be assembled by Tuesday evening, he said.

Nanna Ji, a local Pandit, said the community wants the victory of good over evil "in a real sense in Jammu and Kashmir".

"People will assemble here. Many have come from Jammu, and Ravana will be set on fire. We want the victory of good over evil in Kashmir as well, and pray that peace be established," he said.



Observer News Service

Srinagar: The city is all set to host the second edition of The International Film Festival of Srinagar (TIFFS) at Tagore Hall on October 25, Wednesday.

Rohith Bhat, Festival Director, said "This year, TIFFS promises a grandeur unlike before. Over 200 films from 37 countries were submitted, culminating in a selection of 17 outstanding films for our two-day screening.

In a special tribute to the legendary Bollywood actor Dev Anand on his 100th birth anniversary, the festival director said they have decided to celebrate cinematic marvels. Renowned director Babbar Subhash,

acclaimed for classics like "Disco Dancer" will grace the occasion. The festival boasts a starstudded guest list, featuring luminaries from Bollywood and various "Overall, this event

is anticipated to be a great success, showcasing Kashmiri culture, traditional including arts like embroidery, paper maché, and more. It is expected that the crowd will be significant and some local filmmakers are also participating," he said.

The opening ceremony will be held by the Deputy Commissioner of Srinagar Aijaz Asad while the Lieutenant Governor of Jammu and Kashmir, Manoj Sinha will conduct the closing ceremony of the festival, he added.

Bhatnagar Inaugurates 14th IDA J&K Dental **Conference In Srinagar**

Observer News Service

Srinagar: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today remarked that the government is committed to provide state of the art oral health and dental services to all citizens of Jammu and Kashmir besides the LG led Administration is focused on hand holding of dental graduates in establishing their own dental clinics through various sponsored and subsidized schemes and filling up all vacancies in the government sector.

The Advisor made these remarks while inaugurating the 14th IDA J&K Dental Conference at Tagore Hall here.

In his address, Advisor Bhatnagar emphasized on the critical role of dental health in the overall well-being of individuals. He added that the field of dentistry plays a major role in enhancing the quality of life for all individuals.

In his speech, the Advisor reiterated that the government is focused on hand holding of Dental Graduates in establishing clinics in modern settings through various sponsored and

subsidized schemes. He also assured the participants that the process of obtaining Dental Clinic registrations will be looked into so that maximum graduates can set up their own clinics.

Advisor Bhatnagar, on the occasion also appreciated the efforts of the organizing committee for this event and laid stress on the dental fraternity to keep continuing skill upgradation events and conferences routinely. He added that the government is committed to improve the oral health sector across J&K and there has been substantial improvement in overall infrastructure across public hospitals, especially lo-

gistics and equipment. The Advisor underscored that this conference will provide a notable platform for dental professionals to exchange ideas, learn from one another, and contribute to the betterment of oral healthcare. He added that the conference also provides an excellent opportunity to explore innovations and enhance our collective knowledge to serve patients with enhanced care.



Man performs Puja in a temple as part of upcoming Dussehra celebrations, preparations for which is on in full swing in Srinagar, KO Photo, Abid Bhat

Police Solves Blind Murder Of Bemina Woman Within 6 Days

Majid Nabi

Srinagar: With the parents of the prime accused being arrested within six days of the crime taking place, police on Monday claimed to have solved a blind murder involving a woman from the Bemina locality of Srinagar.

It may be in place to mention that the dead body of a woman identified as Tanvira, wife of Showkat Ahmad Kaloo of Nundreshi Colony Bemina was found lying mysteriously on the road at Durbal area of the city on October 17.

Police said the woman was murdered on October 16 at West End Colony in Hyderpora locality in uptown Srinagar, a day before her dead body was spotted by the locals at Durbal-Bemina area.

After murdering the woman, police said, her dead body was moved from Hyderpora to Durbal-Bemina to distract the police.

However, four accused including a minor girl have been identified by the investigation team led by Sub-Divisional Police Officer (SDPO) West based on the available technical assistance and the sustained questioning of the suspects

The four have been identified as Abina Parvez, sister-in-law of the deceased, wife of Parveez Ahmad Shah of West End Colony, Hyderpora, a minor female child (name withheld), Ghulam Mohammad Ahanger son of Late Haji Ghulam Hussain Ahanger of Khushipora HMT at present Gulposh Apartment Bemina and one Jala Wadoo wife of Ghulam

Ilizarov Technique At B&J Hospital

Mohammad Ahanger of Khushipora HMT at present Gulposh Apartment Bemina.

Police said the father and mother of the prime accused have been arrested so far in the case that left everyone shell-shocked.

""After a thorough investigation led by SDPO West and assisted by SHO PS Bemina, it was established that the woman in question was murdered on October 16, 2023, at West End Colony in Hyderpora. Her body was then moved from Hyderpora to Durbal Bemina in order to distract the investigating agency," police added.

A formal case FIR No. 101/2023 IPC sections 302 stand registered at Police station Bemina in this direction and further investigation into the case is on at the moment.

This Day In History

HIJRI

CALENDAR

06 Rabi-Ul-Sani

1445

1260 - Qutuz, Mamluk Sultans of Egypt (1259-60), is assassinated by Baibars, a fellow Mamluk leader, who seizes power for himself

1260 - The spectacular Cathedral of Chartres is dedicated in the presence of King Louis IX of France; now a UNESCO World Heritage Site

1360 - The Treaty of Brétigny is ratified at Calais, marking the end of the first phase of the Hundred Years'

1531 - Bavaria joins Schmalkaldic League

1596 - Battle at Kerestes: Ottoman beat Austria-Hungary & Germany

1601 - Johannes Kepler succeeds Tycho Brahe as imperial mathematician to Emperor Rudolph II 1648 - Treaty of Westphalia ends The Thirty Year's War

in the Holy Roman Empire; Switzerland's independence recognized 1656 - Treaty of Vilnius: Russia & Poland sign anti-Swedish covenant

1681 - Earl of Shaftesbury accused of high treason in

1795 - 3rd Partition of Poland, between Austria, Prussia & Russia

1812 - Napoleonic Wars: The Battle of Maloyaroslavets takes place near Moscow.

1861 - First US transcontinental telegram is sent (from

San Francisco to Washington, D.C.)

1909 - Italy and Russia sign the Racconigi Pact in which both nations promise to support the status quo in the

1917 - Battle at Caporetto: German & Austria smash Italian army

1924 - Nobel prize for physiology or medicine awarded to Dutchman Willem Einthoven "for his discovery of the mechanism of the electrocardiogram"

1930 - A bloodless coup d'état in Brazil ousts Washington Luís Pereira de Sousa, the last President of the First Republic.Getúlio Vargas then installed as "provisional president."

1932 - British government signs trade treaty with USSR 1938 - US forbids child labor in factories

1942 - Second day of battle at El Alamein: British

1944 - US aircraft carrier Princeton sinks at Philippines

1945 - Charter of United Nations comes into effect

1946 - Netherlands & Indonesia sign cease fire

1952 - Arab Liberation Movement becomes only political party in Syria

1957 - The USAF starts the X-20 Dyna-Soar program. 1958- USSR lends Egypt 400 million rubles to build

Aswan Dam

1969 - Hanif, Mushtaq & Sadiq Mohammad start their only Test Cricket together

From KO Archives

Police Uncover Body Of 'Western Hostage'

Observer News Service

RINAGAR: The hostage drama involving four western tourists today took a new turn after police claimed that it uncovered the remains of a body that could be one of the four missing since being kidnapped in 1995.

The remains were exhumed from a graveyard in Dooru village in Anantnag district, a senior police officer said. The officer, who declined to be identified, said the grave

had been located in connection with the 1995 kidnappings from Kapran village on 17th of this month. "It is too early to say anything yet, but we have recovered

some bones which will be sent away for DNA testing," he said. Britons Paul Wells and Keith Mangan, Americans

Donald Hutchings and John Guilds, as well as Dirk Hassert from Germany and Norwegian Hans Christian Ostro, were seized by armed gunmen in July 1995. Childs managed to escape, while Ostro was beheaded by his captors.

The other hostages are still officially listed as missing, although any hope of finding them alive has long disappeared. The authorities are likely to tread very carefully with the latest discovery. Last year, police claimed that they had discov-

ered the body of Paul Wells fell apart when DNA tests showed no match with the Briton's relatives. (Kashmir Observer, October 24, 2000)

Srinagar Transforms Lives pital and finally my treatment Altaf," he said. was successful. Mashooq Ahmad (name

Observer News Service

Srinagar: Ilizarov, a Russian technique established at bone and joint hospital by Dr Altaf Ahmad Kawoosa Head of Department, is proving to be a boon for orthopedic patients as this technique has been transforming lives of people having no

hopes of successful treatment. Several patients said they came raw and hopeless from Delhi, Chandigarh and other areas but at B&J hospital Srinagar, they were treated successfully.

Feroz Ahmad (name changed) one of such patients from Pampore area of Pulwama said that he had fractured his leg in his childhood but after years long treatment locally and even outside J&K for treatment worsened condition and remained disabled for nearly 25 years.

"I was hopeless as I wasn't able to walk for a long time and after that one of our relatives told me to visit B&J hospital Srinagar," he said, adding, Dr Altaf at first sight advised me to be patient and that I would be fine very soon.

Feroz said he was unable to even walk or stand well but with Dr Altaf's treatment, he is 95 percent fit and has been doing all the work now like normal people do.

Dr Altaf treated me for around 17 consecutive months at the hos-

No.: 511B-TRD-FZR-2023-24 Dated : 23.10.2023

changed) another patient from DH Pora Kulgam said he had fractured his leg during childhood and due to infection, one bone was removed from the leg.

"Due to removing one bone, my affected leg was at least 9 inch shorter than the other and I even went to Delhi for treatment for around two years but there was no improvement," he said.

"I wasn't able to walk without support and then suddenly there was pain in my other leg and I went to B&J hospital for treatment," he said.

"Dr Altaf's sight fell on me and he came to me and enquired all about my leg that was around a feet shorter than other leg but I tried to neglect him as I was hopeless as even I didn't see any improvement when I was treated at AIIMS," he said.

"Dr Altaf at first sight told me that he will lengthen my short leg and treat other associated deformities. I hadn't even thought in my dream that I could walk without support," he said.

"He treated me for around two years and my leg is now only one inch shorter now and I have been doing all the work without any support and all credit goes to Dr

Parents of other patients from the Pahalgam area said their child had feet backwards and were successfully treated at B&J hospital at Srinagar by Dr Altaf Kawoosa.

They said that one of his feet is 100 percent fit while the other has already recovered 80 percent and it is expected that his feet will also become fit in the coming months.

Other patients also said that they came raw from other states after year long treatments but were treated successfully through Ilizarov technique at Bone and Joint hospital by Dr Altaf. More than 1300 patients with severe deformities due to fractures, non unions, congenital anomalies like difficult club feet and neglected congenital dislocations, cerebral palsy and poliomyelitis have been successfully dealt with at bone and Joint surgery Hospital.

Notably, Ilizarov technique is a surgery involving an orthopedic external fixator applied to the limb to reconstruct, reshape or lengthen bones (usually of the limb).

External fixation is a surgical treatment where wires are passed through an incision into the affected bone and attached to a stabilizing frame encircling the affected limb.

3312/23

NORTHERN RAILWAY

closing date 17.11.2023 at 15.00 Hrs only. Manual offers are not allowed against this tender and any such manual offer received shall not be considered.								
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- FZR-	Strengthening of earthing arrangement by replacement of overaged earthing system at various Traction Sub Stations and Switching Stations in Sahnewal-Amritsar section over Firozpur division	Rs.	NIL	Upto 17.11.2023 15:00 Hrs	Rs. 1,66,200/-	12 Months	17.11.2023 after 15:00 Hrs.	www.ireps.gov.in

Note: # Tenderer (s) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as ncomplete & invalid offer and for which contractor shall have no claim on Railway

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Declining Militant Recruitment

nly ten local recruits have joined militant ranks this year, according to estimates of Jammu and Kashmir Police, making it probably the lowest since the militancy began in 1989. Last year witnessed a stark contrast, with 110 Kashmiri youth choosing the path of militancy. Most of them were killed in encounters with security forces.

The J&K Police chief Dilbagh Singh has expressed satisfaction at this steep drop in militant recruitment, attributing it to the understanding among Kashmiri youth of "the tricks and conspiracies of the enemy." He asked the remaining militants to surrender, adding the doors of "ghar wapsi" were open for them.

The last time the region witnessed such a favorable security scenario was in 2013 when the number of militants dwindled to a mere few dozen, and casualties among civilians and security forces reached an all-time low. The situation changed dramatically after 2014, with a steady increase in the recruitment of locals into militant ranks each year. However, the troop surge that followed the scrapping of Article 370 in 2019 has gradually succeeded in reigning in the militancy. It didn't happen suddenly though. While separatist parties have been pushed to the margins, militancy has remained a challenge.

In 2019, 119 locals joined the ranks of terrorism in Kashmir, a number that jumped to 167 in 2020, followed by 128 in 2021, and 110 in 2022. Since 2019, the number of security forces deployed in Jammu and Kashmir has reached unprecedented levels, leading to a decline in stone-throwing incidents, pro-separatist protests, and shutdowns in the Valley.

However, it is also true that all is not hunky-dory yet. Besides, there is a possibility that the situation could go back to square one. This year has witnessed occasional surge in violence, some of it in Jammu districts of Poonch and Rajouri. Ten security personnel were killed in the twin districts in two successive encounters in summer. The security agencies believe that the militants operating in the area are highly trained and have most probably come from across the border. If anything, it shows that despite the drastic reduction in the number of militants in recent years, militancy lingers in some form. More importantly, militancy is now largely sustained by the infiltration. But with more counterinfiltration measures the situation could be brought under control. The government has now embarked on proactive counter-insurgency operations, deployment of police, Army, Central Armed Police Force (CAPF) and night patrolling and area domination, which are believed to have helped check infiltration to a large extent in the Kashmir region. And it is hoped that the strategy could pay dividends in Jammu too.

OTHER OPINON

On Progress of India's Human Spaceflight Mission

t 10 a.m. on October 21, the Indian Space Research Organisation (ISRO) commenced the first uncrewed developmental flight of its 'Gaganyaan' human space-Iflight mission from Sriharikota, designated TV-D1. The launch vehicle, a single-stage rocket, carried a crew module fit with a crew-escape system (CES) to an altitude of 12 km. There, the CES detached itself with the crew module from the rocket and climbed up to 17 km. In response to a command, the CES separated from the crew module, leaving the module to reorient itself before dropping over the Bay of Bengal. Its descent was slowed first by drogue parachutes and then by the main parachutes. Finally, the module splashed into the Bay a short distance from Sriharikota, where the Indian Navy hauled it out. The CES also splashed down farther down range. The flight tested the CES's ability to protect the crew in case the rocket malfunctioned, and collected data via sensors to inform future tests. The test's value will be based on this data. According to ISRO chairman S. Somanath, ISRO has many tests planned to develop confidence that the organisation can safely launch humans to orbit. Even the parachutes used for TV-D1 underwent 16 tests. Such fastidiousness is non-negotiable. TV-D1 was supposed to have been conducted at 8 a.m., when unfavourable weather pushed it to 8.45 a.m. Then, however, the automatic launch sequence held back the launch with a few seconds on the clock. Mr. Somanath subsequently announced that TV-D1 would be postponed. But ISRO personnel were able to quickly identify and resolve the problem, and the launch was resched-

These checks and balances are expensive, but are in place to prevent greater costs later. Plans for the programme were first readied in 2009 at an estimated 12,400 crore. The Union Cabinet granted its approval in December 2018 at 9,023 crore assuming first flight by 2022. But the COVID-19 pandemic and other commitments have caused delays such that the earliest the first crewed flight can happen is currently 2025. Last week, Prime Minister Narendra Modi called on ISRO to launch humans to the moon by 2040. Even with the requisite financial support, this would be a very tight deadline, but as with fastidiousness, contemporary geopolitics has also rendered returning to the moon non-negotiable. Fortunately, with 'Gaganyaan', ISRO has indicated how a balance can be struck: plan ahead, boost local manufacturing, test exhaustively, launch when ready. The deadline may be missed, but the mission can be undertaken with confidence while also improving local capabilities. The Hindu

Transforming Education in Jammu and Kashmir

A Remarkable Journey of Progress



Firdaus Ali

The modernization of teaching methods is evident through the implementation of Learning Management Systems (LMS) and Enterprise **Resource Planning** (ERP) solutions in colleges. These tools enhance the learning experience and administrative efficiency, further promoting the quality of education

n the past few years the government of Jammu and Kashmir has undertaken an ambitious initiative to revolutionize the education sector within the region. With the establishment of 50 new colleges and the addition of 25,000 seats, the aim is to provide quality education closer to students' homes, reducing the need for extensive travel. This transformation is not limited to expanding access; it also emphasizes skill-based education and the integration of industry knowledge into the curriculum.

One of the standout achievements in this educational overhaul is the establishment of two colleges of architecture and one engineering college. These institutions are instrumental in bridging the gap between theoretical knowledge and practical skills, preparing students for the ever-evolving job market.

The digitization of education services is another milestone. The introduction of online submission for school recognition and affiliation has streamlined administrative processes for over 6,000 private schools, benefiting more than 10.5 lakh students. Additionally, the initiation of Digi Locker to provide easily accessible marks certificates has eased the burden on nearly 4 lakh students annually.

The modernization of teaching methods is evident through the implementation of Learning Management Systems (LMS) and Enterprise Resource Planning (ERP) solutions in colleges. These tools enhance the learning experience and administrative efficiency, further promoting the quality of education.

Vocational education has received a significant boost with the establishment of 803 vocational labs. These labs equip students with practical skills, preparing them for diverse career paths.

The Atal Tinkering Labs initia-

tive has brought hands-on learning to schools. These labs nurture innovation and creativity among students.

SLICCESS STORIES

Views of students from far flung areas

Abid Khan

bid Khan, a dedicated student in the 6th semester of Arts at Degree College Boniyar, Jammu and Kashmir, embodies the transformative power of education in his life. Hailing from Tathmula Uri, Abid's journey to education was once filled with daunting challenges, primarily the distance he had to traverse daily to the town of Uri, a considerable trek from his village. However, the winds of change brought by the establishment of Degree College Boniyar in 2020 have ushered in new possibilities for Abid and countless others.

For Abid, this institution's opening was a beacon of hope. It provided him with the opportunity to pursue higher education without having to endure the hardships of long daily commutes. With a glimmer of gratitude in his eyes, he shares, "Opening of College in our vicinity is helping me a lot in pursuing my dreams." Abid Khan's story exemplifies how local educational institutions can empower students by reducing the physical barriers to education.

Waseem Ahmad Khan

aseem Ahmad Khan, another resilient student in the 6th semester, shares Abid Khan's sentiment. Living in Boniyar, he faced a similar uphill battle in pursuit of higher education, as the nearest options were over 20 kilometers away in Baramulla. The establishment of Degree College Boniyar emerged as a game-changer for Waseem and his fellow residents.

Waseem expresses his gratitude, saying, "A new college in the neighborhood is really helping the students in the tehsil to pursue their education with ease." This institution has not only reduced the distance these students need to travel but has also created an educational ecosystem right at their doorstep, fostering a sense of community and accessible learning.

Atal Tinkering lab from Samba

he Atal Tinkering Lab at Govt. Girls Hr. Sec. School Jakh is fostering innovation among students like Bhasker Dubey, a 12th grader who has developed the Smart Dustbin. This innovation sor and an Arduino Uno to automate waste disposal. Notably, it can be programmed to open for 3 seconds when detecting an object, enhancing efficiency and hygiene. Bhasker's creation promotes sustainability and serves as an inspiring example of youthdriven creativity, showcasing the potential of educational institutions to nurture innovation for a brighter future.

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



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Response to Complaint Against ICU SKIMS

his is in a context regard-ing the article published in Daily Kashmir Observer on 18-10- 2023 by Miss Iqra Nabi regarding the functioning of Neurosciences intensive Care Unit. In this regard, we would like that the comments published in your paper are entirely baseless. It is sad that these comments have been published in the newspaper without any clarification from the administration of SKIMS. These false comments and allegations will make the patients lose their confidence in the health system prevalent at SKIMS Srinagar. The health care system at SKIMS is very much organised and Neurosciences Intensive Care Unit offers care to the sick patients as per the prevalent national and international standards.

The reporter had pointed out that there are a lot of mosquitoes in the Neurosciences ICU and depicted a picture that the place is infested with pests. It is unfortunate that the reporter has depicted a wrong image without verification of the facts. The Neurosciences ICU is having a robust HVAC system with clean ambient air that makes it impossible for mosquitoes and other pests to thrive. The wall area of the Neurosciences ICU has been kept to minimum to minimise the surface area so as to create an environment which is unfavourable for microbial growth. There is no question that mosquitoes or other pests can be allowed to thrive in Neurosciences ICU as there is a completely hygienic atmosphere.

The doctors and the paramedical staff working in Neurosciences ICU are trained and regularly made aware by the infection control team of the hospital about the various practices to be followed. It is ensured that the policies laid down by the infection control team of the hospital are regularly followed. Also regular audits are carried out to see the

prevalence of infection in the ICU and prompt remedial majors are taken if required. The underlying Neurological diseases makes the patients admitted in Neurosciences ICU bed ridden for a prolonged period. They have derangements of cranial nerves, or remain unconscious for prolonged periods. These factors make them more susceptible to infections compared to other patient's populations, due to the nature of their disease. However still the mortality and morbidity in Neurosciences ICU is low. We admit patients from most of northern India and have very good patient's outcomes with very good survival rates. We proudly have salvaged multiple critically ill patients who were admitted with multiple comorbidities.

We would like to point out that the health care system in Neurosciences ICU at SKIMS is functioning optimally and delivering its best to the patient care with a team of dedicated doctors and

paramedical staff. The false allegations published in the newspaper will shatter the confidence of the general public in the healthcare system that we have built over a period of years at SKIMS. We request your esteemed newspaper to desist from publishing such misinformation and issue a rebuttal in your newspaper in this regard.

Prof. Farooq A Jan Medical Superintendent SKIMS

NOTE: The author of the article under question is not a reporter with Kashmir Observer and the content under question was a first-hand personal account of the author and not a news report. Kashmir Observer is committed to people's concerns and is investigating the matter. KO has now put its reporters on the issue to determine the veracity of both accounts

AUTUMN The Golden Season of Kashmir

ashmir, often called "Heaven on Earth," is the most loved tourist destination across world. Whether it's summer in Kashmir, monsoon, autumn, or winter, tourists love to enjoy the scenery and landscapes but, when it comes and and scapes out, when it comes to those travel enthusiasts who love to witness the cool temperature and vibrating colours of the falling flow-ers, there is no better time to visit Kashmir other than the autumn sea-

Autumn is called 'Harud' in Kash-Autumn is called 'Harud' in Assimiri - which refers to the time of harvest, and is visually the most awe striking of all seasons. This is also the shortest of all seasons, stretching between mid- October to mid-November. The autumn season in Kashmir begins from September and lasts until November, the temperalasts until November. The tempera-ture during the autumn season stays between 9°C and 20°C, resulting in cold and sweet winds. During that season, the leaves of trees turn gold-en and reddish, creating a breathtak-ing view for visitors, making it the best season to visit Kashmir. Kashmir in the Autumn season is a breathtaking and awesome display of brilliant colours and beautiful landscapes. The atmosphere evolves into a fascinating artwork of golden-hued trees, gilstening rivers, and

landscapes. The atmosphere evolves into a fascinating artwork of goldenhued trees, glistening rivers, and mountain peaks covered in snow, which creates an enchanting environment that attracts hundreds and thousands of visitors.

On normal days, travellers adhere to these gardens during the summer season to relax underneath the shades of leafy chinar leaves, but when it comes to October, these dazzling autumn leaves attract a lot of tourists, especially newly married couples, travel enthusiasts, and filmmakers.

Autumn in jammu and Kashmir is quite short, especially in Jammu. After an extremely hof July, August welcomes the humid and restless monsoon, and September experiences the anxiety of its absence. It's the October month, which farewells the summer like falling in love for the first time.

The Autumn season in Kashmir is highlighted by a comfortable drop in the temperature and an easy transition from monsoon to winter. The surrounding area is frequently visited by tourists during this time



of year due to its magnificent land-

of year due to its magnificent lands-scapes and vibrant greenery.
Kashmir has again become the first choice of international tour-ists. Over fifteen thousand foreign tourists have visited the Kashmir Valley in the first six months of 2023. While the number of tourists coming to Kashmir has broken all previous records, at the same time, foreign tourists have kept heir date with Kashmir its all-time high ar-rival of foreign tourists in the Valley in the last three decades. In 2022, the total number of foreign tourists who visited the Kashmir Valley was around 4,000. International travellers are once again flocking to the enchanting and

again flocking to the enchanting and picturesque destination of Kashmir. From January 1 to June this year, an impressive surge of over 15,000 for-

IN AUTUMN, THE ENTIRE KASHMIR VALLEY IS BATHED IN DIFFERENT HUES OF RED, BROWN AND ORANGE. All

the leaves change into multi-colored works of art to eventually fall away. Autumn is indeed Kashmir's golden season and the sights are a pleasure for the discerning eyes

eign tourists has reconnected with the Valley, and authorities expect this number to increase significantly by the end of the year. The sharp in-crease indicates a growing attraction towards Kashmir as a preferred desti-nation among international travellers. The government of Jammu and Kashmir hosted a C20 meeting in May. Ambassadors and foreign del-egates from around 17 countries participated in these meetings with

participated in these meetings with

a focus on tourism. The government is hopeful that G20 meetings held in Srinagar would translate into more promotion of Kashmir tourism across the world. The numbers have already crossed all the previous records and the government is also planning to do international promotions, especially in Southeast Asian, Middle East and North American countries.

It is late autumn in Kashmir, and villagers around Pampore - also

known as the saffron town of Kash-

known as the saffron town of Kashimir - are picking the delicate flowers to fill their wicker baskets. Kashmir's saffron (Crocus Sativus Kashmirianus), known for its flavour and colour, is harvested just once a year from late October till mid of November in Autumn season as it has many uses in industries such as food, pharmaceuticals, cosmetics and perfumery as well as in the textile dyes. Saffron harvesting season in Kash-

mir runs in late October-early November. One of the best destinations
to start your purple hunt is Fampore.
In Martumn, the entire Kashmir
sulley is bathed in different hues of
red, brown and orange. All the leaves
change into multi-colored works of
art to eventually fall away. Autumn
is indeed Kashmir's golden eason
and the sights are a pleasure for the
discerning eyes.

This season is absolutely perfect
for taking beautiful scenic photos
and spending time outdoors. While
camping, exploring, long walks and
drives along the poplar-lined boulevards are popular among nature
lovers, the children are often seen
playing cricket under the shade of
the mighty Chinar trees.

A little nije in the mornings and
evenings are a perfect time to sit together in the evening with friends or
family around the bonfire. Chinars
across the Valley attract tourists as
well as locals during autumn when
its leaves turn blood-red, hauve, orange, beige and brown before these
eventually fall on the ground during
the winters.

The Mughal Gardens on the banks

ange, oeige ains otwom betoric treaspets eventually fall on the ground during the winters.

The Mughal Gardens on the banks of Dal Lake are attracting tourists who want to witness the hues of Chinar that started changing in the middle of October and have these days acquired bright colours.

The Mughal Gardens of the treaspets in the air, mild sunshine throughout the day, cold mornings and evenings and burning poplar trees all around during this period. Mughal Gardens are the first choice of tourists during this period. Mughal Gardens are the first choice of tourists during this period. Mughal Gardens are the first choice of tourists during this period. Mughal Gardens are filled with poplar trees.

The proactive promotions of Jammu and Kashmir tourism department both domestically and internationally, has played a vital role and Collaborative marketing campaigns, roadshows, and participation in global tourism events have helped in projecting Kashmir as a must-ral beauty, diverse cultural heritage, and unique experiences offered by the Valley have also contributed to its allure.

The author can be mailed at

The author can be mailed at m.hanief@gmuil.com X (Twitter): @haniefinha

The Exercise That Helps Fight Dementia at Any Age

Susan McQuillan

Following a healthful diet, being physically active, using stress management techniques, getting a good night's sleep, and maintaining overall emotional well-being are all evidence-based tools recommended to improve the lives of people with mild cognitive impairment (MCI) or dementia and even delay or prevent the development of these conditions in those who show no signs of impairment. A recent review of more than 60 studies from around the world found that, of all these "lifestyle medicines," exercise is likely the most effective and significant intervention. While those with MCI lead functional lives and the majority won't progress to a more serious decline in mental capacity, approximately more than 40 Alzheimer's disease (which accounts for up to 70 percention of all dementia cases) are sorely lacking, and those that have been developed show limited effectiveness. Because of the difficulty in finding effective medical restantents, particularly increased physical activities are also associated with more than 30 areas and some contents and some physical activities are also associated with more than 30



percent reduction in future developpercent reduction in future develop-ment of cognitive decline and memory loss in people who currently show no signs of either. The World Health Or-ganization, WHO, specifically recom-mends resistance exercise as an ef-fective activity, particularly for older people.

people. Resistance training includes any of

the many exercises that involve pull-ing or pushing against the resistance of another object, including your own body. Resistance exercises include squats, chair squats, leg lifts, leg ex-tensions, hip extensions (deadlifts), knee lifts, step-ups, calf raises, lunges, push-ups, wall push-ups, chin-ups, planks, side planks, rowing, and bench

pressing. Add-on aids, such as elastic resistance bands, are often used to add more physical tension to resistance

more physical tension to resistance exercises.

One Brazilian multi-university re-view study broke down the evidence behind the WHO recommendation. Resistance exercises protect brain cells and provide cognitive benefits

because they reduce inflammation and also reduce the formation of amyloid plaque that damages brain cells and their networks to a degree that disrupts language, reasoning, metabolism, and social behaviors, and eventually leads to death. Resistance exercises have a positive effect not only on brain health but also on bone density, balance, muscle strength, and overall physical function.

All lifestyle interventions—die, exercise, and everything that goes into psychological well-being—appear to be important factors associated with the preservation of cognitive function, executive function, and memory in adults with and without signs of McI or dementia, in the case of MCI, lifestyle improvements were especially significant and effective when used as an early intervention. In terms of clinical significant and effective when used as an early intervention. In terms of clinical significant unumber of cases, exercise is the current leader of them all.

Note: Speak with your health care provider, physical therapist, or licensed or certified trainer before attempting any new exercises, especially as you get older. A good physical therapist or licensed trainer can adapt most standard exercises to fit your specific needs and prevent injury.

The article was originally published by Psychology Today

Delhi Police plans to conduct psycho-analysis test on man accused of killing 'Swiss' woman



Press Trust of India

New Delhi: Four days after new Deini: Four days after a woman was found dead with her limbs tied with chains in west Delhi, police are planning to conduct a psycho-analysis test of accused Gurpreet Singh who has been frequently changing his statements, sources said iging ces said.

According to sources in the According to sources in the Delhi Police, the investigators are planning to take the help of a team of doctors to conduct the psychological test on the 30-year-old accused, who has confessed to murdering the woman, to ascertain his mental fitness. The accused claimed that the woman was a Swiss nations.

claimed that the woman was a Swiss national.

The police has recovered the woman's documents like passport and visas from the possession of Gurpreet who had confessed to killing the woman named Nina Berger and dumping her body near the Municipal Corporation of Delhi (MCD) school in Tilak Napar

Nagar. Gurpreet had told the police

Nagar.
Gurpreet had told the police he was in love with Berger, whom he befriended in 2021 during a visit to Switzerland.
Gurpreet further told the investigators he had given her a marriage proposal, which she turned down. He also said that when he came to know she was having an affair with someone else, he planned to kill her, police said.
He called her to India and strangled her to death, Gurpreet told the investigators. "But there are certain dots which are yet to be connected and Gurpreet is not revealing everything it seems," a police official said.
During interrogations, he

official said.
During interrogations, he first said two more people were involved in killing Berger. But later, he retracted his statement. The police has so far not

found anyone else's role in the murder, an officer said. Gurpreet is in a four-day plice custody and is being

interrogated.

The postmortem examination of the body is yet to be
conducted as the deceased's
family members could not be
contacted. The police has tried
tried to approach her family
through the Switzerland terrogated

ily through the Switzerland embassy.

On sunday, the embassy of the sunday, the embassy officials met the Delhi Police officiers to know about the details of the case the police also said they were investigating the case from multiple angles, including human trafficking and money trail as Rs 2.10 crore cash was recovered from Gurpreet's Jouise in Janaspuri.

Gurpreet's Jouise in Janaspuri.

Tology and gems business and the family owns multiple properties.

trology and gems business and the family owns multiple properties.

Transactions of a large amount were also done in his bank accounts. The Delhi Police's Economic Offences Wing (EOW) and the Income Tax department have been informed to track the money trails. The police has seized three mobile phones from his possession. According to Curpreet, one of the phones belonged to Nina, while two belonged to him.

The data recovered from his mobile phone indicates that he might be involved in an etwork of human trafficking, is being verified whether the woman too was a part of that network police said.

Several phone numbers of foreign women were also found in his mobile phone.

Police said the car used in dumping the body was bought by the accused earlier this mouth from a woman, who is suspected to be a part of this network.

Gujarat: 6 Dead Of 'Heart Attacks' In 1 Week While Performing **Garba During Navratri**



Ahmedabad: Six persons, in-cluding a woman and a teen student, have died of heart attacks in the last one week white performing 'garba', a traditional dance which is the main feature of Navratri cel-bertations, in Gujarat, as per kin and the statewide 108 ambu-lance service.

and the statewise 108 amou-lance service. Navratri, a heavily patron-ised festivity of the state, start-ed on October 15. Apart from these six deaths, 22 others died of heart attacks

Apart from these six deaths, 22 others died of heart attacks in the state during this period. Sources said state health minister Rushikesh Patel during the day held a meeting with top heart specialists and doctors of U N Mehta Institute of Cardiology & Research Centre and directed them to collect relevant data and conduct research to find out the exact cause of these deaths. Notably, Uttar Fradesh Governor and former Gujarat chief minister Anandiben Patel had, on Sunday, expressed concern over this issue and urged the health minister to conduct a study to find out the reasons behind the rising number of heart attacks in the state. "Many youngsters suffered heart attacks and died while playing garba during Navratri, We must conduct an analysis of such deaths to find out the reasons, Since Rushikeshbha is also here, I urge him to conduct

a study on how many people died due to heart attack in the last one year," she had said while addressing a function in Sander village in Patan district on Sunday. on Sunday. Citing a research done by

on Sunday.

Citing a research done by the Ministry of Health and family Welfare in this regard, she ruled out a popular belief among the masses that such deaths were happening due to COVID-19.

The six persons who died due to heart attack while playing garba included Weer Shah, a Class 12 student from Kapadwanj town in Kheda district.

According to his family, Weer fainted due to a heart attack while playing garba at a common ground on Friday night. He was rushed to a hospital but could not be saved, they said. As per the records of the '108' ambulance service. '28-year-old Ravi Panchal died due to sudden cardiac areast when beauter.

28-year-old Ravi Panchal died due to sudden cardiac arrest when he was dancing on garta tunes at a party plot in Hathijan area on the outskirs of Abmedabad during the early hours of Saturday.

In Vadodara, 55-year-old Shankar Rana was referred to a hospital on Friday night after he collapsed on the garba ground in Hami area. He was declared dead on arrival by doctors.

Mrunal Shukla (31) of Navsari district and 46-year-old

Raju Aala of Porbandar district died due to the same rea-son on Friday and Saturday, respectively. In Rajkor, a 47-year-old mar-ried woman named Kanchan Saxena felt uneasy and col-lapsed after playing garba on Friday night. Though she was referred to a hospital, she could not be reviewe.

referred to a hospital, she cound not be revived.

Apart from these deaths linked to garba, as many as 22 people, including two women, have died due to heart attack in different parts of Gujarat during the last one week.

have died due to heart attack in different parts of Gujarat during the last one week. As per the data shared by the '108 ambulance service, they have received nearly 750 calls related to cardiac emergencies between October 15 and October 22. These calls were received between 6:00pm and 2:00am, they added. The service received 6:73 calls during Navratri, which comes to an average of 84 calls per day(6:73/8), though the service pointed out that this is less than the 88 calls received during normal days.

Before the Navratri festivities commenced, the state Health and Family Welfare that they have the state that the state Health and Family Welfare a notification, made it mandatory for garba event organisers to deploy an ambulance and medical team at the years.

to deploy an ambulance and a medical team at the venue to provide immediate aid to participants.

HC quashes FIR against man in stalking, sexual harassment case as he suffers from psychotic disorder

New Delhi: The Delhi High Court has quashed an FIR against a man for the alleged offences of stalking and sexually harassing a minor girl, noting that he was suffering from psychotic disorder and was unaware of his actions. The high court perused a report submitted by doctors of All India Institute of Medical Sciences (AllMS) which opined the accused was suffering from psychosis N.O.S. (not otherwise specified) with borderline intellectual ability. Peeple with borderline intellectual with borderline intellectual ability function on the border between normal intellectual functioning and intellectual functioning and intellectual

functioning and intellectual disability.
"On that basis, the medical board has opined that the petitioner required regular medical care and supervision and the support of the family members for his compliance to the medical treatment. Though the medical report does not give any further details, however, the said opinion coupled with the no objection given by the father of the victim, propel this court to quash the aforesaid FIR and the proceedings emanating the proceedings emanating therefrom," Justice Tushar Rao

Gedela said.

The high court quashed the FIR lodged against the man in 2021 for the alleged offences of stalking under the IPC and sexual harassment under the Protection of Children from

Sexual Offences Act.
The court also interacted with the victim's father who submitted he has no objection to quashing of the FIR.
This court, independent of the statement of the father of the victim has avanioned.

"This court, independent of the starement of the father of the victim, has examined the medical records placed in the file. Though the status report filed on record by the State discloses that the CCTV footage has captured the petitioner along with the victim, however, in view of the medical records placed on file, it appears that the petitioner was unaware of his actions," it said. According to the FIR, in November 2021, when the minor girl, who was then studying in class 6th, was playing with her friends outside her house, the man came and inappropriately bouched the child. After the girl managed to escape, the man kept following her and on reaching home, the minor informed her father who chased away the accused, Seeking quashing of the FIR, the man's counsel submitted he was a patient of bipolar disorder and filed on record the medical documents issued by Dr Ram Mannhar Lohia Hospital here to show that he has no control over his actions.

Hospital here to show that he has no control over his actions. The lawyer also brought to the attention of the court the medical documents issued by AllMS and Institute of Human Behaviour and Allied Sciences (IHBAS).

NIA cautions people about fake messages circulating on social media on its behalf

New Delhi: National Investigation Agency (NiA) has said people are welcome to share information about ternor activities and elements but alerted them about certain Take and misleading' messages circulating on some social media platforms on its behalf. The NiA said this while rejecting a post in Hindi shared multiple times on social media to seek information on any wrongdoing by Muslims in the country. "It has come to notice that

by Muslims in the country.

"It has come to notice that certain false and misleading messages, purportedly issued by NIA, are being circulated on some social media platforms.

Everyone is hereby informed that NIA has not issued any such message asking for such information, "the federal antiterror agency said in a statement here on Sunday. It said such messages are "to-tally false, fake and malicious and are a part of a mischievous design to mischad the public". During investigations by the NIA, the statement said it had come to notice that proscribed terror group Islamic State

come to notice that proscribed terror group Islamic State was targeting gullible Indian youths and radicalising them through false propaganda to further its violent and unlaw-ful designs.

CONTD. FROM FRONT PAGE

Working For Permanent

Navami which was attended by LG Sinha and Kashmiri Pandits from various parts of Jammu. The LG highlighted the cultural renais-sance in the country under the leadership of Prime Minister Narendra Modi and restora-tion of important ancient and religious sites with the broader objective of the welfare of the society.

with the product vegetality the society.

He said the J&K Administration is working

he said the J&K administration is working

He Sald tier jew Aummistration is working with complete dedication to create a favorable scenario for the permanent settlement (Kashmiri Pandit community in the valley. Sinha said the government employees from the Kashmiri Pandit community will be offered land at subsidised rates in Srinagar for housing nurmoses.

land at subsidisen rates in salonge, purposes,
"We will ensure this arrangement is made promptly. My administration and office are open for the people of the community to address their genuine concerns," he said.
"Enhanced security measures will be implemented at these accommodations across Kashmir. A proposal has been submitted to the Home Ministry and we expect a prompt response leading to its implementation," he added.

response leading to its implementation," he added.

Sinha further said that a nodal officer has been appointed in LC Secretariat to address all the issues and concerns of the KP community. The members of the community, he said, can also take up issues with Divisional Commissioner, ADCP, EQP and concerned Deputy Commissioner and their matter will be taken up on priority.

The LG directed KK Sidha, Commissioner, Relief and Rehabilitation for regular allotment of completed houses in Kashmir valley and submit a report on the requirements and gaps in terms of infrastructure and other facilities, He also highlighted various initiatives taken by the administration for the welfare of the community.

mmunity. Earlier. Sinha extended Maha Navami greet-

Earlier, Sinha extended Maha Navami greet-ings and assured all necessary support from his administration to Mata Bhaderkali Asthapan Trust (MBAT) for the early completion of the ongoing construction work of the temple. He also appreciated the efforts of Mata Bhaderkali Asthapan Trust in building requisite racilities for pligrims including socio-cultural centre and Shaheed Sthal to honour the mar-trys of Kashmir Pandit Community, Amy, Police and Central Armed Police Forces, (With PTI inputs)

The official said the traffic was also restored

on the Mughal road connecting the twin bor-der districts of Rajouri and Poonch in Jammu with south Kashmir's Shopian district and the Sinthan top road linking Kishtwar in Jammu with south Kashmir's Anantnag.

order, claiming that Khan has "started work

order, claiming that Khan has "started working as GCW for the terror outfit TRF and is emerging a threat to the security of the country, especially to the U.T of [8K."
"According to the learned counsel for the appellant, all the relevant material/documents were supplied to the detenue (Khan), however, on examination we find that in execution report that only six leaves have been furnished to the detenue, i.e., warrant, notice of detention, grounds of detention but the execution report and the affidavit sworn in by the Executing officer nowhere reflects that the dossier on which the Detaining Authority has relied upon while passing the detention outer, have ever been furnished to the detenue," a Division Bench of Chief Justice N Kotiswar Singh and Justice Moisha Khajuria Kazmi, "Therefore, in whichever way we look at this issue, there has been non-compliance of the constitutional safeguards on the part of the Detaining Authority which vitiates the detention order," the court said and held that there was no "illegality, perversity in the judgment dated 1st August, 2022, passed by the learned Single."

Interest On Rs 31000 Cr

outcome of the delay in paying electricity tariff by the consumers. "If consumers would be able to pay the electricity dues on time, it would be easier for the government to ensure adequate electricity to the people," they said. About the losses due to the lack of public coordination, the sources said that the government lad to get a loan of 8x 31000 loan last year to pay the electricity dues borrowed from outside.

outside.
"Interestingly, the annual interest on the loan amount is increasing by 8s 5000 crore, which adds to the losses every year in Jammu & Kashmir," sources said, adding that if the consumers start paying the electricity dues on time, the situation would improve at an

of time, the same carliest, Earlier this year, Kashmir Power Distribution Limited Corporation (KPDCL) launched a drive against the 'chronic defaulters' by disconnecting the electricity supply to 1350 consumers having smart meters.

The officials had said that the KPDCL has disconnected the nower supply to 1350 consumers.

having smart meters.
"The process to disconnect the electricity supply to chronic defaulters is already going on. There is nothing new in it. But, for the first time, the consumers having smart meters have faced the action," he had said—(KNO)

the executive committee of the newly reconthe executive committee of the newly reconstituted Jammu and Kashmir Pradesh Congress Committee. As you know, I have not been active in state politics for several years. I, therefore, request that my name be deleted from the list," Singh said in the letter.

BJP To Highlight

areas of J&K by December-end, he said, add-ing that in January public rallies in blocks and assembly constituencies in Kashmir will be

Woman Gives

Officials at CHC Kupwara said that all necessary procedures and preventive measures were strictly followed and that the parents were well-informed about the condition of the underweight babies and the need for referral. The situation took a tragic turn when they were referred to Handwara District Hospital, as upon arrival, three of the babies were declared deceased, and the fourth baby was referred to Srinagar for advanced medical intervention, where the baby also could not be saved.

ived. A relative of the affected family, who wished nonymity, criticised the Aasha workers in the A relative of the affected family, who wished anonymity, criticised the Aasha workers in the Keran sector, holding them accountable for not accompanying the mother-to-be. Authorities must make them accountable and question them for their half-hearted dedication towards their jobs," he said.

The family conducted the last rites for three of the babbies in Zangli Kupwara. The fourth babby, referred to Srinagar, would also be laid to rest in the same place, a relative said when this report was filed. The mother was discharged from the hospital.

Another relative said the couple, who had been married for just a year, was expecting their first child—(NNO).

Cousins From

Kaur is from Jalandhar. The families of Ismaeel and Kaur were living in Shahkot town of Jalandhar district before the Partition when the riots separated them. A Pakistani Punjabi You'rube channel post-ed the story of Ismaeel, following which one

Sardar Mission Singh from Australia contacted him and informed him about his missing family members in India.

Singh gave Ismaeel the telephone number of Kaur after which both cousins spoke and decided to meet at Gurdwara Darbar Sahib via Kartarpur Corridor.

Emotional scenes were witnessed during their prunion.

their reunion. Kaur and his family members from India also

Kaur and his farmly members from India also performed religious rituals.

The Kartarpur Corridor links Gurdwara Darbar Sahib in Pakistan's Punjab province, the final resting place of Sikhism founder Guru Nanak Dev. with the Dera Babs Nanak Strine in Gurdaspur district in India's Punjab state, Indian Sikh pligimis can access the 4 km-long corridor and visit the Darbar Sahib without

Govt Prohibits

were also advised to ensure that official who have been transferred out of the secretariat or who left their respective department and no longer need access to e-office shall no get the privilege of any access to their previou accounts.

counts. "To ensure this, all departments shall notify

"To ensure this, all departments shall notify the information technology department about all such personnel within a day. The information technology department shall immediately proceed to har such offices/officials from accessing e-office from their previous offices) places of posting in the secretariat and/or other organisations; Verma said.

He said all departments shall designate a nodal officer for flaisoning with the IT department in the future with regard to such officials whose accounts need to be closed due to their transfer or superamutation, so that their accounts are closed or suspended on time.

The information technology department shall further institute procedures for user account management, data resource protection and sensitive system protection, in line with the extant Act positively within a week, the circular said, adding that it shall also submit monthly reports regarding unauthorised mit monthly reports regarding unauthorised access, if any, to the general administration

LG Meets Family

ossible support from the government. **Burglars' Gang**

Aljaz Ahmad Ganie claiming that during in-tervening night of October 19/20 some thieves barged into his house and stolen copper uten-sils, high-end clothing, artificial jewellery and

gold items, collectively valued lakhs of rupees.
Accordingly, he said, a case FIR number H8/2023 under relevant sections of law was registered in Police Station Khansahib and investigation was set into motion.
During the course of investigation, the spokesperson said, some suspects were called for questioning, Besides, with the help of technical & human resources, investigating the single state of the single state o

Man Dies

Ahmad, reports said, was shifted to the hos-ital for treatment after being rescued from the and mound.

He highlighted that the festival teaches us to

He highlighted that the festival teaches us to always abide by principles of truthfulness with all our energy and resources. He mentioned that it is only truth and virtues which ultimately triumphs. He made out that this festival beckons us to stick to truthfulness in life. On the Dusselra day, which is a sign of success, CS prayed that all the tasks undertaken ultil draw fruitful results. He said the spirit of Vijaya Dashami will continue. On the occasion of Dussehra, the Chief Secretary wished the people happiness and peace in their lives.

Kashmir Rail Link Project

Engineers Develop New Tunnelling Method



Press Trust Of India

NEW DELHI: Faced with a tricky terrain in the Himalayas, engineers of the Indian Railways have devel-oped a new tunnelling method to lete the construction of Tun nel-1 on the 111-km-long Katra-Banihal section of the Kashmir rail

link project.

The 3.2-km-long single tube tunnel, located at the foot of the Trikuta Hills in the Katra-Reasi section of the Uddampur-Srinagar-Baramulla Rail Link Project, has been described as the most diffi-

Baramula Rall Link Project, has been described as the most difficult section of the project.

"We have innovatively developed (I)-I'M as Himalayan tunnelling method for tunnelling through
the Himalayan geology to build
tunnels in Jammu and Kashmir." Railway Mainster Ashwiri Vaishnaw had said recently. Epplainjing the new tunnelling method, a senior railway engineer said it
involved providing pre-excavation
support measures to tackle the "flowing conditions" encountered
while exavating the tunnel.
The railways also changed the
flowing conditions are not a
laignment of the rail line to ensure
that only a small portion passes
through the tricky terrain, which
the engineers had described as the
worst conditions ever encountered
in building tunnels anywhere in
the country.

A senior railway engineer, who
has been involved in the construc-

tion of the project, said the engi-neers decided to provide rigid sup-ports using "ISHB" as against the lattice girder method used in the New Austrian Tunnelling Method.

New Austrian Tunnelling Method.
"We inserted nine-metre pipes in the mountains. It is called pipe roofing. We made an umbrella using these perforated poles and filled them with PU grout. It is a chemical that mixes with the soil and increases its volume three times over and solidifies the soil like a rock. This structure is tested for stability and then we reconst like a rock. This structure is tested for stability and then we proceed with the excavation bit by bit," the engineer said. He said the engineers also de-

engineer said. He said the engineers also designed stress release holes and wing drainage holes to allow the strata to relax and lose water. The difficult terrain has led to slowing down of the work. "Had these conditions been encountered in any other country, they would have abandoned and employed a new tunnelling method," he said. Work was held up on this crucial tunnel for over three years since 2017 and engineers now plan to complete it by early next year. The 111-4nn-long Katra-Ranibal section predominantly involves tunnelling, three are 27 main tunnels (97 km) and eight escape tunnels.

nels (97 km) and eight escape tun-nels (67 km). The section has 37 bridges, of which 26 are major and 11 minor ones. (Agencies)

INDIA Alliance Confident Of Winning All 5 LS Seats In J&K: Wani

JAMMU: Hitting out at the BJP government at the Centre for not conducting assembly elections in Jammu and Kashmir "for nearly Jammu and Kashmir "for nearly a decade", the state unit chief of Congress, Vikar Rasoot Wani, on Monday said opposition bloc Nt-DlA will win all five seats in the Union territory in the upcoming parliamentary polls.

Wani said the BJP would face a resounding defeat in the elections just like they lost the Kargil council polls, Jikf has been without an elected government since 2018, and the last assembly polls were held in 2014.

held in 2014

"Bip faces such a defeat in all fu-ture elections just like their bitter defeat in the Kargil council polis. They tried to engineer a misinfor-mation campaign to make light of their defeat. They will face a simi-lar defeat in assembly and par-liament elections in the future." Want told reporters in Kishtwar. He said that the BIP's reluctance to hold elections stems from their anticipation of defeat in all polis. They are evoding elections be-cause they are anticipating defeat. This explains their reluctance in conducting municipal and pan-

chayat elections. They have been evading assembly elections for nearly a decade now, he said. He expressed confidence in the BNDH alliance's prospects in the elections. "All fibre seats in Jammu and Kashmir will be clinched by the INDH alliance." The people will rally behind the alliance," he said. Wan is add that if assembly elections were held, the BJP might find thermselves. "Reieng across the Lakhanpur entry point into Jammu and Kashmir." Rephying to a question about the absence of National and Kashmir." Rephying to a question about the Absence of National and FDP chief Mebooka Mutil from a joint opposition protest held in a joint opposition protest held in Jammu on October 10, Wani said that there were no differences

that there were no differences among the opposition parties.

"Due to his old age, Dr Faroog Abdullah was unable to participate in the meeting, although his supporters were in attendance. Easd-read members from NC, FDP and Congress, alongside others, were present, 'he said.

The Congress chief accused the BPP of imposing a state of emergency in jammu and Kashmir. and alleged that they were exploiting jammu and Kashmir's resources like in the case of power projects in Kishtwar.

Authorities Propose 50% Financial Help For Aspiring Edu Institutes To **Attract Mentors For Students**

Agencies

SRINAGAR: Authorities have pro-

SRINACAR: Authorities have proposed to provide fifty percent of inancial assistance for aspiring educational institutes to attract international mentors for its students. The official document reads, "On expenditure incurred by schools, higher and technical education institutions for bringing international educators and education institutions for bringing international educators and mentors for knowledge exchange activities for a minimum period of one week, Government of Jammu and Kashmir will provide proposed to the continuous and the proposed proposed in the proposed propos

requirement and scenario.

"Special focus will be given to get NAAC accreditation for

all leftover or eligible colleges to achieve the target of NAAC accreditation of all colleges by

2020-21," it reads, It states that the Higher Educa-

It states that the Higher Educa-tion Department shall persuade the affiliating Universities to award credits to acknowledge the contribution of students in social out-reach activities. The skill ourses will be an integral part of the curriculum with add on courses on disrup-tive technologies for making the youth of Jammu and Kashmir more employable and job ready," it reads.

it reads.
Similarly, stating the development of career counselling and placement, the documents read that efforts will be made to establish and strengthen placement cells at college directorate level and all government degree colleges of Jammu and Kashmir and connect them with private sector connect them with private sector

connect them with private sector enterprises. National and International Academic Exchange "Programme Academic Student exchange programs offer numerous opportunities in India and abroad and are among the most exciting and career enhancing activities for the students," it reads. —(KNO)

Mahanavami **Celebrated In Kashmir**



Press Trust Of India

SRINAGAR: Mahanayami wa: with religious fervour and spe cial prayers for peace and pros

cial progers for peace and pes-serity at a local temple here. Speaking to PT. Mahant Ga-nesh Das, priest at the Hau-man temple in Hari Singh High Street, said, "Devotees pray, do havan, keep fast during the inie days of Navartar and Mata responds to the prayers. She blesses everyone. These min days have a great significance." Prayers were held at the Ha-numan temple situated on the banks of flehum on Monday to mark Mahanavami.
"We prayed for peace and calm in Kashmir, and that it is

filled with tourists, that there is happiness, prosperity and brotherhood." Das said.
"Mahanawami is being celebrated today (Monday). We prepare kheer. We pray We undertake 'visarjan' of the deity after nine days of fast," a dot after nine days of fast," a dot after nine days of fast, and it will be a decided to the said of the decided worker. Pyare Lal Pandita, said. "We pray that the situation remains peaceful, and returns to how it was when there was brotherhood (between communities)," he said.
Celebrations were also held at Martand temple at Mattan

Celebrations were also heid at Martand temple at Mattan in south Kashmir's Anantnag district. A large number of devotees thronged the temple for the prayers.
"Mahanavami is celebrated across the country. It used

to be celebrated on a grand scale, but then because of the situation in Kashmir, it was stopped. However, in view of the improvement of the situation, we restarted celebrating it here in the last few years," said Ashok Siddha, president of the management committee of the temple.

"People came here in good numbers for the prayers... We want the same brotherhood which was here before 1990," he said.

Another devotee, Ashwini Pandit, said, "We came here for prayers after the culmination of Navratra. Mata always blesses us, and we pray for everyone's happiness and pros-

Over 4 Lakh Pilgrims Visited Vaishno Devi During Navratri

Press Trust Of India

JAMMU: The nine-day Navratri

JAMMU: The nine-day Navratri festival saw more than four leakh pilgrims offering prayers at the Mata Vaishno Devi shrine atop Trikuta hills in Jammu and Kashmir's Reasi district, an official said on Monday.

"An average of 40,000 pilgrims are paying their obeisance daily and over four lakh pilgrims have visited the holy shrine since the onset of Navratri, During the nine-day long Shardiya Navratras last year, about 3,15 lakh pilgrims had visited the holy shrine." as pokesperson of the Shri Mata Vaishno Devi Shrine Board (SMVDSB) said. He said the nine-day-long Shat Chandi Maha Yagya' organised by the board for world peace. harmiony, prosperity.

ganised by the board for world peace, harmony, prosperity, and health of humanity con-cluded on the auspicious crasion of Ramanavami at the shrine on Monday. Chief Executive Officer, SMVDSB, Anshul Garg along with the staff, besides pil-



grims, participated in Purna Ahuti' and other religious ceremonies performed amid chanting of wedic mantras, the spokesperson said. He said a group of pandits led by Padma Shri Prof Vish-wamurti Shastri performed the Mahi Yagya'.

wamurti Shastri performed the Maha Yagva'.

The special additions to the pilgrimage during the Navratri festival included a skywalk, remodelied Parvati Bhawan, virtual darshan through the holy natural cave, and free langar sewa at Shri Bhairon ji temple complex, besides the live darshan facility

and bi-lingual Shakti' chatbot on the website of the Board for the

the website of the Board for the pligrims, the spokesperson said. He said these initiatives are aimed at making the pligrimage more convenient and enjoyable for the devotees. The skywalk was inaugurated by President Droupadi Murmu on October 12 and played a pivotal role in the yatra management during the Navratir festival. It achieved the desired aim of decongesting the Bhawan area by streamlining the entry and exit routes to the holy cave, the spokesperson said.

Taking Steps To Ensure Adequate Power Supply: Bhatnagar

Majid Nabi

SRINAGAR: As the early advent

SRINAGAR: As the early advent of winter has brought about several challenges in the Valley, the Union Territory administration on Monday reiterated to provide adequate power supply to the consumers, asserting that the administration has geared up to modern-day paraphernalia at its disposal. Rajiv Rai Bhatnagar, Advisor to the Lieutenant Governor yover supply to the consumers being in a considerably better position in terms of winter preparedness this year. "in addition to power supply, we are preparing ourselves for emergency services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also additional programment of the programment has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management while the programment has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disaster management has also advanced as we have greeny services while disast

of new equipment in hand."," Bhatnagar told the media on the sidelines of a function at Tagore Hall. Although there was progress

h there was progress made the previous year in terms of winter prepared-ness, but the ad-ministration this year is in a signifi-cantly much better position to handle the situation, LGs Advisor added. All city services

une situation, LGA divisor added. All civic services including health care, he said will be accessible to address any potential need, while stocking of essentials will be completed well in time. "Besides other services, all the civic bodies including health care will be kept available, while transport including emergency transport, fire services, ambulances and police services would be fully operational and definitely you would see that the arrangements will be much better this winter," he said.

Gulmarg Gears Up For Winter Tourism; Admin Anticipates Huge Influx

Secretary Stresses Promoting Border Tourism On National And International Levels



Agencies

GUIMARC: The famed ski resort of Gulmarg in north Kashmir's Baramulla district is gearing up to welcome both domestic and international tourists for the upcoming win-ter tourism season. Officials said they expect a significant influx of visitors this winter.

Significant influx of visitors this winter. Nestled in the Pir Panjal Range in the Western Himalayas, Gulmarg, a popular tourist and skiing destination in the Union Territory of Jammu and Kashmir, is located approximately 32 kilometres from the district bacquarters Razamul. district headquarters, Baramul-la, and 50 kilometres from the

la, and 50 kilometres from the capital city, Srinagar. It holds a special place in the hearts of winter sports eminusiasts and offers much to entire tourists from around the world. It is worth mentioning here that Gulmarg played host to the grand 3rd edition of the Khelo India Winter Games on February 10, 2023. The event featured more than 1500 athletes representing 29 stack, union territories, and institutional teams, showcasing 11 winter sports disciplines.

These included skiing, curling bobsleigh, skeleton, snowshoe, wordic skiing, snowboarding, ski mountaineering, see skating, ice blockey, and bandy. In a post-preparedness meeting, Secretary Tourism, Dr Syed Abid Rashid Shah expressed politisms about the forthcoming winter tourism season, expending secretary fourism, Dr Syed Abid Rashid Shah expressed of the state of

In A First, Kashmiri Doctor Represents India At World Congress On Reproductive Medicine And IVF In US

Observer News Service

SRINACAR: In a moment of im-mense pride for the Union Teri-tory of Jammu and Kashmir, Dr. Syed Sajjad Hussain, a prominent medicine and IVI, took the global stage as an indian delegate at the prestigious World Congress of the American Society for Reproductive Medicine (ARM) held in New Os-delicine (ARM) held in New Os-

Medicine (ASRM) held in New Or-leans, USA.
Dr. Syed Sajjad Hussain, who also serves as the head of the In-dian Fertility Society (IFS), Kashmir Chapter, addressed an international audience during an exclusive interview organized by Catalyst Helatti-care international. Texas, USA.
During the interview, Dr. Syed Sajjad Hussain emphasized the sig-mificance of comprehensive fertil-ity care and the latest advances in VF and Reproductive Medicine. He highlighted the growing expertise and the integration of cutting-edge technology in these fields, making hem more accessible and effective for individuals and couples seeking assistance in starting or expanding their families.
Dr. Syed Sajjad's presence at the Dr. Syed Sajjad's presence at the

their families.

Dr. Syed Sajjad's presence at the World Congress served as a testament to the excellence and dedication of medical professionals from



Jammu and Kashmir and India on the global stage. His insights and expertise in Reproductive Medicine expertise in Reproductive Medicine and IVF have not only contributed to the growth of these fields in In-dia but have also gained interna-tional recognition.

The interview with Dr. Syed Sajjad Hussain shed light on the promising developments in fertil-

Sajiad Hussain shed light on the promising developments in fertil-ity treatments and the potential to bring hope to counties individuals struggling with infertility. As advancements in medical technology continue to redefine the possibilities in reproducties in production of the possibilities in reproductive healthcare, Dr. Syed's participation in the World Congress in New learns, USA has underscored india's commitment in stadior at the for-commitment in stadior at the forfront of these innovations. The momentous event in New Orleans USA 14 -18 October 2023

itment to staying at the fore-

was an opportunity for the global medical community to exchange knowledge. Share best practices and collaborate on groundbreaking research in the fields of Reproductive Medicine and NF. Dr. Syed Saigh Hussains' representation of India especially Jammu and Kashmir reflects the region's groundbreaking importance in the realine of healthing importance in the realine of healthing importance in the realine of healthing in the received the international Healthing in the received the international Healthing in the received the international Healthing in the realine of North India. The award was then presented by Indian Cricket Captain Mr. Rohit Sharma, It has now gained global recognition as well.

This was solidified when Dr. Syed Sajjad, an eminent MP Expert and director of the center, emphasized the significance of comprehensive fertility care and the latest advancements in NF and Reproductive Method Congress of ASRM in Sew Orleans, USA.

It's a matter of national pride, especially for Jammu and Kashmir to witness the live broadcast of an interview featuring Dr. Syed Sajjad Hussain, a leading expert in Reproductive Medicine and NF. He serves as the head of the Indian Fertility Society's Kashmir Chapter, Dr. Syed Sajjad representing India at a global event in New Orleans, USA.

Reproductive Medicine. This interview to Orleans, USA.

Reproductive Medicine. This interview took place during the annual Meyord Comprehenses of ASRM in collaboration with Catalyst Healthcare (Texas, USA, on October 18, 2023).

After gaining global recognition. Dr. Syed Sajjad, a prominent IVF expert from North India, aims to establish Memorandums of Unidersanding (Mols) with international Leathcare providers to welcome everseas patterns for NF treat-overseas and the Sandra for Month of the Sandra for Molson of the Sandra

healthcare providers to welcome overseas patients for IVF treat-

ments at the MED ACE IVF center in Kahmir. This center already severe patients from across the country patients from across the country and a few from abroad. Dr. Sydy objective is to enhance the facility's equipment, technology, infrastructure, and expertise at MED ACE in Striagar. He plans to introduced advanced gadgets in the IVF Lab that are exclusive to India. aiming at attract childless (OVF) services. As an Indian delegate in his vote of thanks speech at New Orments at the MED AGE IVE center in

vote of thanks speech at New Or-leans USA, Dr. Syed Sajjad had the seans USA, Dr. syed Sajiah nad neprivilege to extend an invitation to childless couples from abroad to visit Kashnir, as the lush green surroundings and pristine atmosphere in the region are expected to enhance the success rate of IVF procedures. In his invitation to overseas childless couples he encompasses the opportunity to to overseas childless couples he encompasses the opportunity to realize two dreams in one go Le "to see the natural Paradise on Earth and return home with the blessings of their own child" after undergoing IVF procedures at MED AGE. This initiative also aims to lockstart medical tourism in Jammu and Kashmit, particularly when the Indian government seeks to negotiate the lifting of travel advisories for Western cititravel advisories for Western citi-zens visiting J&K state.

ODI WC: Formidable South Africa Wary Of Bangladesh Threat

Press Trust of India

MUMBAI: South Africa will MUMBAI: South Atrica will look to build on their superla-tive performance against the defending champions when they take on a struggling Ban-gladesh in their World Cup match here on Tuesday, know-ing well that taking the foot off the pedal at this stage could spell trouble. spell trouble. South Africa were off to a

South Africa were off to a flier when they thrashed Sri Lanka and Australia by 100-plus margins, but a shocking defeat against the Netherlands pegged them back before they demolished England by 229 runs to put their campaign back on track. Bangladesh might not look too threatening in the World

Bangladesh might not look too threatening in the World Cup but their record against the Proteas, especially in World Cups, gives them more than a chance in the contest. Three of South Africa's six defeats to Bangladesh in ODIs have come in the last four years, including when the Tigers beat them by 21 runs in the 2019 World Cup.

In their four meetings so far

In their four meetings so far World Cups — 2007, 2011,



2015 and 2019 — the Proteas have lost to the Asian rivals twice — 2007 and 2019. The Proteas can ill-afford to take Bangladesh lightly know-ing the damage they have in-flicted and the fact that the Asian side is packed with all-rounders, namely their skipper Shakib Al Hasan and Mehidy Hasan Miraz among others,

Besides, South African open-er Quinton de Kock has had two forgettable outings--the last one at Wankhede where he scored just four against Eng-land on Saturday. Still, the Proteas managed to

set a 400-run target for Jos But-

illness and if he is back in con-

illness and if he is back in con-tention, Reca Hendricks will make way for the skipper in the playing XI. Aiden Markram and Rassie van der Dussen are a formi-dable pair in the middle-order and David Miller too would want to get a big score under his belt after a string of ordi-nary outings.

want to get a big score under his belt after a string of ordinary outings.
Centurion against England, Heinrich Klaasen would be hoping for an encore against Bangladesh,
For Bangladesh, captain Shakib remains a concern as he did not not bowl in their practice session here on Sunday.
The all-rounder suffered a quad injury against New Zealand in Chennal on October 13, and has not been in the playing XI ever since with Najmul Hossain Shanto leading the side.
Top-order batters Tanzid Hasan and Litton Das have been amongst runs, and scored half-centuries against India in the previous game. Bangladesh would also be served well if the experienced Mahmudul lah Ryad gets promoted in the batting order after his 46 against India.

Afghanistan Beat Pakistan By 8 Wickets In Another WC Upset



Press Trust of India

CHENNAI: Afghanistan beat

CHENNAI: Afghanistan beat Pakistan by eight wickets in yet another World Cup upset here on Monday. Afghanistan chased down the target of 238 with six balls to spare with openers Ibrahim Zadran (87 off 113 balls) and Rahmanullah Gurbaz (65 off 35 balls) setting up the win. One-down Rahmat Shah and captain Hashmatullah

and captain Hashmatullah Shahidi chipped in with 77 not out and 48 not out respectively.

This was Afghanistan's second upset win of the tourna-ment after their shock victory defending champions

over detending Champions England. Earlier, opting to bat, Paki-stan scored 282 for 7 with cap-tain Babar Azam top-scoring with 74 off 92 deliveries. Opener Abdullah Shafique contributed 58 while Sha-dab Khan and Iftikhar Ahmed made 40 each down the order

Noor Ahmad was the most successful Afghan bowler with figures of 3/49 while Naveen-ul-Haq chipped in with 2/52.

Pakistan, for time being, stay put on fifth place but after a hat-trick of defeats, another loss against South Africa later this week, will in all likelihood shut the knock-out doors for the 1992 champions. Brief Scores: Pakistan: 282 for 7 in 50 overs (Babar Azam 74, Abdullah Shafique 58: Noor Ahmad 3/49, Naveen-ul-Haq 2/52).

Haq 2/52).
Afghanistan: 286 for 2 in 49 overs (Ibrahim Zadran 87, Rahmanullah Gurbaz 65, Rah-mat Shah 77 not out; Hasan Ali 1/44).

DPS Srinagar Excels In **Inter DPS Football Tourney**



Observer News

SRINAGAR: Delhi Public School SKINWAK; Delli Public School Srinagar is basking in the glory of a remarkable achievement in the Inter DPS Zone 1 Football Tournament held at DPS Amritsar. The tournament, which featured16 schools across the region, witnessed DPS Srinagar's exceptional performance, se-curing the 3rd position. Out of the 6 matches played, the team emerged victorious in 5, under-lining their exceptional skills and teamwork.

and teamwork.
Principal Shafaq Afshan
praised the students for their
achievement, saying. We are
immensely proud of our students for their exceptional performance in the tournament.
We are excited to see them rise
to the students of their exceptional performance in the tournament.
We are excited to see them rise
to the students of their exceptional performance in the tupon
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Chairman Vijay Dhar ex-pressed his delight, stating, "DPS

Srinagar has consistently en-couraged a culture of excellence in sports and academics. The students' achievement in the In-ter DPS Zone 1 Football Tourna-ment is a testament to their hard work and the guidance of their

coaches.

Labeeb, one of DPS Srinagar's standout players, received the Best Player of the Tournament' award for his remarkable skills and contributions on the field. The upcoming tournament in Navi Mumbai, scheduled from December 3 to 5, will be a significant challenge for DPS Srinagar. Competitive against challenge for DPS Srinagar.

mncan challenge for DPS Sri-nagar. Competing against other top teams presents an excellent opportunity for the students to showcase their talent. DPS Sri-nagar is among 18 teams from the whole country to have quali-fied for the nationals to be held in Navi, Mumbai.

Coach Mudasir Bashir ap-plauded the students for their unwavering dadication

Downtown Heroes, J&K Bank Win In Srinagar Premier League

Observer News Service

SRINAGAR: Three Round 18 games of the 2023 Srinagar Premier League were played on Monday at Bakshi Sta-

on Monday at Bakshi Sta-dium here.

In the first game of the day, a 10:00 AM kick off, Downtown Heroes FC took on Star Kashmir FC. The game played like a rou-tine win for the Heroes, as Downtown opened the scoring through Kinesh in just the 3rd minute of the game, However, Star Kashgame. However, Star Kash-mir held on as the first half mir held on as the first half ended 1-0. Just when it seemed Star Kashmir was making a contest out of this game, the Downtown Heroes attackers sprung into life. Kinesh scored his second in 62nd minute, before George made it 3-0 in the 72nd. Downtown Heroes player Kinesh was awarded man of the match for his role in the 3-0 win.
The second game of the

man of the match for his role in the 3-0 win.

The second game of the day, a 12:30 PM kick off, saw Jak Bank FC lock horns with Sports Council Football Academy. The footballing powerhouse wasted no time breaching the academy boys' defense, as Prem gave Jak Bank the lead in 3rd minute, Faisal made it 2-0 in the 20th minute, before Prem scored his second in the 23rd. At half time, Jak Bank led 3-0. The second half piled more misery ond half piled more misery on SCFA, as Farhan (49'), Ad-



nan (75'), Uneeb (87') and Shahid (89') all got on the scoreline to make it a 7-0 win for J&K Bank. Prem was awarded man of the match. The final game of the day saw FC1 take on tophal Sports FC at 2:30 PM, EC1 lived up to their favourites tag as Mehran Hilal gave them the lead in 7th minute. How-ever, tiphal Sports got back in the game after Hakim equalised in the 20th min-ute. The game ended 1-1 at ute. The game ended 1-1 at half time. The second half

proved to be full of missed opportunities as neither side could find the back of the net. The game ended 1-1, with Iqbal Sports' Hakim awarded the man of the match.

rc take on Kashmir Aveng-ers FC in Game 2, while the final matchup will be be-tween J&K United FC and Real Kashmir FC (Reserves).

'Sardar Of Spin': Former India Captain Bishan Singh Bedi Dies At 77

Press Trust of India

NEW DELHI: Bishan Singh Bedi former India captain and one of the greatest left-arm spinners, died on Monday at the age of 77 after battling prolonged illness. Bedi is survived by his wife Anju, son Angad and daughter Neba. "He breathed his last at his

"He breathed his last at his home this morning. He recently underwent a knee operation. The infection spread and he could not recover from that," said one of his close friends. Prime Minister Narendra Modi expressed his condolence on Bed'is demise. "Deeply saddened by the passing of noted cricketer Shri Bishan Singh Bedi Ji. His passion for the sport was unwavering for the sport was unwavering

plassing or noted circketer sint in the sport was unwavering and his exemplary bowling performances led India to numerican consumerorable victories. He will continue to inspire future generations of cricketers. Condolences to his family and admires. Om Shanti, Modi wrote on 'X', formerly limiters on 1946, Bedi played 67 Tests for India and took 266 wickets with 14 five-wicket haubt and one 10-wicket haubt and one 10-wicket haubt and one cricket's golden quartet of spinners that also had Eradiraselhar and Srinivas Vendraselhar and Sr



kataraghavan. They formed the core of India's bowling unit for more than a decade between 1966 and 1978. Bedi was believed.

more than a deade between 1966 and 1976.

Bedi was briefly the manager in 1960 during tours of New Zealand and England.

He was also a national selector and mentor to many the characteristics of the indial in the control of the indial in the characteristic state. He was also a national selector and mentor to many talcented spinners like Maninder Singh, Suril 1964 and was one of the most stechnical insight.

Bedi was one of the most schmid in the characteristic state in the

Bayern Munich Looking To Stretch Win Record At Galatasaray

The Associated Press

ISTANBUL: Bayern Munich will be looking to stretch its record 15-game win-ning run in the group stage of the Champions League on Tuesday with a victory at Turkish champion Gala-

at Turkish champion Galatasaray.

The Bavarian club is unbeaten in its last 36 games in the group stage – also a competition record – but will face a tough task in istanbul, where Galatasaray drew 2-2 with Copenhagen its first game. The team followed up with a 3-2 victory at Manchester United in its second.

a Marthesel of the difference of the country of the eam's winning run to six ames since the draw with games since con-Copenhagen. Bayern has injury wor-



ries ahead of the first meeting between the clubs since the first round of the 1972-73 European Cup. The teams drew in Istanbul on that occasion, before Bay-ern comfortably won the second leg 6-0 in Munich

with Gerd Müller scoring twice.
Bayern midfielder Leon Goretzka is out after under-going surgery Sunday on a fractured hand.

the day before that the team could ill-afford any more nipuries.

Serge Gnabry, Raphaël Guerreiro, Dayot Upamecano Allowsis Mazzaoui all missed Bayern's 3-1 win in Mainz on Saturday, and Tuchel pointed out that defender Matthis de Ligt was not fully fit after making his injury comeback.

Tuchel had previously complained that Bayern's offseason transfer dealings had left the team short of options in defense after Benjamin Pavard's transfer to Inter Milan and Josip Stanišlic's departure on loan to Bayer Leverkusen.

"Now it's about making use of all we have. To use all the resources and give the guys confidence." Tuchel said Saturday, 'Now we can only recuperate, recuperate, recuperate recuperate at the highest level and then we go again in Istanbul."

Man United Motivated In First Home Game Since Charlton's Death

The Associated Press

MANCHESTER: If gaining much-needed Champions League points wasn't motivation enough, Man-chester United's players are sure to be driven by the memory of Bobby Charlton on what will be an emotional night at Old Trafford on Tuesday.

The match against FC Cogenha-

emotional night at Old Trafford on Tuesday.

The match against FC Copenhagen will be the first at United's stadium since the death of Charlton, the England great who for so long was the club's top scorer and is considered by many to be the best player in its illustrious history.

A minute's silence will be observed before kickoff while players will likely wear black armbands. A wreath is expected to be laid on the field.

United's players paid similar respects to Charlton before the Premier League match at Sheffield United on Saturday — only hours after his death was announced — and captain Bruno Fernandes was among those who dedicated the 2-1 victory at Bramall Lane to



Charlton and his family.

Ten Hag said Monday he wants his players to use the emotions stirred by the memory of Charlton

stirred by the memory of Charlton in the right way.

Tobby was a legend, a giant, not only for Manchesser United but for the wood free the state of the state of

"His legacy – what he left – were the high standards we have to live every day. First of all, our thoughts are with his family, wife, children

and grandchildren. And what he meant to Manchester United, the importance to Manchester United importance to Manchester United the standards he set, they were em-

The players and Ten Hag will not lose sight of the importance of the match against Copenhagen itself, however.

United has lost its opening two games in Group A – at Bayern Munich and then, more surprisingly, at home against Galatasaray – to make its double-header against the Danish champions critical to its chances of advancing.