

Migrant Labourer Shot Dead In Pulwama

LG Sinha, J&K Parties Condemn Killing



Observer News Service

Srinagar: A day after a police officer was shot at and injured in the Old City of Srinagar, terrorists on Monday shot dead a labourer from Uttar Pradesh in Pulwama district of South Kashmir.

The incident took place at Tumchi Nowpora of Pulwama district in South Kashmir when the labourer, Mukesh Kumar, was in the market to buy some vegetables, they said.

Pertinently, this was the second terror attack [More on P10](#)

Kumar's Killing Won't Go Unpunished: LG

The Union Territory Lieutenant Governor, Manoj Sinha on Monday condemned the killing of migrant worker Mukesh Kumar by terrorists in Pulwama and vowed to punish his killers. Sinha condoled the tragic loss of life due to terrorist attack and said the killing of innocent civilian Mukesh Kumar, a resident of Uttar Pradesh, will not go unpunished. "I strongly [More on P10](#)

6 SHO MASROOR AHMAD IS BATTLING FOR LIFE AS I WRITE THIS TWEET. NO WORDS ARE ENOUGH to condemn such a cowardly attack. When will the mindless vicious cycle of violence end? I pray he makes it. Cant even imagine how his family feels."

Infiltrator Killed Along LoC In Kupwara



Srinagar: Security forces have foiled an infiltration bid along the Line of Control in North Kashmir's Kupwara district by killing an infiltrator, officials said on Monday.

The infiltration bid in Jugumund area of the Keran sector was foiled on Sunday night. The infiltrator's body was recovered during a search in the area on Monday morning, they said.

The search operation was still underway, the officials added.(PTI)

Corruption Free J&K Is Our Mission: LG

'In Order To Eliminate Cancer Of Corruption, All Stakeholders Have An Important Role To Play'

Observer News Service

Srinagar: Asserting that corruption free Jammu and Kashmir is vision as well as the mission of his administration, Lieutenant Governor, Manoj Sinha said Monday that an integrated and collective approach is needed to deal with corruption, which impedes the growth and undermines the moral fibre of the society.

"In order to eliminate the



cancer of corruption, all the stakeholders have an important role to play. Corruption free J&K is our vision as well

as the mission," Sinha said.

He made these remarks after reading out the Integrity Pledge and administering the

oath to officers, SSF Personnel and staff of Raj Bhavan, and Administrative Secretaries and [More on P10](#)

Interacts With People During 'LG's Mulaqaat'

Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Monday impressed upon the officers of his administration to follow the values of integrity and impartiality while resolving grievances of the citizens and in delivering services. Sinha made these remarks while interacting with people during his monthly "LG's Mulaqaat"- Live Public Grievance Hearing programme, at the Civil [More on P10](#)

DGP Urges Policemen To Exercise Extreme Caution

Majid Nabi

Srinagar: The outgoing Director General of Police (DGP) Dilbag Singh on Monday asked policemen to exercise extreme caution and not take their lives for granted amidst the 'persistent threat'.

The UT police chief said preserving peace is far more challenging than reestablishing it and the J&K police are equipped and are always ready to handle any situation that comes their way.

"We have to be very cautious as threats are still around. We cannot take our



lives so lightly, so we have to be very careful and I pray the injured officer recover soon," DGP said while talking to the media after launching 163 state-of-art vehicles for 43 police stations [More on P10](#)

Police Station Renamed After Fallen DySP

Jammu and Kashmir Police on Monday renamed the Mattan Police Station in Anantnag as Himayun Muzammil Model Police Station in the memory of the DSP who laid down his life during an encounter with terrorists last month. The renovated and renamed police station was inaugurated by Director General of Police (DGP) Dilbag Singh in the presence of the slain police officer's father, retired IGP Ghulam Hassan Bhat. [More on P10](#)

Court Denies Bail To Accused In Gang Rape Case

M Ahmad

Srinagar: A court here has rejected bail application of one of the accused persons in the alleged gang rape of a 13-year-old girl in Bemina area of Srinagar last year.

The accused, Irqan Ahmad of Budgam, had sought the bail on the grounds that his sister is getting married and there is no one in his family who could fulfill all the necessary requirements with regard to the marriage ceremony.

The Public Prosecutor opposed the bail plea, saying that the accused has been charged under sections 363, 376-D, 109 IPC and 3, 4, 16, 17 POCSO Act which are heinous in nature.

The accused, he said, is involved in an offence of gang rape to minor girl of 13 years of age and that the victim in her statement has categorically stated that she has been kidnapped by four accused persons and the Irqan was her friend. The Public Prosecutor said that by virtue of her statement before the [More on P10](#)

सत्यमेव जयते

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Jammu Kashmir

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ki nayi Tasveer

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31st October 2023

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FESTIVAL SPECIAL TRAINS-2023

In order to clear extra rush of passengers during Deepawali and Chhath Puja Festivals, Northern Railway has planned to run the following Festival Special Trains in addition to normal regular trains as per schedule given below:-

Table with 7 columns: S.No, Station From, Station to, Frequency / Day, Period. Contains schedule for various festival special trains.

Table with 7 columns: S.No, Station From, Station to, Frequency / Day, Period. Contains schedule for festival special trains passing through Northern Railway network.

Position as on 31.10.2023
For any kind of information such as arrival/departure timings and stoppages enroute etc., passengers are requested to contact RailMadad Helpline No. 139 or may visit Indian Railways website https://enquiry.indianrail.gov.in or NTEs App.
NORTHERN RAILWAY
Visit us at: www.nr.indianrailways.gov.in

NORTHERN RAILWAY E-Tender Notice

Sr.DEN-IV/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.treps.gov.in with closing date-16.11.2023 up to 15:00 Hrs.

Subject : Grant Of Registration Of The Proposed Travel Unit Under The Name & Style "COLD MOUNTAIN HOLIDAYS" Situated At Magam Budgam Kashmir

PUBLIC NOTICE

Whereas, I Aaliya Nabi D/O Late Ghulam Nabi Shah RIO Takiya Batapora Kunzer Kashmir intend to apply in the Department of Tourism for Registration of my proposed Travel Unit under the name and style "COLD MOUNTAIN HOLIDAYS" Situated at Magam Budgam Kashmir under Trade Act 1978/2011-12.

PUBLIC NOTICE

I am applying for the change of ownership of our tour and travel agency Kashmir ski tours, tour and travel from previous owner Mohd Ramzan Rather to new owner Sameera Hussain.

PUBLIC NOTICE

I am applying for the registration of my adventure tour operator under the name & style of Kashmir Ski Academy situated at Dhoibanan Kunzar.

PUBLIC NOTICE

I have lost my 8th pass discharge Certificate & DOB certificate somewhere. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Govt High School Snoor Kulipora.

از عدالت فارست مجسٹریٹ سرینگر

پاجلس فیروز احمد خان
روزنامہ رائٹر ولید محمد اسلام رائٹر
مقام نام
ہائل اسٹائل
درخواست بڑھاندرار تاریخ وفات
نام: عبدالسلام رائٹر ولید محمد سلطان رائٹر
تاریخ وفات : 27-10-1995
معاہدہ مندرجہ ذیل کے صدر میں سائل سائل نے عدالت ہذا میں ایک درخواست پیش کی جس میں اندراج تاریخ وفات عبدالسلام رائٹر ولید محمد سلطان رائٹر ساکنہ ان پورہ برینٹا مشاقت مورخہ 27-10-1995 پیش کی ہے۔ لیز انعام اس کو بڑھایا گیا تھا کیونکہ اس کے نام سے عدالت کی درخواست کوئی طریقہ اختیار نہیں ہو سکا ہے اور اس کے نام سے عدالت کی درخواست کوئی طریقہ اختیار نہیں ہو سکا ہے۔ تاریخ آئندہ عدالت ہذا میں 07-11-2023 کو پڑھیں۔
خریدار عدالت

PUBLIC NOTICE
The name of my son in DOB certificate has been wrongly written as Mohammad Muteeb Dar while his correct name is Mohammad Mutaib Dar which needs to be corrected. If anybody having any objection in this regard he/she may file his/her objection in the office of the Block Development Officer Rathoon within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Abdul Rashid Dar F/o Mohammad Mutaib Dar
R/o Rathoon Beerwah
bmj

MORE FESTIVAL SPECIAL TRAINS-2023

In order to clear extra rush of passengers, Railways has decided to run the following Deepawali / Chhath Puja Festival Special Express Trains as per details given below:-

Table with 4 columns: Train No., STATIONS, ARR, DEP. Details for train 02252/02251 New Delhi - Patna Jn.

DATE OF RUN: 02252 from New Delhi on 11, 14 & 16.11.2023 & 02251 from Patna Jn. on 12, 15 & 17.11.2023.

Table with 4 columns: Train No., STATIONS, ARR, DEP. Details for train 09075/09076 Mumbai Central - Kathgodam.

DATE OF RUN: 09075 from Mumbai Central on Wednesday 08, 15, 22 & 29.11.2023 & 09076 from Kathgodam on Thursday 09, 16, 23 & 30.11.2023.

Table with 4 columns: Train No., STATIONS, ARR, DEP. Details for train 09097/09098 Jammu Tawi - Bandra Terminus.

DATE OF RUN: 09097 from Bandra Terminus on Sunday 12, 19 & 26.11.2023 & 09098 from Jammu Tawi on Tuesday 14, 21 & 28.11.2023.

Table with 4 columns: Train No., STATIONS, ARR, DEP. Details for train 09523/09524 Okha - Delhi Sarai Rohilla.

DATE OF RUN: 09523 from Okha on Tuesday 31.10.2023, 07, 14, 21 & 28.11.2023 & 09524 from Delhi Sarai Rohilla on Wednesday 01, 08, 15, 22 & 29.11.2023.

From the office of the Advocate Arzoo Bhat

In the case of: Ishtiyaq Ahmad Rafique S/o Manzoor Ahmad Rafique R/o Rafique Manzil Bank Colony Sanatnagar

Public at large
(NON-CAVEATOS)
In the Petition in terms of Section 48-A The Caveator has reason to believe that Non-Caveators may Challenge the letter dated 12-05-2023 ref & K/R/DK/LoI/AD for outlet dealership at Location Pattan. The Non caveator my file a suit, writ Petition, Appeal, or any other type of proceeding before this Hon'ble Court by suppressing the material facts & may succeed in obtaining some relief/order at their back /in ex-parte against the caveators and if non-caveator will succeed in obtaining the ex-parte order the caveators will suffer & irreparable loss. The Caveator may be put to notices & be given an opportunity of hearing by this Hon'ble Court before passing any order.

PUBLIC NOTICE

The name of my daughter in bank account details has been wrongly written as Zainab while her correct name is Zainab Urwa which needs to be corrected. If anybody having any objection in this regard he/she may file his/her objection in office of the Branch Manager J&K Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Tanveer Ahd F/o Zainab Urwa
R/o Tapper Pattan
fko

From the office of the Advocate Baba Musharraf

lie no JK.337/12
Before The Hon.Ble Court Of Principal Distt And Sessions Judge At Srinagar

In the case of: 1.Mst Haleema W/o Haji Bashir Ahmad matt 2.Parvaiz Bashir 3.Shahir Ahmad matt 4.Javeed Bashir 5.Israr Bashir 6.Imran Bashir. All sons of late haji Bashir Ahmad mat All residents of Hilalabad/Qamarabad Qamarwar Srinagar
caveator
V/s
Public At LARGE
(NON-CAVEATOS)
In the Petition in terms of Section 48-A The Caveator has reason to believe that Non-Caveators my file a suit, writ Petition, Appeal, or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/misrepresentation and cooked story, and may seek in obtaining some relief/order at their back /in ex-parte against the caveators and if non-caveator will succeed in obtaining the ex-parte order the caveators will be put in irreparable loss and inconvenience. It would be proper that caveator be given an opportunity of being heard by the Hon'ble court before passing any order.

KASHMIR OBSERVER™

Tuesday | 31-10-2023

Hypocrisy of right to self-defense

As the Israeli-Palestinian conflict takes center stage in global politics, the complex issue of the right to self-defense too has come to the fore. While international law recognizes the right of nations to protect themselves, the ongoing conflict in the Middle East has highlighted what many perceive as a glaring hypocrisy in the application of this right.

The United States, long considered a bastion of support for self-determination and human rights, has often been a vocal advocate for Israel's right to self-defense. However, the handling of this right in the context of the Israeli-Palestinian conflict has raised eyebrows and drawn criticism from various corners.

Take, for instance, the stance of some prominent American progressive politicians. Figures like Bernie Sanders and Elizabeth Warren, known for championing marginalized and occupied communities globally, surprised many by expressing support for Israel's right to self-defense. While acknowledging this right, they called for "humanitarian pauses" and the immediate release of hostages. The careful choice of words, stopping short of demanding a ceasefire, has spurred debates and was seen as an insufficient response to the crisis.

Moreover, the unanimous adoption of a resolution by the US Senate condemning pro-Palestine student protesters as "in solidarity with Hamas" and anti-Semitic further underlined the West's approach to the conflict. It symbolized a near-unanimous support for Israel that transcended the liberal-conservative political spectrum.

This seemingly unified Western support for Israel's actions in the face of the October 7 Hamas attack has puzzled many observers. British Labour leader Keir Starmer, typically associated with progressive politics, lent unequivocal support to Israel, emphasizing its right to self-defense. The contrast between Starmer's stance and that of Jeremy Corbyn, who has been forthright in his support for Palestinians, illustrates the deep divisions even within the same political party.

Though West has traditionally supported Israel, over the past two decades, the stance on Israel had modulated a bit over the past two decades. Factors like the growth of the Democratic Socialists of America, the influence of the Boycott, Divestment, and Sanctions (BDS) movement, have contributed to this change. The result was a more critical approach to Israel's actions in the Israeli-Palestinian conflict.

As the Israeli ground invasion in Gaza continues and global atrocities mount, turning public opinion further against Tel Aviv, Western governments have not reconsidered their positions. It is true, the right to self-defense is a fundamental principle in international law, but its application in the Israeli-Palestinian conflict has raised valid concerns about hypocrisy. The ongoing conflict has become a litmus test for the consistency and moral clarity of nations and leaders on the global stage.

OTHER OPINION

Need for an Immediate Ceasefire in Gaza

The intransigence by the political leadership in Israel has seemingly plunged the Gaza Strip into a humanitarian catastrophe. Although the oppression faced by the Palestinian people is by no means new, civil society in several countries across Europe, South Asia, North America, and West Asia rose in protest in one of the largest anti-war mobilisations witnessed in recent times following the bombing of the Al-Ahli Arab Hospital in Gaza City on 17 October.

A lot of misinformation was spread in the wake of this hospital bombing, where scores of healthcare professionals and patients, including many children, lost their lives. The Israeli leadership claimed this bombing to be the doing of Hamas, despite media reports stating that several hospitals in Gaza had received warnings of evacuation from the Israeli military. On 19 October, the ancient Greek Orthodox Church, which is the oldest functioning church in Gaza, was also reportedly bombed by Israel, citing pretexts that it had become a Hamas control centre. This church in Gaza City was sheltering hundreds of displaced Palestinians, including many Palestinian Christians, who sought temporary refuge there after several residential blocks in Gaza City had already been flattened by Israeli air strikes. Palestinian authorities claim that more than 5,000 people have been killed in the Gaza Strip, including more than 2,000 children, and another 14,000 injured in this new round of hostilities.

It is difficult to imagine the humanitarian costs already incurred by this ongoing offensive. Despite the calls for immediate ceasefire raised by international organisations, several nation states and multiple protest demonstrations around the world, particularly in West Asia and North Africa, Israel's military actions in the Gaza Strip and the West Bank have been nothing short of relentless. On top of that, Israel has drastically curtailed the provision of basic amenities like fuel, electricity, water, food, and other forms of aid in the Palestinian territories.

Israel has termed this retaliatory action as a response to the horrific 7 October attacks reportedly carried out by Hamas. In this regard, the statement of António Guterres, the United Nations (UN) Secretary General, is noteworthy. Guterres was caught in considerable controversy over his statement that "it is important to also recognize [that] the attacks by Hamas did not happen in a vacuum." While the Israeli envoy to the UN has termed these remarks as "shocking" and as justificatory of Hamas's terrorism, Guterres also pointed out that "the grievances of the Palestinian people cannot justify the appalling attacks by Hamas."

Much of the opposition to what Guterres termed the "collective punishment of the Palestinian people" is emerging from Israel itself, where the government led by Benjamin Netanyahu has become even more unpopular following the 7 October attacks, with many Israeli citizens blaming Netanyahu for the uptick in Hamas's militancy and the consequent loss of Israeli and Palestinian lives this month.

Excerpted from EPW

Young Writers in Kashmir

An Appraisal

The recent years have seen a sudden surge in the breed of young writers and surrounding them a phenomenon of self-publication. While many people describe this effect as a talent boom and the launching of Kashmiri youth into the orbit of writing and authorship, others have described the phenomenon as one of boomerang, repeatedly warning us of the caveats and clauses that need to be kept in mind while assessing these works. As somebody involved in writing both articles, research papers and books, I do well understand the "urge of writing" and the passion to share one's thoughts and understanding with the rest of the world. But the writer, young or old, needs to be attentive and careful of the fact that while he writes, he imposes on himself a certain responsibility, which he can't escape.

The ideas he is going to express and share with the world are going to impact the readers, no matter how lesser in number these readers are. Thus, one can't write anything, without any reason and rhyme, without any basis and sound foundations and then escape the responsibility that these erroneous writings engender. It thus becomes imperative for writers to thoroughly understand their subject matter and carry an in-depth analysis of the theme they intend to write about. But is it possible for a teenager of average mental abilities to understand Plato, Hegel, Heidegger and others, say for example if he intends to write about philosophy?

The fact remains that any attempt to write about philosophy without having an in-depth understanding of these representative authors and dozens others is futile. At the same time it can't be expected of a writer in his teenage years to understand these doyens, let alone absorbing and assimilating their ideas. This not only demeans whatever he will write in the face of this handicap but also makes his writing redundant and of vestigial nature.

What has been typically said of philosophy applies equally to the fields of human intellectual enterprise like religion, spirituality, science and any other discourse where seriousness and an encompassing understanding of the subject is prerogative and of primary importance. The problem is not with writing per se, but with the fact that when these books and articles come across an intellectually piercing gaze, not only are their errors revealed, but the reign of misunderstanding, appropriation and pseudo-knowledge they try to erect also falls on its own. What about those, who are not intellectually well-tamed and can't sift chaff from the grain who are easily impressed and driven away by the premature arguments of these books and when they encounter a solid counter-argument, not only do they feel at loss, but they castle of their beliefs is also rattled apart. A student of Urdu writing about physics with the confidence of Einstein is surely going to boomerang and make the entire intellectual niche vulner-

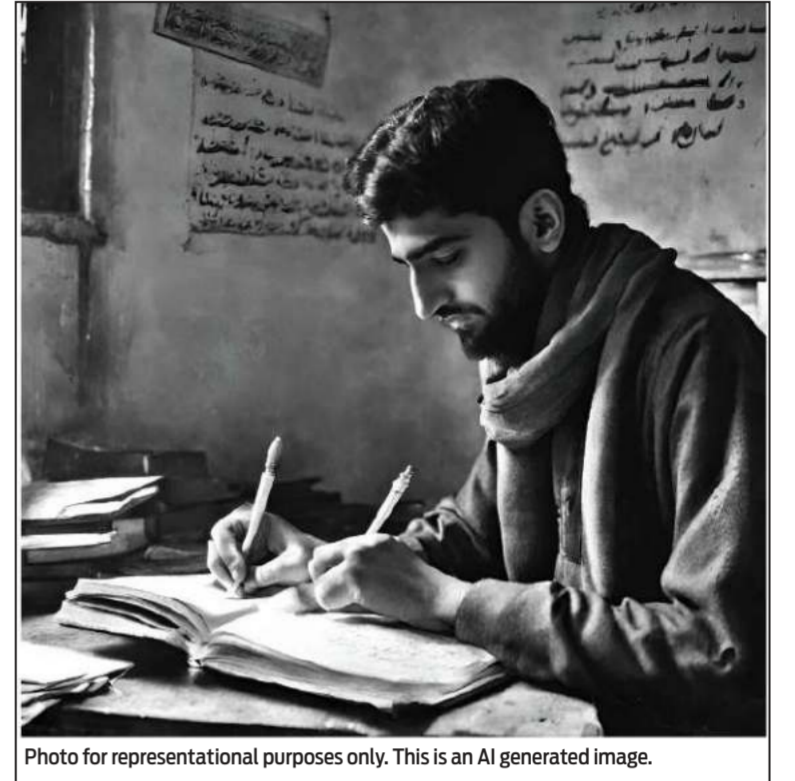


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“The problem is not with writing per se, but with the fact that when these books and articles come across an intellectually piercing gaze, not only are their errors revealed, but the reign of misunderstanding, appropriation and pseudo-knowledge they try to erect also falls on its own”

able to the reign of misosophy. This situation compels us to caution our young and aspiring writers to take their time, fatten their knowledge purse, explore counter-arguments objectively and then arrive at conclusions that are valid to the best of their understanding and that is corroborated by a storehouse of their previous studies. This creates the environment of growth and evolution and the author duly learns from his previous mistakes as he ascends the never-ending spiral of intellect. This is opposed to the case where the writer battles the vacuum with his vacuous arguments and moves the sword of his intellect blindly in alleys of ignorance.

There are genres where, without underestimating the value of learning and observation, one can appreciate the upcoming writers and authors. In the past, we have seen young novelists, poets, storytellers embellishing our literary landscape across the linguistic divide. What distinguishes this genre - the genre of fiction from that of serious non-fictional writing - is that here reader's beliefs and cherished ideas are not at stake. Here the truth value of the work of writing doesn't concern the reader, the power of arguments is not weighed nor does the possibility of counter narratives arise. But that shall not drive us into the belief that anybody with a keyboard under his/her hand shall start writing. Fiction too has its rigorous and well-defined parameters to evaluate any work of art and thanks to these parameters, one can, as much as possible, discern the worth of one literary work from another. It is in ignoring these parameters like thematic, technique, craftsmanship, use of words and a dozen others that most of the works of fiction suffer the fate of oblivion and ignorance. Those works of literary merit which take care of these standards don't only survive the test of time but also carve for them an un-

destroyable niche.

What has been said above will be of no use if we don't add a few more words to it. The budding/young/teenager writers must get their manuscripts at least cross checked by the experts of the subject they are writing about. This will eliminate their broad and rough errors at the very outset and the reader shall also feel that the book he is holding in his hands, coming from a young writer it may be, carries with it a weight of credibility. Books must be written with a prospect of shelf-life and an idea of creating an impact among its target readers. These goals can be met when the author rises above the banter of short term applause and unqualified appreciation - something which arrests the youth immediately and to which they fall easy prey to. To rise above the short-term jubilation to long-term impact can be had only when the writer is fully aware of his responsibility and the reason behind putting his thoughts on pages. Indifference to these indispensable factors leads our books to the state of ignorance by readers - fate which is evident to us all. Foreword-ing is something which our young writers need to be careful about and they must try to get their book foreword-ed by man of letters, merits and credibility and it is evident that no man of credibility will foreword a book which is not worth it. Thus it sets a quality check at the very outset and also raises the reputation of the book. These are some of the preliminary observations made in context of the emerging writers in Kashmir, in absence of which we believe that the books and authors can't be remembered beyond their release dates.

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



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Is Hybrid the Future of Work?

I am writing this as a response to a nice write-up that appeared in KASHMIR OBSERVER, dated March 18, 2022, "The Future of Work is Hybrid"

The COVID-19 pandemic has drastically altered the perception to the extent that companies globally are willing to extend the 'work from home' concept, and this 'new normal' has become the 'accepted normal' ever since the outbreak of Coronavirus. When employees work from home, companies benefit on costs in terms of rent, water, electricity and fuel allowances. Work stations worldwide are generally crowded. There may be a situation of an asymptom-

atic employee who could potentially infect the whole office, and hence it is better to err on the side of caution.

Though it is a real challenge to work remotely, it also gives an opportunity for one to acquire and hone many new skills like planning, forward-thinking, coordination in times of distress, and so on. In addition, it is natural that when you are working from home, you save a lot of commute time and get to spend it with your family.

But then there are issues that employees face in the 'work from home' model. The combination of work and personal, and collective

health anxiety are contributing to a specific kind of burnout brought on by the pandemic. Uncertainty took hold of the entire work-force, leading to stress and worries to emerge. In fact, the emotional trauma from stress has been even higher among remote workers due to the challenges of balancing home life and office work in the same setting. However, there are ways to deal with burnout.

It could be like taking a few deep breaths or smelling a wonderful fragrance, since it is important for our brain to take small breaks from often monotonous tasks. Also talking to friends and relatives can be helpful

as they may give some insights into how you can reduce your stress during the pandemic days.

In the final analysis, a shift towards home working doesn't mean that an employee has to necessarily work from home always. Often splitting time between home and the workplace is, perhaps, the most productive and profitable solution irrespective of whether Covid will end or not.

Ranganathan Sivakumar
siva19kumar@gmail.com

QATAR

THE REGIONAL MEDIATOR

Azad Mirza

In a region besieged with internal squabbling's, tribal and regional superiority, false pride and mostly hollow pompous statements not followed by any ground action, Qatar has emerged as a powerful mediator.

This is not the first time that the tiny and wealthy Gulf nation has stepped in as a crisis mediator or a facilitator of talks between arch-enemies. In the past it has successfully worked on deals that relate to Yemen in 2007, Lebanon in 2008, and most recently in Afghanistan in 2021, besides those in Syria, Sudan, Chad, and Eritrea. It has also brokered talks between Russia and Ukraine, securing the return of several Ukrainian children.

The emirate has spent nearly two decades deploying its oil and gas wealth, the powerful Qatari-owned television channel Al Jazeera, and a significant portion of its increasingly skilled diplomatic corps, to make itself one of the world's most indispensable fixers.

A Qatari official speaking on condition of anonymity told AFP that mediation and conflict resolution is an essential part of Qatar's foreign policy, so sizeable number of personnel are actively engaged on this part of the diplomacy.

It has carved out an unusual niche as a key American ally – it hosts a major U.S. military base – with extensive Islamist connections, strong enough for Washington's bitter enemies to feel comfortable living in Doha not far from U.S. troops.

Qatar's rise as a mediator achieved global prominence a decade ago, when it allowed establishment of "political offices" for Hamas and the Taliban – embassy-like bases for senior figures of the organisations – to set up in Doha under U.S. auspices, to facilitate negotiations.

Qatar's role as a mediator and a close U.S. ally offers obvious strategic dividends for a small country surrounded by large, well-armed neighbours in a volatile region. It shares its only land border with Saudi Arabia, and it sits across the Gulf from Iran.

Qatar essentially bolstered its soft power image through the phenomenal reach of Al Jazeera, which also helped it counter negative coverage against the country in the western media about migrant labour, particularly during the run-up to the football World Cup last year, and other rights issues such as its treatment of women.

Allegedly, Doha serves as one of two main external bases for Hamas, the other is in Turkey. In this regard the Israeli government has helped too. Over the past five years it has allowed Qatar



US secretary of state Antony Blinken, left, and Qatar's prime minister Sheikh Mohammed bin Abdulrahman al-Thani earlier this month © FT montage/AFP/Getty Images

to fund Hamas in Gaza through transfers of cash – around \$30 million a month – and fuel. Israel has done so principally to avoid taking responsibility for the welfare of people living there, but also in the hope that by sustaining Hamas in Gaza it would widen the split between Gaza and the West Bank, undermine the Palestinian Authority (PA) and make the prospect of a unified Palestinian position impossible.

Commenting on Qatar's ties with Hamas, Bader Al Saif, a professor of history at Kuwait University told APR that Hamas has different ties with Qatar. Qatar has been a key interlocutor when it comes to presenting aid to Gaza's infrastructure in the past. Gaza has been decimated a few times by Israel in the past, and that required a lot of reconstruction. And the

reconstruction has been largely veiled by various parties in the region in the Middle East, but by Qatar as well.

Al Saif presented another perspective of the Qatari foreign policy saying that as a small state, it requires a secure region for it to thrive. So it would like to see peace and prosperity become the mainstream in the region. That hasn't been the case, unfortunately, for the Middle East. In addition, Qatar has also been a victim of a Gulf rift in the past few years when Saudi Arabia, UAE and others blockaded it in the region. But through gritty tenaciousness it emerged as a winner in that situation too, proving the capabilities of its rulers.

In the current conflict, the Qataris claim their close ties with Hamas have enabled them to

help secure the release of an American mother and daughter from Chicago, who were visiting the Nahal Oz kibbutz less than two miles from Gaza when Hamas terrorists launched their attack, captured them and took them into captivity. The release of the two women prompted U.S. President Joe Biden to issue an official statement thanking the Qatari and Israeli governments "for their partnership" in securing the release of the two Americans.

Apparently, signals from Qatar that it may be able to secure the release of more hostages has also been a key factor in Israel's decision to delay its ground invasion of Gaza as part of the newly-formed Israeli emergency government's aim to annihilate Hamas.

Qatar began to carve out its role as a credible mediator years ago, beginning in 2008, when it brought the Hezbollah and its western-backed opponents to the negotiating table, when Hezbollah took over key infrastructure installations in Lebanon, including the airport and major seaports. The talks resulted in the Doha Agreement, which prevented the crisis from escalating and plunging Lebanon into another civil war.

Qatar's working relationships with traditional U.S. adversaries such as Iran and Russia – or non-state groups like Hamas and the Taliban – have made it an invaluable partner for the U.S. and other Western countries.

Analysts say the ability of Qatar to maintain good relations with both non-state armed groups and state actors such as Russia and Iran, while still being a strategic partner to the United States, will continue to enhance its importance on the global stage.

Lina Khatib, director of the SOAS Middle East Institute at SOAS University of London, in an article last week for Barron's opined that, Qatar is framing this achievement – and associated praise from the U.S. – as proof that it is correct in its strategy of keeping communication lines open with multiple opposing actors. Its role in the current conflict is giving its geopolitical ambitions a boost.

Though its geopolitical ambitions might be a bit debatable, but its approach has proved that a sane and doggedly pursued policy utilising diplomatic and mediation skills can certainly provide you a seat at the high table at the global level.

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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How To Redesign Social Media Algorithms To Bridge Divides

Jo Adetunji

Social media platforms have been implicated in conflicts of all scales, from urban gun violence to the storming of the US Capitol building on January 6 and civil war in South Sudan. Scientifically, it is difficult to tell how much social media can be blamed for one-off incidents.

But in much the way that climate change increases the risk of extreme weather, evidence suggests that current algorithms (which mostly optimise for engagement) raise the political "temperature" by disproportionately surfacing inflammatory content. This may make people angrier, increasing the risk that social differences escalate to violence.

But what if we redesigned social media to bridge divides? "Bridging-based ranking" is an alternative kind of algorithm for ranking content in social media feeds that explicitly aims to build mutual understanding and trust across differing perspectives.

The core logic of bridging-based ranking has already been used on Facebook and X (formerly known as Twitter), albeit not in the main feed. It is also used in Polis, an online platform for collecting public input, used by several governments to inform policymaking on polarised topics.

There are many open questions, but evidence from existing uses of bridging-based ranking suggests that changes to algorithms may reduce partisan animosity and improve the quality and inclusiveness of online interactions.

People are increasingly looking for alternative algorithms. Regulators in the EU and new platforms such as Bluesky are giving users choice regarding which algorithm determines what they see, and recent large-scale experiments on Facebook have tested different options.

If we care about social cohesion, then during this period of "shopping around" we need to seriously consider alternatives such as bridging.

How it works

Current engagement-based algorithms make predictions about which posts are most likely to generate clicks, likes, shares or views – and use these predictions to rank the most engaging content at the top of your feed. This tends to amplify the most polarising voices, because divisive perspectives are very engaging.

Bridging-based ranking uses a different set of signals to determine which content gets ranked highly. One approach is to increase the rank of content that receives positive feedback from people who normally disagree. This creates an incentive for content producers to be mindful of how their content will land with "the other side".

Among the internal Facebook documents leaked by whistleblower Frances Haugen in 2021, there is evidence that Facebook tested this approach for ranking comments.

Comments with positive engagement from diverse audiences were found to be of higher quality, and "much less likely" to be reported

for bullying, hate or inciting violence. A similar strategy is used in Community Notes, a crowd-sourced fact checking feature on X, to identify notes that are helpful to people on both sides of politics.

This pattern of "diverse positive feedback" is the most widely implemented approach to bridging. Others include lowering the ranking of content that promotes partisan violence, or using surveys to shape algorithms so that they increase the ranking of content according to how it makes users feel in the long term, rather than the short term.

Conflict is an important part of society, and in many cases, a key driver of political and social change. The goal of bridging is not to eliminate conflict or disagreement, but to promote constructive forms of conflict.

This is known as conflict transformation. Professional mediators, facilitators and "peacebuilders", who work with opposing groups, have a detailed understanding of how conflicts escalate. They also know how to structure communication between opposing groups in ways that build mutual understanding and trust.

Research on bridging-based ranking can draw on this, taking insights from conflict management in the physical world and translating them into digital systems.

For example, facilitating contact between people from rival groups in "opt in", non-threatening settings can reduce prejudice, and we can design social platforms to create these conditions online.

Why should big tech adopt this?

Firms such as Meta have built their fortune on the "attention economy" and content which promotes short-term engagement, and hence revenue.

We simply don't yet know the extent to which the goals of bridging and engagement are in tension. If you talk to people who work at social media platforms, they will tell you that when well-intended changes to the algorithm are tested, user engagement sometimes drops initially, but then slowly rebounds over time, ultimately ending up with more engagement.

The problem is, platforms normally get cold feet and cancel experiments before they can observe such long-term benefits. Evidence we do have from leaked Facebook papers suggests that incorporating bridging improves the user experience.

Bridging-based ranking might also have benefits beyond engagement. By reducing toxicity and content that violates community guidelines, it would likely reduce the need for costly content moderation.

Demonstrating a willingness to make their algorithms less divisive would also build goodwill among regulators, reducing the risk of reputational and legal damage. For example, Facebook has been heavily criticised for allegedly facilitating incitements to violence in Myanmar, Sri Lanka, and Ethiopia.

It has subsequently faced lawsuits from victims and communities, who have sought up to

£150 billion in damages.

Questions and challenges

Important questions around bridging-based ranking remain, and we set out many of these in a recent paper published with the Knight First Amendment Institute, which publishes original scholarship and policy papers relating to the defence of freedoms of speech and the press in the digital age.

Which divides should be bridged? Are there unintended consequences – for example, amplifying mainstream views at the expense of minority viewpoints? How can decisions about the design of mass communication technologies be made democratically?

Bridging is not a panacea. There is only so much algorithmic changes can do to address societal conflict, which is a result of complex factors such as inequality. But by recognising that digital platforms are reshaping society, we have an obligation to guide that process in an ethical, humanistic direction that brings out the best in us.

It falls to both the tech companies that built these systems and an engaged public to create technologies designed for social cohesion. With care, wisdom and democratic oversight, we can foster online communities that reflect our better sides. But we have to make that choice.

By arrangements with The Conversation

Pakistan Play Bangladesh In Must-Win Game



Press Trust of India

KOLKATA: All but out of semi-final race, Pakistan would be desperate to snap their four-match losing streak and add some semblance of respect to their floundering campaign when they take on an equally struggling Bangladesh in their do-or-die World Cup match here on Tuesday.

Pakistan have just four points in their kitty and they can add a maximum of six more to touch 10 by the end of league stage. Three teams are already above Pakistan and it would be a miracle of sorts if they make it to the knockout stage.

The multiple favourable results

are highly unlikely given the fact that Australia have regained their form and New Zealand have also emerged as one of the toughest sides to beat in this tournament.

As of today India and South Africa look certain to make the cut while the Trans-Tasman rivals are looking in good shape to grab the other two spots for the semi-finals.

Pakistan will not have to just win their remaining matches but they need to win with big margins to swell their net run rate (currently minus 0.205). A defeat against Bangladesh will certainly knock the 1992 champions out of the showpiece.

In such a scenario, it is expect-

ed that Pakistan players will go all-out and give their all.

At a time when their batters have failed to last the distance in four of their six outings, it's Pakistan's bowling attack that has shone through.

On a seamer-friendly Eden wicket that offered some extra bounce from short of the length during the first match on Saturday, the likes of Shaheen Shah Afridi, Haris Rauf and Mohammad Wasim will hope to hand Bangladesh the early blows.

Bangladesh have just two points from six matches and they are currently at ninth spot in the 10-team league.

Pakistan Coach Blames WC Debacle On 'Foreign Indian Conditions'

Press Trust of India

KOLKATA: Pakistan are hurt by their woeful World Cup show and their head coach Grant Bradburn on Monday blamed it on "foreign" Indian conditions and their lack of familiarity with the venues.

Four defeats on the trot have virtually dashed Pakistan's semifinal hopes. They have to win their remaining three matches by big margins and hope that other teams' results also favoured them to have any chance of making it to the last-four stage.

"We are in a position that we didn't want to be. We are determined at this stage of the tournament to be in control of our destiny but we're not. That hurts the group," said the Pakistani coach on the eve of their match against Bangladesh here on Tuesday.

"This tournament is on foreign conditions for us. None of our players have played here before. Every venue is a new one, including this one," he added.

Bradburn said his side have done their homework



meticulously. "We've done our homework meticulously on our opposition, on our venues that we're playing at, and we're prepared very, very well for each and every encounter.

"But the reality is that each and every venue is a new one for us and we don't feel disadvantaged at all in terms of the knowledge, the quality, the skill, the backing that we have for this team of cricketers," he said.

The former Scotland coach, who had served as Pakistan's fielding coach and then consultant, was handed the reins by the PCB on a two-year deal in May.

"Ideally, preparation for a tournament like this starts four years ahead. We started six months ago and changed direction in the way that we want to play the game of cricket, especially the one-day brand.

"We've shown some positive signs of that over the last six months. We're proud of some of the performances that we've put on. It's taking a little bit longer than we hoped, but we want to play a dynamic brand that matches the challenge of the conditions we're playing in."

Inzamam Resigns As PCB Chief Selector

The legendary Inzamam-ul-Haq has resigned as chairman of the national selection committee after the Pakistan Cricket Board initiated an inquiry to probe if his association with a company that manages a number of the national team's players pertains to conflict of interest.

The PCB has formed a five-member committee to probe Inzamam's role in the company - Yazoo International -- where he shares the same agent who manages captain Babar Azam, pacer Shaheen Shah Afridi and wicketkeeper-batter Mohammad Rizwan.

As a result, in the middle of the World Cup, Inzamam was forced to send his resignation to the PCB.

National School Games From Today At Bakshi Stadium



Abid Bhat/KO

Observer News Service

SRINAGAR: The 67th National School Games in Football and Volleyball are set to begin today, Tuesday, October 31, at Bakshi Stadium here.

The National School Games will witness competitions in Under-19 Football and Under-17 Volleyball. J&K LG Manoj Sinha will inaugurate the event with an opening ceremony at 10:30 AM.

The Department of Youth Services and Sports J&K is hosting

this event in Srinagar. The department held a press briefing on Monday and outlined its goals for the smooth conduct of the National School Games.

The competitions will go on till November 4.

Run For Unity Today

The J&K Sports Council is set to hold "Run For Unity" today. The event will start 9:00 AM from Bakshi Stadium. LG Manoj Sinha will be the chief guest on the occasion.

SRINAGAR PREMIER LEAGUE

Kashmir Avengers Beat Real Kashmir Reserves 3-1

Observer News Service

SRINAGAR: In the lone 2023 Srinagar Premier League game played on Monday at Bakshi Stadium, Kashmir Panthers FC defeated Real Kashmir FC (Reserves) 3-1.

The game got off to a quick start as Real Kashmir took the lead in the 7th minute through Afnan. However, the Avengers equalised through Saadat in the 31st minute. With the scores even at half time, both teams had everything to play for in the second half.

Kashmir Avengers took control of the second half after Wahid gave them the lead in the 62nd minute. Zahid put the game to bed in the 82nd minute to give Kashmir Panthers FC a 3-1 win over Real Kashmir (R). Wahid was named man of the match.

With the 67th National School Games being held in Srinagar, the Premier Division announced that the matches will be put on a halt.

"Due to the National School Games from November 1, all the grounds viz Bakshi Stadium, Synthetic Turf TRC and



Image via DFA Srinagar

Gindun Ground have been closed," the league said in a statement.

As per the statement, the 2023 Srinagar Premier League will remain suspended till November 1. The new round of fixtures will be announced soon.

The league also release the latest standings after Round 18. Downtown Heroes FC lead the table with 49 points from 17 games. The Heroes remain undefeated, winning 16 and

drawing once. J&K Bank FC is second on the table, taking 43 points from 17 matches. J&K Bank has won 14, lost twice and drawn once.

Ali Jana FC is third with 43 points from 20 matches. Syed Tajuddin FC is fourth, accumulating 41 points from 18 games. The only other undefeated team in the tournament, FC1, is 8th with 37 points from their 17 games, winning 10 and drawing 7.

J&K Beats Chhattisgarh, Enters U-16 Cricket Final



Observer News Service

SRINAGAR: The Under-16 J&K cricket team secured a place in the finals of the 3rd Balramji Das Tandon Multi-Day Cricket Tournament for the first time after beating Chhattisgarh in Chandigarh on Sunday.

Chhattisgarh batted first and put up a first innings total of 205. Aryavart Singh 54 (109) top scored for Chhattisgarh. For J&K, Irfan Ashraf, Saksham and Manivya picked up 2 wickets each.

In their reply, J&K made 264/7 in the allotted 90 overs to win the game via a first innings lead. Shourya

Chouhan 94 (133) was the top scorer for J&K, while Rahul made 47 (94). Zaid Mufti scored 36 runs and Manivya chipped in with 26. Shubh Singhvi and Mohd Faiz Khan took 2 wickets each for Chhattisgarh.

J&K will now face Punjab in the finals. Punjab defeated Goa in the semi-final.

The final will be played on October 31 at DAV College, Sector 10, in Chandigarh.

The Under-16 J&K Cricket team is led by Sameer Khajuria as Head Coach, Zahoor Sofi as Manager, Muzaffar Mattoo as Coach, Amit Bargarotia as Strength and Conditioning Coach and Dr. Amir Malik as Team Physio.

History Is Against Ten Hag As He Tries To Turn Man United's Season Around

The Associated Press

MANCHESTER: Erik ten Hag says Manchester United is on the way up. The Premier League table tells a different story.

It must be tough for the United manager to come up with fresh explanations for his team's ever-worsening form. But after Sunday's 3-0 loss to Manchester City the pressure is mounting on him to provide a solution and turn United's season around.

"It hurts a lot," he said. "Now you have to deal with it. Accept it, how it is, and, in 24 hours, you have to get up and go for the next game."

That next game is against Newcastle in the League Cup on Wednesday. It is a repeat of last season's final, which United won as Ten Hag ended the club's six-year wait for a trophy and delivered silverware in his first year in charge.

Those were happier times for the Dutch coach, who enjoyed an impressive first season, which also included Champions League qualification and a second final - the FA Cup, which United lost against City.

Now Ten Hag, who was hired after leading Ajax to three Dutch league titles, faces a fight to stop United's campaign from unravelling after a miserable start.



The numbers do not make for good reading.

United has lost five of its 10 league games, which is the most defeats the club has suffered at this stage of a campaign since 1986.

In a season when Ten Hag was supposed to mount a title challenge, his team is already 11 points off the leader, Tottenham, and eight adrift of Champions League qualification.

Erling Haaland's two goals on Sunday, made it 11 in the league for the Norway striker this term, which is the same as the entire United team has managed so far.

Rasmus Hojlund, an \$82 million signing in the offseason, is yet to score in the league after

seven games. While United fans jeered as the Dane was substituted against City, those boos were in response to Ten Hag's decision to take him off, rather than any dissatisfaction with the striker.

That is just another problem for the manager, who is having to listen to jeers from his own fans with increasing regularity.

He says he understands their frustration and there is still the sense that he has their backing. But he is the latest manager to struggle under the weight of expectation at a club that has been in decline since Alex Ferguson retired in 2013.

Ten Hag is the fifth permanent appointment since then, following in the footsteps of David Moyes, Louis van Gaal, Jose Mourinho and Ole Gunnar Solskjaer.

With the exception of Moyes, who was fired after just nine months in the job, all of those managers enjoyed positive spells that gave rise to hope they could restore United to its former glories. And each of them paid the price when things went wrong.

There has been no suggestion that Ten Hag's position is under threat and reports even claim prospective investor Jim Ratcliffe sees him as a key figure going forward.

Yet plans at United have a habit of changing quickly. Moyes was shown the door less than a year into a six-year contract.

Van Gaal had a season to run on his deal when replaced by Mourinho, who was fired 11 months after signing a two-and-a-half-year extension.

Solskjaer was given three more years in July 2021, but lasted just four more months in

the job.

The appointment of Ten Hag was part of a long-term plan for United under the vision of football director John Murtough, who has attempted to improve the club's recruitment strategy after billions of dollars have been spent on underperforming players.

That plan is being tested as results on the field continue to go in the wrong direction, despite hundreds of millions more being spent. And with Ratcliffe wanting to take charge of soccer operations if his bid for a minority stake in the club is successful, it is not known what route he will want to take or how that could impact Ten Hag and Murtough.

Uncertainty surrounding United's ownership has been just one of the unhelpful distractions Ten Hag has had to contend with since taking over last year, with issues surrounding Cristiano Ronaldo, Mason Greenwood and Jadon Sancho among other concerns.

It has been a harsh introduction to life at one of the most famous soccer clubs in the world, where drama never feels too far away.

Ten Hag, however, was hired for his ability as a coach. And that is what he will have to rely on if he is to turn his and United's fortunes around.



Most young people exposed to vaping ads, despite restrictions on ads: Study

NEW DELHI: Despite advertising restrictions in place, at least 85 per cent of respondents of a survey in India, China, Australia and the UK reported being exposed to e-cigarette advertising, especially on social media and in or around vape shops and other retailers.



The World Health Organization (WHO) recommends banning all forms of e-cigarette advertising, promotion and sponsorship.

India has enacted the Prohibition of Electronic Cigarette Act (PECA) 2019, which prohibits the manufacture, sale and advertisements of e-cigarettes and similar devices.

Four thousand people in the age group of 15-30 years participated in the survey conducted by the George Institute of Global Health.

The researchers contend that exposure to e-cigarette advertising can alter people's perceptions of the danger and risk involved and further pique their interest, leading to an increase in their propensity to use.

The survey assessed demographic characteristics, e-cigarette and tobacco use, the number of friends and family members who vape, and exposure to multiple forms of e-cigarette advertising.

These included various modes of media exposure such as television, print, radio, and social media.

"In online contexts, exposure was more common for most social media platforms compared to general Internet usage. For example, 50 pc of those from China and 39 pc of those from Australia, India and the UK reported seeing e-cigarette advertising on Douyin and Instagram, respectively, compared to 29 pc seeing e-cigarette advertising when using other parts of the Internet," the study report said.

The research findings have been published in the journal "Tobacco induced diseases".

"For 'in real life' contexts, exposure was most common for vape

shops (48 pc) and supermarkets, corner stores and petrol stations (42 pc)," it added.

The report pointed out that despite advertising restrictions in place in all four countries, large majorities of young people reported being exposed to e-cigarette advertising.

Simone Pettigrew, lead author and Program Director of Health Promotion and Behaviour Change at The George Institute said "Digital forms of e-cigarette promotion are particularly difficult to monitor and control, and the vaping industry is exploiting this opportunity to target young people."

Social media and advertising on or around vape shops and other retailers appear to be key expo-

sure locations. Urgent attention is needed to address these forms of exposure given their apparent association with e-cigarette use, it said.

The results of the present study signal the critical importance of restricting e-cigarette advertising on the exterior of vape stores and other retailers, as this appears to be a primary mechanism via which e-cigarette marketers can reach young people, the report said.

As has been found for alcohol retailing, effective use of signage on and around stores can effectively bypass advertising restrictions to reach vulnerable population groups.

"Regulations need to be carefully constructed and vigilantly enforced to prevent this exposure," it said.

Exposure to e-cigarette advertising among respondents who had heard of e-cigarettes was assessed across multiple questions, asking them about seeing various ads or promotions, and four options were given as responses.

Descriptive analyses were conducted on those who had heard of e-cigarettes, and a logistic regression analysis was used to identify factors associated with e-cigarette use.

Door opens, lift doesn't arrive, man falls 4 floors to death in Jharkhand

Agenceis

RANCHI: A man was found dead in Ranchi after he stepped into thin air through the door of an elevator duct and fell four levels into the basement as the platform hadn't arrived.

According to Superintendent of Police, Ranchi, "The deceased, identified as Shailesh Kumar died after he fell in the shaft of the lift."

Giving information about the incident, the SP said, "The deceased on Friday pushed the lift button on the fourth floor to reach the ground floor. After which, the lift door immediately slid open. Unaware of the fact that the platform of the lift hadn't arrived, Shailesh entered the elevator duct and fell four floors down to ground in the shaft."



The security guard at the building, Praveen Kumar, said that there were massive noises. Everyone rushed to rescue him, but Shailesh succumbed to his injuries and died on the spot.

The official further said that

the lift has been sealed since then. A formal complaint has been lodged at the local police station.

"We are investigating the matter, further details into the matter are awaited," said the official.

15 million people suffer stroke worldwide a year: WHO

Agenceis

GUNTUR: Strokes are one of the leading causes of death and disability worldwide, yet they are widely misunderstood. A data of World Health Organisation reveals that annually, as many as 15 million people worldwide suffer stroke. Of these, five million die and another five million are left permanently disabled.

Few experts believe that making slight changes in daily habits and adopting a healthy lifestyle reduces the risk of brain stroke by 90 per cent. Every year, October 29 is celebrated as World Stroke Day to create awareness among the people about the serious effects of strokes as well as what measures can be taken to minimise the burden of this life-threatening condition.

Emphasising over the need of awareness among the people about the timely detection and treatment of this life-threatening condition, Dr Vijaya, director of Ankineedu Stroke Centre of Lalitha Super Speciality Hospital, and Indian Stroke Association president stated that about 90 per cent of strokes are associated with ten risk factors, including hypertension, heart disease, smoking, diabetes, sedentary lifestyle, high cholesterol, obesity, stress, alcohol, and unhealthy diet. These conditions increase the chances of developing clogged arteries or blood clots that can lead to strokes.

"Despite being one of the leading causes of death and disability worldwide, strokes remain wide-

ly misunderstood by people," she added. Many people think that a stroke is a condition related to the heart. However, it is a condition that affects the brain and its normal functioning too.

A stroke occurs when oxygenated blood that flows to certain parts of the brain is blocked, due to which the brain cells stops functioning, leading to many signs and symptoms like paralysis in some parts of the body, especially face, leg, and arm, and can cause disabilities like mental confusion, difficulty in speaking, headaches, difficulty in walking and many more.

Dr Vijaya maintained that regular exercise has been proven to reduce the risk of stroke and adopting a balanced diet can make a significant difference in preventing strokes. Engaging in activities such as meditation, yoga, or regular leisure time pursuits can help alleviate stress levels and ultimately decrease the likelihood of experiencing a stroke. By incorporating these preventive measures into daily routine, the chances of suffering from debilitating stroke can be significantly decreased.

Lalitha Hosp sets up free screening camp

A free stroke screening desk was set up at Lalitha Hospital, and pocket cards were issued to assess the risk of stroke in every individual. Along with this, CME was conducted on stroke management for PG students, physicians, and neurologists.

To drive away snake, family ends up burning house in UP's Banda



BANDA (Uttar Pradesh): A family attempted to drive away a cobra from their home with smoke by burning cow dung and ended up setting their own house on fire, the police said.

The incident took place in Banda district on Sunday (October 29, 2023) when the family spotted a cobra in their home.

To drive away the snake, the family started burning cow dung to create smoke but the fire spread, engulfing the entire house.

The family's cash, jewellery and several quintals of grain were reduced to ashes.

Rajkumar, who works as a labourer in Delhi, lived in the house with his wife and five children. The loss is estimated to be in lakhs, including the family's lifetime savings and possessions.

Upon getting information, the local police and fire brigade teams rushed to the scene and managed to control the fire. The Revenue Department was also informed and is currently assessing the extent of the damage.

A police official said, "The family members are saying that they were trying to smoke out a snake. Further action is being taken in the matter."

THE OTHER SIDE

WATCH
Dr Karan Singh,
Former Sadr-e-Riyasat
On Kashmir Observer

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

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