

V K Birdhi Is New IGP Kashmir

Vijay Kumar Appointed ADGP Law & Order

Srinagar: Senior IPS officer V K Birdhi was appointed as the Inspector General of Police (IGP), Kashmir zone, on Tuesday.

Birdhi, a 2003-batch Indian Police Service officer of the AGMUT cadre, will be taking over from Vijay Kumar who has been appointed as ADGP Law and Order Jammu and Kashmir.

In an order, the J&K administration said Birdhi has been posted as the IGP Kashmir.

In addition, **More on P10**

Mobile Internet Suspended In Parts Of Pulwama

Press Trust Of India

Srinagar: Mobile internet has been suspended in parts of Pulwama district of Jammu and Kashmir for security reasons, officials said on Tuesday.

Directions to the Telecom Service Providers to suspend mobile data services in Wampora and Hunipora areas of the south Kashmir district were issued by Vijay Kumar, Additional Director General of Police (ADGP), Kashmir Zone, the officials said.

The ADGP's order mentions the possibility of mobile **More on P10**

Drug Abuse Among Youth Rising Day By Day: Govt To Court

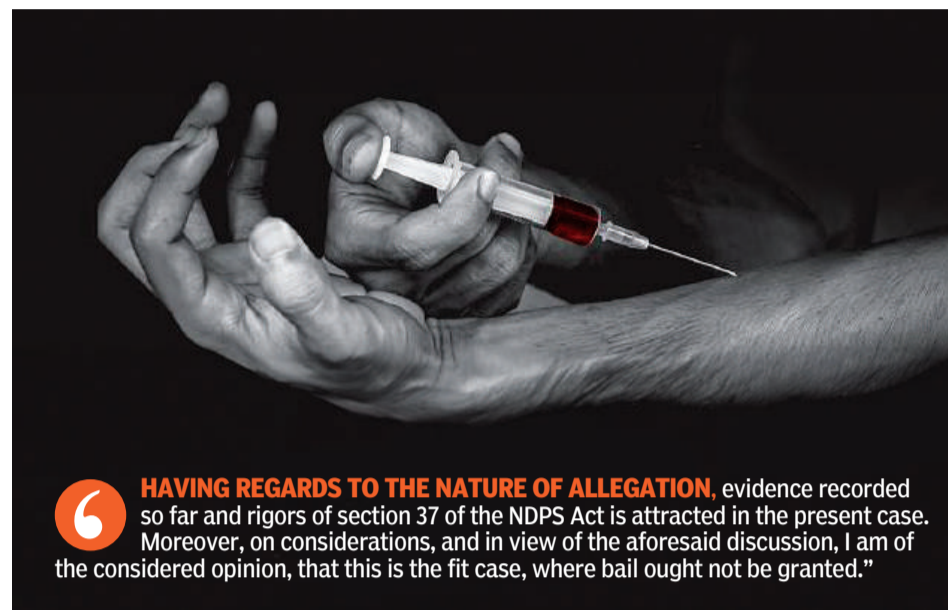
Bail Plea Of 3 Drug Peddlers Rejected

M Ahmad

Srinagar: Amid government's contention that use of drugs by the young people is increasing day by day, a court here on Tuesday rejected bail application of three persons accused of drug peddling in Kashmir Valley.

The trio had been arrested in 2020 with 21 bottles of Welcycex, which according to the court falls within the commercial category of contraband drugs.

"Having regards to the nature of allegation, evidence recorded so far and rigors of section 37 of the NDPS Act is attracted in the present case. Moreover, on considerations, and in view of the aforesaid discussion, I am of the considered opinion, that this is the fit case, where bail ought not be granted," said 1st Additional Sessions Judge,



HAVING REGARDS TO THE NATURE OF ALLEGATION, evidence recorded so far and rigors of section 37 of the NDPS Act is attracted in the present case. Moreover, on considerations, and in view of the aforesaid discussion, I am of the considered opinion, that this is the fit case, where bail ought not be granted."

Srinagar, Khursheed-ul Islam.

"The applicants/accused persons have failed to carve out a case for bail in their favour and, if they are granted bail at this stage there is every apprehension that the accused persons will repeat the offences," the court said and

rejected bail application by Suhail Yousuf Sheikh, Muneer Ahmad Dar and Mohammad Magbool Dar.

The court said that the ultimate purpose while interfering in the bail under section 37 of the NDPS Act is not to record an observation of not

guilty even at the initial stage. "It is for the limited purpose essentially confined to the question of releasing the accused on bail that the court is called upon to see if there are reasonable grounds for believing that the accused is not guilty and records its

satisfaction about the existence of such grounds," the court said, adding, "The court has not to consider the matter as if it is pronouncing a judgment of acquittal and recording a finding of not guilty."

The court said that it may even consider bail plea of the accused in case of commercial quantity provided innocence of the accused on the basis of material is disclosed. "But this is not the case of the applicants/accused persons, rather they have committed a serious offence."

Earlier the prosecution said that the use of the drugs by the young people is increasing day by day and as such is weakening the society and nation.

"In such circumstances the Hon'ble Courts have to safeguard the interests of the society & to play their respective role in preventing the illicit trafficking of narcotic drugs & psychotropic substances to combat the menace and to curtail the liberty of such elements who are involved in such trade/activities in the interests of society at large."

SEIZURE OF JOURNALISTS DEVICES SC Asks Centre To Frame Guidelines

Press Trust Of India

New Delhi: The Supreme Court on Tuesday asked the Centre to put in place guidelines on seizure of electronic devices like phones and laptops of individuals, particularly media professionals, while terming it a serious matter.

A bench of Justices Sanjay Kishan Kaul and Sudhanshu Dhulia conveyed their concern to Additional Solicitor General (ASG) S V Raju, who was representing the Centre, about the sweeping powers of probe agencies.

"Mr Raju, I find it very difficult to accept that some kind of an all-within power which the agencies have, this is very, very dangerous I think," Justice Kaul observed.

The bench was hearing two petitions, including the one filed by 'Foundation For Media Professionals', seeking comprehensive guidelines for search and seizure of digital devices by the investigating agencies.

The counsel, appearing for one of the petitioners, said the issue raised was of seminal importance as there were no guidelines with regard to when and how will the probe agencies seize electronic devices.

Raju said complicated legal issues have been raised in the matter and he **More on P10**

Govt To Conduct Land Audit Of Industrial Estates In J&K

Exercise To Begin With Pilot Projects

Agencies

Srinagar: In a significant move, the Jammu & Kashmir government has decided to conduct a land audit of industrial estates in the Union Territory.

To begin with, the UT administration would carry out land audits of two industrial estates-one each in Kashmir and Jammu-on the pilot basis.

Official documents reveal that the Department of Industries & Commerce has constituted two committees headed by the respective Joint Director (Development) Industries & Commerce for the exercise.

The committees would comprise of concerned functional manager, concerned industrial promotion officers/ block investigator, concerned Estates

Manager SIDCO and concerned Estates Manager SICOP.

The committees have been directed to begin their exercise with pilot projects of Industrial Estate Bari Brahmana in Jammu and Industrial Estate Lassipora, Pulwama in Kashmir.

The panels would approach their respective regional directors of land division for their support and assistance of both men and machinery, in order to conduct the exercise in a time-bound manner.

According to the Department of Industries & Commerce, the committees shall submit its audit report of pilot projects within one month along with specific recommendations.

As per official documents, 67 industrial estates developed by SIDCO and SICOP **More on P10**

Power Woes Continue To Haunt People In Kashmir

Auqib Javeed

Srinagar: The people in Kashmir continue to face the brunt of frequent power cuts, despite the Power Development Department (PDD) purchasing 500 megawatt electricity from Uttar Pradesh government to meet the increasing demand of consumers with the onset of winter season.

The erratic power supply has also evoked sharp criticism from Valley's trade association, businessmen, industrialists,

besides major regional political parties.

According to reports, most parts of the Valley are experiencing erratic power supply and unscheduled power cuts at a time when mercury has started falling gradually with changing weather. The irregular electricity supply has been reported equally from both metered as well as unmetered areas of the Valley, including this capital city.

"The administration has failed to provide us with adequate power supply

despite timely payment of bills by the consumers. Even the power department is not sticking to its own curtailment schedule," said Farhad Ahmad, a resident of uptown Batamalo.

The situation, he said, is worse during morning and evening hours when **More on P10**

THE CURRENT CURTAILMENT SCHEDULE FOR METERED AREAS IS 4:30 HOURS while non-meters face a six hour power cut. However, in some areas the curtailment goes beyond that schedule depending on the availability of electricity."

TRIPLE TERROR ATTACKS

Police Announces Rs 10L Reward For Tip-Off

Press Trust Of India

Srinagar: Jammu and Kashmir Police Tuesday announced a reward of Rs 10 lakh each for information on the three recent targeted attacks by militants in the valley in which a cop and a non-local labourer were killed.

In a public notice, the police announced a reward of Rs 10 lakh each for credible information about the terrorist attacks that took place on three consecutive days from October 30.

On October 29, police Inspector Masroor Ali Wani was critically injured when a lone terrorist shot at him while he was playing cricket in the Eidgah playground here.

The next day, a non-local



labourer Mukesh Kumar was shot dead in the Trumchi Nowpora area of Pulwama. A day later, Head Constable Ghulam Mohammad was shot dead outside his

residence in the Wailoo Kralpora area of Baramulla.

"Information about the attacker or his associates or helpers or harbourers **More on P10**

Delay In Delivery Of Services

Govt Starts Penalty Proceedings Against 55 Officers

Observer News Service

Jammu: LG administration has initiated penalty proceedings against 55 officers for delaying delivery of various services in the Revenue Department.

These details were shared in a meeting chaired by Chief Secretary, Dr Arun Kumar Mehta with Administrative Secretaries here in which he also took stock of activities undertaken during the course of vigilance week, an official spokesperson said. Director General of Police, Deputy Commissioners and SSPs of all districts also attended

the meeting

During the meeting, he said, it was revealed that the Anti-Corruption Bureau (ACB) has been working tirelessly in recent years to strengthen the punitive measures against corruption, resulting in the successful prosecution of 142 out of a total of 276 FIR-registered cases since 2021.

"The bureau has also been vigilant in registering 121 trap cases and 29 Disproportionate Assets (DA) cases against corrupt officials in the UT," he said.

During the meeting, the spokesperson **More on P10**

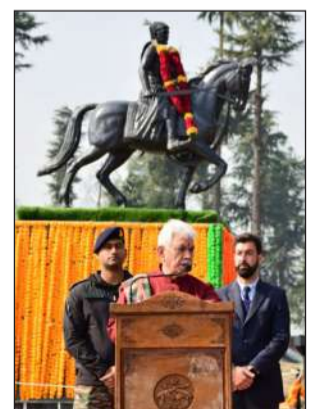
LG Unveils Maratha Leader Shivaji's Statue In Kupwara

Calls For Celebrating Chhatrapati Shivaji Maharaj Festival In Kupwara On Nov 7 Every Year

Observer News Service

Kupwara: Terming Chhatrapati Shivaji Maharaj as a born leader, who scripted a new history of India through his mesmerizing victory against the enemy, Lieutenant Governor Manoj Sinha on Tuesday called upon the youth to follow Shivaji's ideals of morality, right conduct and respect for all religions and sects.

"Chhatrapati Shivaji Maharaj was also the fountainhead of high standards of morality, right conduct and respect of all religions and sects. Youth must follow his



initiative. He said the statue of Great Shivaji will be a source of **More on P10**

S H O R T T A K E S

Soldier Dies Near LoC In Poonch



A soldier died during duty along Line of Control in Poonch district on Tuesday, officials said. They said the soldier, Naik Rohan Patel, fell unconscious, while moving towards drill. Thereafter, the soldier was immediately evacuated to hospital, where he was declared dead. (GNS)

3.5 Magnitude Quake Hits Kishtwar

An earthquake measuring 3.5 on the Richter Scale hit Kishtwar district of Jammu and Kashmir on Tuesday. According to the National Center for Seismology (NSC), the earthquake occurred at 6.52 pm on Tuesday. The NCS further said that the epicentre of the quake was 215 km north of Ayodhya at a depth of 10 km. "Earthquake of Magnitude 3.5, Occurred on November 7, 18:52:12 IST, Lat: 33.38 N & Long: 76.59 E, Depth: 10 Km, Region: Kishtwar, Jammu and Kashmir," it said.

Security Beefed Up At Delhi's IGI Airport

Security has been strengthened at the Indira Gandhi International airport here amid the festive season, said an official on Tuesday. The Central Industrial Security Force (CISF) is responsible for security at the airport while the Delhi Police handles the law and order outside the airport. According to the Delhi Police, security has been enhanced in and around the airport. Patrolling has been intensified while the number of personnel deployed for checking passengers **More on P10**

4 Loaded Magazines Seized In Samba

Four loaded magazines along with some loose live rounds were recovered from a pond in Jammu and Kashmir's Samba district on Tuesday, officials said. The recovery was made from Jakh village along the Jammu-Pathankot highway during cleaning of the roadside pond, they said. Senior Superintendent of Police, Samba, Benam Tosh said the rusted condition of the magazines and the bullets suggest they were dumped in the pond a long time back. **More on P10**

Charge Sheet Filed Against Two OGWs

Police on Tuesday filed a charge sheet against two persons affiliated with proscribed group Hizbul Mujahideen in a case related to their alleged terror activities in Kishtwar district of Jammu and Kashmir this year, an official said. The charge sheet against Mohd Yousuf Chouhan and Mohd Amin was filed at the fast-track court of NIA in Doda district. The case was filed under the Unlawful Activities Prevention Act (UAPA), he said. Mohd Yousuf **More on P10**

Lion Couple To Reach Jambu Zoo Today

A pair of Asiatic lions, a male and female adult individuals aged 3.7 and 2.7 year, is slated to reach Jambu Zoo on Wednesday. The Department of Wildlife Protection informed that the lion pair is being brought to the UT on the direction of Lieutenant Governor, Manoj Sinha. The Asiatic Lion pair, being brought from Gujarat, is an endangered species as per the IUCN. At present, Asiatic Lion wild population is confined only to the state of Gujarat which has donated **More on P10**

Devoted Potter From Srinagar Crafts Traditional Lamps For Diwali

Observer News Service

Srinagar: A dedicated potter, Muhammad Umer Kumar, these days is busy making traditional earthen lamps – diyas – in preparation for the upcoming Diwali festival.

Umer, a resident of Nishat, has been following his family's pottery tradition. A skilled artisan with a passion for his craft has been a beacon of creativity in the Nishat community for years.

As the 'festival of lights' approaches, he has doubled his efforts to ensure that the celebration is illuminated by his meticulously designed diyas.

Inspired by the rich cultural heritage of the region, his diyas are a testament to the artistry and craftsmanship that has been passed down through generations. "Each diya is created with the utmost care, moulded with precision, and adorned with intricate designs that capture the essence of Diwali," Umer said.

Umer's commitment to

preserving traditional methods is admirable. "I use locally sourced clay and natural dyes to ensure that these diyas are not only eco-friendly but also a tribute to the environment," he said, adding that this eco-conscious approach resonates with those who appreciate sustainable practices.

He added, "Locals and tourists alike eagerly anticipate my handcrafted Diyas each year, making my small shop a hub of Diwali shopping. Last year, we received an order of 15,000 diyas, and this year we have boosted production 20 days in advance, preparing 20,000 in total, among which we have already sold more than 8 thousand, and we are preparing more for Diwali."

Umer said the art of pottery was dying in Kashmir, as people were using plastic and other materials, but with this year's Diwali, he is hopeful this art will gain a further boost.



As Diwali also called as festival of lights nears, a young potter from Srinagar makes earthen lamps (diya's) in preparation for the upcoming festival. KO Photo, Abid Bhat

Shooting For Multilingual Kashmiri-Kannada Movie Begins in Srinagar

Observer News Service

Srinagar: An excitement is in the air, as the shooting for a unique Kashmiri-Kannada multilingual film has officially started in Srinagar.

The cinematic endeavor has brought together artists from Kashmir and the culturally rich state of Karnataka on a single platform to showcase their talent.

The film, a celebration of cultural diversity, brings together the rich and vibrant talents of two distinct regions, as it promises to be a visual treat for cinema enthusiasts, showcasing the rich tapestry of Kashmiri and Kannada culture on the screen.

Similarly, the project has generated a buzz not only for its artistic aspirations but also for the locals as well, who are excited to see the cross-cultural collaboration in the film industry.

The artists of the movie from Karnataka were delighted

saying the film depicts how two cultures come to Kashmir and live harmoniously and peacefully in the valley, while they find the theater, culture, and everything to be stunning, and they consider Kashmir as the real heaven on earth.

Ashok Kashap, a cinematographer, director, and producer of the movie, told KNO that he possesses the script and is also directing this multilingual movie titled 'Harmukh'. The shooting is taking place under a new banner, '4 chinar', and they aim to present something new to the world under '4 chinar productions.'

"I am feeling very happy, and the administration here is very cooperative, granting permissions easily and quickly. I am thankful to them for their support, while the atmosphere here is wonderful, and I am very happy and excited to shoot the movie here," he added.

Furthermore, Dr. Seeta Kootay, a dancer and actor from Bangalore, said the movie explores the love and the relation-

ship between a Kashmiri family and a South Indian family.

She represents the South Indian family, while expressing her love for Kashmir, appreciating its outstanding and glorious beauty.

She added that as an actor and artist, being here and acting in this place is a wonderful feeling that she can't express in words.

Secretary of Tourism Dr Abid Rashid Shah said that the shoot of the bilingual movie today includes actors from Kashmir and the South. "As the Jammu Kashmir tourism sector has experienced a significant increase in tourist presence, this film tourism is an important segment that will further boost JK's tourism industry," he said.

Dr Shah added that from the '70s to the '90s, no movie was complete without scenes from Jammu and Kashmir, and the movie shooting represents a step toward reviving that era collectively.

Omar Interacts With IIMUN Participants At Nawa-e-Subha

Observer News Service

Srinagar: The Jammu and Kashmir National Conference Vice President Omar Abdullah on Tuesday interacted and felicitated scores of students under the aegis of India's International Movement to United Nations, which is the world's largest youth-run, non-profit organization.

Party's General Secretary Ali

Mohammad Sagar, Additional General Secretary Dr. Sheikh Mustafa Kamal, Provincial President Kashmir Nasir Aslam Wani Sogami and Political Advisor to Vice President Mudassar Shahmiri were also present on the occasion.

On the occasion the visiting students subjected the party VP to the host of questions on various subjects. The discussion veered from issues such as education, entrepreneurship, politics and his-

tory and candid queries about his likes and dislikes.

Speaking to the rapt audience of students present on the occasion, Omar said such interactions will broaden the horizons of students and allow them to learn from the experiences of people around the globe. He congratulated the management of the organization and appreciated the poise and questions of the students on the occasion.

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJBERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR
23 Rabi-ul-Sani
1445

PRAYERS	
FAJR	5:31
ZUHR	12:14
ASR	3:55
Magrib	5:35
ISHA	7:57

This Day In History

- 1923 Adolf Hitler and the Nazi party stage "Beer Hall Putsch" in Munich.
- 1932 - Amidst the Great Depression, Democrat candidate Franklin D. Roosevelt is elected President of the United States, defeating Republican incumbent Herbert Hoover
- 1942 - Adolf Hitler proclaims fall of Stalingrad from Munich beer hall
- 1942 - Vichy-France drops diplomatic relations with US
- 1943 - France arrests government of Lebanon after they abolish the French mandate
- 1950 - A US aircraft shoots down a North Korean jet in the Korean War, the first jet-to-jet dogfight in history
- 1956 - UN demands USSR leave Hungary
- 1957 - Great Britain performs atmospheric nuclear test at Christmas Island
- 1960 - John F. Kennedy is elected President of the United States, defeating Republican candidate Richard Nixon who was the incumbent Vice President
- 1964 - IMF grants Great Britain credit of \$1 billion
- 1965 - British Indian Ocean Territory formed
- 1965 - Vietnam War: US, Australian and New Zealand forces launch Operation Hump, a search-and-destroy operation near Bien Hoa in South Vietnam
- 1980 - Voyager 1 space probe discovers 15th moon of Saturn
- 1983 - STS-9 vehicle again moves to launch pad
- 1984 - STS 51-A mission launches
- 1987 - Australia beat England by 7 runs to win cricket World Cup
- 1988 - 900 die as earthquake hits China
- 1988 - Vice President George H. W. Bush is elected President of the United States, defeating Democrat candidate Michael Dukakis
- 1990 - Saddam fires his army chief & threatens to destroy Arabian peninsula
- 1990 - Unconfirmed rumors emerge that Bush might announce an airlift of supplies to US embassy in Kuwait, which could ultimately trigger a military clash

From KO Archives

Activists Torch TV Sets In Pak

AGENCIES

ISLAMABAD- The little-known Islami Jirga on Monday publicly burnt 11 television sets by describing them as a source of obscenity in the Pakistani city of Mardan. Over 2,000 curious onlookers had gathered in the Bagh sports ground following public announcements about the burning of television sets. It was a mixed group of people and not all of them supported what was put on display for them.

The television sets were brought in a pick-up covered with yellow curtains. The / Islami Jirga activists piled up the sets, each inscribed with an Urdu slogan, before showing them the torch amid chants of Allah-o-Akbar.

Some of the slogans said the television was a devil's box, source of obscenity, a threat to faith, a danger for pious women. One of the slogans written on a television set vowed to foil the Jewish conspiracy against Islam.

Before burning the sets, an Islami Jirga activist, Mohammad Salim, described television as a source of obscenity and felt it was misleading the youth, particularly girls. He lashed out at the cable television and termed it as a threat to the culture, traditions and morals of the Muslims.

(Kashmir Observer, November 08, 2000)

DL LOST

I have lost my driving License bearing registration No. JK-0120010033076 while travelling from Sheri Butt Zadibal to Lal Chowk Somewhere.

Now I want to apply for its duplicate. If anybody having any objection in this regard may contact to the concerned authorities within a period of seven days after publication of this notice. After that no objection will be entertained.

AGA SYED AIJAZ HUSSAIN
S/O AGA SYED ALTAF
R/O SHRI BHAT NOWSHARA,
SRINAGAR

Jammu & Kashmir Bank Limited

M. A. Road, Srinagar - 190 001
Tel: (0194) 2481930-35 Fax: (0194) 2481928
Visit us at: www.jkbank.com
CIN: L65110JK1938SGC000048

Possession Notice

Notice under Section 13 (4) of the SARFAESI ACT, 2002 read with Rule 8 (1) of the Security (Enforcement) Interest Rules, 2002

Whereas Mr. Asaf Rasool Kanue, as the Authorized Officer of the Jammu & Kashmir Bank Limited under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest (SARFAESI) Act, 2002 and in exercise of powers under section 13(2) of the said Act read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued Demand Notice dated 28.09.2022 thereby calling upon the Borrower namely Mr. Iqbal Hussain Kawa S/o Ghulam Mohammad Kawa R/o Satbooni, Lal Bazar Srinagar, guarantors namely (1) Mr. Tabish Ahmad Kawa S/o Ghulam Nabi Kawa R/o Nawab Bagh, Baghwanpora, Lal Bazar Srinagar (2) Mr Zameer Ahmad Kawa S/o Ghulam Nabi Kawa R/o Nawab Bagh Baghwanpora Lal Bazar Srinagar to repay an amount of Rs. 19,82,899.73 (Rupees Nineteen Lakh Eighty Two Thousand Eight Hundred Nine & Paise Seventy Three Only) being the balance outstanding as on 31.08.2022 in the accounts of the Borrower, within 60 days from the date of the said notice together with the future interest and other charges thereon.

The said borrower having failed to repay the said amount, notice is hereby given to the said borrower in particular and the public in general that ASMAT ARA the undersigned being authorized officer of the J & K Bank Ltd. has taken Symbolic possession of the mortgage property described herein below, in exercise of the powers conferred on me under section 13 (4) of the said Act read with Rule 8 of the said Rules, on this the 2nd Day of November of the year 2023.

The said borrower in particular and the public in general are hereby cautioned against dealing with the said property in any manner whatsoever and any dealings with the said property will be subject to the charge of the J&K Bank Limited for the amount in aggregating to Rs. 20, 54,669.73 (Rupees Twenty Lakh Fifty Four Thousand Six Hundred Sixty Nine and Paise Seventy Three Only) together with future interest thereon from 01.10.2023 and other charges incurred or to be incurred.

The borrowers attention is invited to the provisions of Sub-section (8) of Section 13 of the Act, in respect of the time available, to redeem the secured assets.

Description of the Immovable Property
(As per the schedule provided in mortgage deed/latest particulars including any accreditations)

- Equitable Mortgage of land measuring 04 marlas along with single storied residential house falling under Khasra No. 589 min of Khata No. 802 and Khawat No. 52 situated in Estate BaghatiShoorah Tehsil Eidgah and District Srinagar standing in the name of Mr. Iqbal Hussain Kawa S/o Ghulam Mohammad Kawa R/o Satbooni Lal Bazar

(Asmat Ara)
Authorized Officer

Place: Srinagar
Dated: 02.11.2023

Abbas Ads.

PUBLIC NOTICE

I have applied for the issuance of DOB certificate for my ward namely .Faisal abass bhat (DOB: 07_05_2013) If anybody is having any objection in this regard he/she may file his/her objection in the office of the block development officer sherabad within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Showkat Ahmed bhat
R/o Malmooch

NORTHERN RAILWAY

E-Tender Notice

The Senior Divisional Commercial Manager, Northern Railway, Firozpur for and on behalf of President of India invites E-Tender from eligible and registered bidders for the following works over Firozpur Division:

S N	E-Tender No.	Dated/Time of opening	Description
1	ET-CTG-ASR70-23-1	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 70 on contract at Railway Station Amritsar.
2	ET-CTG-ASR45-23-2	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 45 on contract at Railway Station Amritsar.
3	ET-CTG-ASR09-23-3	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 09 on contract at Railway Station Amritsar.
4	ET-CTG-ASR53-23-4	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 53 on contract at Railway Station Amritsar.
5	ET-CTG-ASR10-23-5	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 10 on contract at Railway Station Amritsar.
6	ET-CTG-ASR30-23-6	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 30 on contract at Railway Station Amritsar.
7	ET-CTG-ASR54-23-7	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 54 on contract at Railway Station Amritsar.
8	ET-CTG-ASR73-23-8	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 73 on contract at Railway Station Amritsar.
9	ET-CTG-JUC55-23-9	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 55 on contract at Railway Station Jalandhar City.
10	ET-CTG-JUC56-23-10	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 56 on contract at Railway Station Jalandhar City.
11	ET-CTG-LDH03-23-11	30.11.2023 at 15:00 Hrs	Allotment of Catering stall No. 03 on contract at Railway Station Ludhiana.

Bids will be accepted only through IREPS Portal. For other details and registration, please visit Railway website www.ireps.gov.in 3475/2023

SERVING CUSTOMERS WITH A SMILE

Omar Criticises Construction Of Motorable Road Up To Amarnath Shrine

Says Playing With Environment Not Good

Press Trust Of India SRINAGAR: National Conference (NC) leader Omar Abdullah Tuesday questioned the construction of a motorable road up to the Amarnath cave shrine and said playing with the environment in such a way was not good as it was akin to destroying it. He said the annual pilgrimage to the shrine has been going on for years and there was no need to take vehicles there. "To provide some ease is one thing, but there is a dire need to have a relook at the matter. Taking vehicles to such places is akin to destroying them. Since the yatra has started, people from here have carried the yatis on their shoulders and will continue to do so. Playing with our environment in such a way is not good," Abdullah told reporters here. It has become usual to face some difficulties during the yatra. "When we go for Haj, do we undertake Tawaf in a ve-

hicle? No, we do that on foot. People visit Mata Vaishno Devi shrine for darshan and many go on foot and do not use vehicles, etc.," he said. Vehicles reach the shrine now after the Border Roads Organisation (BRO) completed the widening of the road from Dumail to the Amarnath cave via Baltal base camp in Ganderbal district of central Kashmir. "Courts have given many rulings to save greenbelts. There is no permission to construct anything on the banks of the Dal Lake. Those living in the interiors of the lake are not even allowed to renovate their houses. "There is no permission to renovate hotels in Pahalgam. Work has been stopped in Gulmarg and Sonamarg because of the (concerns of) environment. If Dal, Pahalgam, Gulmarg or Sonamarg has to be protected, then it is not our responsibility to protect the environment near the Amarnath cave?" he asked.

Camera Traps Spot Snow Leopards Outside Kishtwar National Park

Press Trust Of India JAMMU: At least three camera traps have confirmed the presence of snow leopards outside the Kishtwar High Altitude National Park in Jammu and Kashmir, a senior official of wildlife protection department said on Tuesday. The development can ensure proper conservation of the endangered species. The presence of snow leopards was observed in three camera traps set up in the upper reaches of Padder, wildlife warden (Chenab Division) Majid Bashir told PTI. In May, research teams of the department confirmed the presence of snow leopards in the Kishtwar national park through camera trap photographs. Bashir said a total of 48 camera traps were installed in Padder, Gandhari and Machail with the help of Mysore-based NGO Nature Conservation

Foundation and eight of these cameras were retrieved recently with three of them confirming the presence of snow leopards in Padder area. "This is for the first time that the presence of snow leopards was captured in camera traps outside the national park," Bashir said. Listed as vulnerable by the International Union for Conservation of Nature (IUCN), snow leopards are mostly found at an altitude between 3,000 and 4,500 metres and have been sighted in the snow-bound areas of the Kishtwar national park and its adjoining areas in Jammu region and parts of central and north Kashmir, besides parts of the Union Territory of Ladakh.

In November 2021, the wildlife department launched a first-of-its-kind snow leopard population assessment expedition under the snow leopard project of the Union environment ministry with focus on identifying the landscape housing the species and challenges for their proper conservation. Bashir, who is also in-charge of the Kishtwar national park, said nine snow leopards are present in the park based on the data gathered through the camera traps. As many as 278 camera traps were placed at 135 locations across the national park before the onset of the winter last year. Over two dozen camera traps captured the presence of the snow leopards, he said.



Wani Asks Cong Cadres To Prepare For All Polls In J&K

Press Trust Of India JAMMU: Jammu and Kashmir Congress chief Vikar Rasool Wani on Tuesday urged the party workers to proactively prepare for elections in the Union territory, whenever they are held, and accused the BJP of "avoiding" polls fearing defeat. In a meeting held here, Wani instructed the Congress' district in-charges, district presidents and leaders of its frontal wings to regularly hold meetings with representatives of panchayats and municipal bodies and take feedback from grassroots workers. "The goal is to ensure that the Congress is well-prepared to face elections and we should

teach the BJP a lesson", he said. He alleged that the BJP was "avoiding the Assembly elections in the union territory because they fear a negative response and potential defeat." Asserting that Congress was committed to contesting all elections with full vigour and thorough preparations, Wani said, "The aim is to defeat the BJP, which has failed to meet the expectations of various sections of society and caused significant hardships." The Working President of Jammu and Kashmir Pradesh Congress Committee, Raman Bhalla alleged the BJP was denying the people of the Union Territory their fundamental democratic rights.

Govt Adds 2000 New Medical Seats To Address Doctors Shortage PHCs Being Upgraded To Level Of SDHs To Bridge Indian Public Health Standards Norms

Agencies SRINAGAR: The government has taken a significant step towards enhancing healthcare services in Jammu and Kashmir by increasing around 2000 medical seats. The move aims to address the shortage of doctors and paramedics in the Union Territory. Several primary health centres are also being upgraded to the level of Sub-District Hos-

pitals (SDHs) to meet Indian Public Health Standards (IPHS) norms, officials said. According to a Vision Document 2047 of the Health Department, the objective is to ensure the availability of quality and affordable healthcare services at the doorstep by rationalizing existing facilities and establishing new ones. Presently, the region boasts a robust public healthcare infrastructure, including over 4100

health facilities. The plan focuses on upgrading existing Primary Health Centers (PHCs) to SDHs to meet IPHS norms. Furthermore, Non-Traditional Public Health Centers (NTPHCs) can be elevated to the level of PHCs, and new Sub Centers will be established in remote and underserved areas, based on the actual requirements arising from population growth, according to the document.

Efforts are being made to achieve full geographical coverage and implement IPHS/NMC norms at various facility levels, starting from the district level, it states, adding that over the past few years, more than 2000 medical seats have been added to improve the availability of doctors and paramedics. The initiatives include increasing MBBS seats from 500 to 1100, adding 26 BDS seats under the Economically Weak-

er Sections (EWS) category in Dental Colleges, introducing 50 PG seats under EWS in Medical Colleges/SKIMS, and approving 38 Dental PG Seats in Dental Colleges. Additionally, 250 Diplomate of National Board (DNB) seats have been approved in SKIMS Soura/Government Medical Colleges/District Hospitals/Sub-District Hospitals, along with 590 B.Sc paramedical seats in seven Medical Colleges and 440 B.Sc. Nursing Colleges.

Back To Village 5 Begins In Jammu And Kashmir

CS Interacts With Visiting Officers And PRIS, Emphasizes Saturation Of Self-Employment Schemes Observer News Service JAMMU: In connection with the fifth phase of the Back to Village program, the Chief Secretary, Dr. Arun Kumar Mehta on Tuesday held an interaction with visiting Prabhari Officers, PRI members, field officers of the line departments and common masses to assess the participation, outreach and feedback regarding various flagship programmes of the Jammu and Kashmir government. During the interaction, the Chief Secretary enquired about the quality of works implemented under various schemes, including Jal Jeevan Mission

(JJM), Mission Youth, Pradhan Mantri Awas Yojana, Amrit Sarovar, Swachh Bharat Mission, self-employment schemes, etc. Dr. Mehta also sought public review of various services at the Panchayat-level such as the quality of education, status of cleanliness, progress under NashaMukt J&K and quality of water supply under JJM. The Chief Secretary impressed upon the Prabhari Officers (POs) to lay special focus on raising awareness on 137 deliverables points that are being prioritized during B2V5 and ensure follow-up actions on the raised demands, besides capturing achievements made so far.

FESTIVAL SPECIAL TRAINS-2023

In order to clear extra rush of passengers during Deepawali and Chhath Puja Festivals, Northern Railway, in association with other zonal railway, has planned to run the following Festival Special Trains as per schedule given below:-

Table with columns: Spl. Train No., Station From, Dept. Time, Station to, Arr. Time, Frequency / Day, Period. Lists various festival special trains with their schedules.

Table with columns: Train No., Station, Time, Frequency, Date. Lists festival special trains passing through the Northern Railway network.

LIST OF FESTIVAL SPECIAL TRAINS PASSING THROUGH NORTHERN RAILWAY NETWORK. Table with columns: Train No., Station, Time, Frequency, Date. Includes contact information for Northern Railway and a logo.

KASHMIR OBSERVERTM

Wednesday | 08-11-2023

Gaza Needs Ceasefire

The world is witnessing an unfolding tragedy of unimaginable proportions in the Gaza Strip. As of November 6, more than 10,000 lives have been lost in the war between a nuclear power and a ragtag militia ruling over two million people inhabiting a land strip 25 miles in length and 7.5 miles in width. The toll includes 4,104 children, making the situation harrowing. What is more, there is no sign of a ceasefire in the near future, even though the US has now begun to ask for a humanitarian pause. But such a pause, if not a ceasefire should begin sooner than later. The situation in Gaza is dire, and the world cannot afford to look away any longer.

Thousands are trapped beneath the rubble, their cries for help going unanswered due to a lack of heavy equipment and machinery to assist in rescue efforts. The number of wounded has surpassed 25,000, and recent Israeli attacks have claimed hundreds of more lives. This should make the great powers realize that the time for meaningful intervention is now.

While Israel justifies its actions as an attempt to eradicate the Palestinian armed group Hamas, the collateral damage to civilians and the humanitarian conditions in Gaza paint a devastating picture. Running low on essential supplies, Gaza's hospitals are struggling to cope with the influx of wounded, with 16 out of 35 hospitals forced to suspend operations. The United Nations reports that over 1.5 million people, more than half of Gaza's population, have been displaced. The basic necessities of life, such as fuel, food, and electricity, are in short supply.

In late October, the United Nations General Assembly passed a resolution calling for an immediate humanitarian truce. The international community has united in its call for an end to the fighting, recognizing the urgency of the situation. However, both Israel and its ally, the United States, have rejected these calls for a humanitarian pause, arguing that such a pause would allow Hamas to regroup. As Israel escalates ground operations and continues its campaign of air strikes, it's the people of Gaza who bear the brunt of this prolonged conflict. The world cannot afford to be spectators in this horrific tragedy.

The ongoing loss of life, the destruction of infrastructure, and the displacement of countless innocent civilians demand an immediate global response. Gaza doesn't just need a pause in ceasefire but a complete truce. If the right to self-defense and revenge was Israel's goals, it has had it seven times more than what the country suffered in the October 7 attack, and which, in turn, stemmed from what Israel has been doing to Palestinians over the years.

OTHER OPINION

On the Conservative Approach to AI by World Leaders

Bletchley Park earned a place for itself in history for being the site where Allied codebreakers worked tirelessly to break the Nazi Enigma Code. Recently, it hosted yet another crucial meeting of the global fraternity to find a way out of another enigmatic threat: Artificial Intelligence. The world's first ever AI Safety Summit at Bletchley Park, which was attended by 28 countries, including, among others, the United States of America, China, Japan, the United Kingdom and India, was unanimous in its decision that global, consensual action is necessary to protect lives and livelihood against the disruptive potential of this new technology. This cautious mood is, in fact, representative of the collective temperament. The US president recently signed an executive order that not only favours the exercising of government oversight on AI but also requires companies to share the test results of new products with federal agencies. The European Union is proposing a case-by-case evaluation of AI on the basis of its invasive character while China has also opted for regulation. Interestingly, business and government seem to be speaking in one voice on the matter: tech titans, fearful of unregulated progress being made in AI laboratories, have called for a six-month freeze on AI development. India, too, seems to have sensed the drift, with the prime minister demanding the expansion of a global framework on ethical AI technologies.

This conservative approach is not unwarranted. It is better to err on the side of caution on an evolving technology than let it run amok in the name of the freedom of application. Incidentally, human society is still bearing the brunt of the latent damages inflicted by social media that has been weaponised by vested interests. It must be borne in mind that the disruptive power of AI is estimated to be much greater than that of social media. But there must also be a fine line in regulation. Otherwise, the beneficial potential of emerging technologies would remain unharnessed. For instance, AI is expected to create new jobs and has revolutionary implications for several sectors, including science, medicine and businesses. World leaders must find a way of maximising the benefits of AI while minimising its deleterious consequences through regular consultation and cooperation.

Telegraph India

Face to Face With Chief Secretary



Chief Secretary with activists and other stakeholders

Dr Raja Muzaffar Bhat

Last weekend, we got a chance to interact with Jammu & Kashmir Chief Secretary Dr Arun Kumar Mehta in Srinagar. This meeting was organised by the Govt in connection with Vigilance Awareness Week which is celebrated across the country between October 30th to November 5th. The Chief Secretary along with a battery of top officers in the Government held separate meetings in Srinagar and Jammu wherein he discussed and deliberated on issues related to good governance, implementation of Right to Information Act - RTI, Public Service Guarantee Act - PSGA and other welfare measures of the Govt. Almost a dozen activists from Srinagar, Budgam and Ganderbal who work on Right to Information (RTI) and its implementation, and I along with my associates representing the Jammu & Kashmir RTI Movement, explained in detail the measures taken by the Government in the last 3 years on ensuring good governance in J&K.

I appreciated J&K for the digitization of Land Revenue records, providing adequate funding to village panchayats, organising Back to Village programmes, opening of Jan Aushadhi centres (subsidized chemist shops), introduction of electronic point of sale machines (e-POS) at Govt ration stores, providing financial assistance for ailing people under Golden card scheme PM Jan Arogya Yojna-PMJAY and providing 1075 online services to citizens. These public services have not only helped the disadvantaged communities but it has also reduced corruption in many Govt offices especially with the use of e-POS machines in the Food & Civil Supplies Department.

Suggestions put before CS

During interaction I put some suggestions before the Chief Secretary which would ensure more transparency and accountability in the functioning of our public authorities. I appreciated the work done by J&K Anti Corruption Bureau -ACB during the last 3 years wherein dozens of corrupt Govt officials were trapped red handed accepting bribes, however to take these cases to logical conclusion and to convict these corrupt officials it takes decades to convict them. I had explained this in detail during my previous piece. I suggested CS take the following steps to strengthen the work of J&K ACB.

Creating posts of Special Anti Corruption Judges

There are only two Special Anti Corruption Judges appointed in J&K which are working in Srinagar and Jammu and rest of the nine courts don't have designated judges. The Anti Corruption cases in Rajouri, Doda, Udhampur, Kathua, Pulwama, Anantnag and Baramulla are looked after by the judges posted in local District & Sessions court who already have a lot of workload.

Due to the absence of separate special anti corruption judges, the corruption cases filed by ACB in these courts takes years to get judgments. As per the data provided by J&K ACB, recently,

Some years back, the Department of Personnel and Training (DoPT) directed all the public authorities, vide its order dated April 15, 2013, to ensure regular audit of mandatory disclosures under section 4 of RTI Act 2005 by a third party. This audit will ensure better compliance of section 4 of RTI Act 2005 and keeping all the public information on the internet so that people don't have to seek all the details from Govt offices using RTI. Why shall an RTI application be filed to get the updated PM Awas Yojna - PMAY list or list of beneficiaries under the old age pension scheme? Why can't Deputy Commissioners upload the PM's Ujjwala, PMAY beneficiary lists on their websites?

quire into it. He also suggested the participating activists to access information from Janbhagidari online portal also wherein any Govt work can be seen along with details of the funds spent on it. This portal (<https://janbhagidari.jk.gov.in>) contains massive information about funds spent in Govt works. One can access work details from ward, mohalla, village, block and district level. There are little loopholes in the portal like not having updated details or certain information is missing or in some cases the funds are shown to have been allocated and released but expenditure is shown nil. But when we examine this portal in totality this is the best online portal I have seen in recent years where the Govt has made proactive disclosure of information which is mandatory under section 4 (1) (b) of RTI Act 2005 as well. I would suggest people to go through this portal.

Conclusion

The recent interaction between Chief Secretary and Transparency Activists in Srinagar and Jammu is a clear example of Participative Governance, as such meetings help the Govt understand the loopholes and lacunas in governance. The citizens on many occasions feel neglected due to a lack of public participation in governance and it makes them believe that decisions are taken behind the doors.

There are many lower rung officials who don't allow PRIs to take independent decisions. Many BDOs, Panchayat Inspectors still play shots in local governance and this must end. Gram Sabha's need to be held at regular intervals and better participation of people must be ensured in these meetings. It is encouraging that the Chief Secretary has initiated the debate with activists working on good governance and I believe that such dialogues and discussions must continue at district and block level as well. In Fact there is a public outreach programme of Govt held on every Wednesday called Block Divas, but it seems this programme has lost its sheen from the last 6 months to one year? I would request the Chief Secretary to make Block Divas more participative and also direct the DCs to hold such roundtables with civil society, social activists and PRI members at least once a month.

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

The recent interaction between Chief Secretary and Transparency Activists in Srinagar and Jammu is a clear example of Participative Governance, as such meetings help the Govt understand the loopholes and lacunas in governance

there were only 78 Govt officials convicted by the anti-corruption courts in the last 13 years i.e between 2010 to 2023 in J&K while as the acquittal was much higher. In addition, the prosecution work also needs to be monitored and strengthened. Many Prosecuting Officers are not familiar with the working of Anti Corruption laws and to mitigate this they need to be trained at regular intervals. It is an irony that persons caught red handed manage to get acquitted at the end of the trial.

Online RTI service

The Department of Administrative Reforms and Public Grievances (DARPG) Government of India last month released a report on National e-services Delivery Assessment (NeSDA) wherein Jammu & Kashmir ranked One vis a vis e-services delivery. J&K Government is providing 1075 e-services and has thus surpassed Madhya Pradesh which provides 1010 e-services and Kerala which has 911 online services for its citizens. This is indeed a great achievement for the people of Jammu & Kashmir but as a long time Right to Information (RTI) campaigner, I feel dispirited when I don't see RTI in the list of 1075 online/ e-services. We discussed this issue with CS Dr Mehta who assured that online RTI would be a reality soon in Jammu & Kashmir.

Transparency Audit of Websites

We brought this issue to the notice of Hon'ble LG Manoj Sinha in January 2021 during our meeting with him. As a follow-up the GAD had issued orders for updating Govt websites and social media pages. Transparency audits of Govt websites and social media outreach of Govt departments (not individual Govt officials) should also be made part of the Good Governance Index (GGI). This will not only help updating the websites regularly but will help citizens to access information from their mobile phones.

Proactive disclosure on Janbhagidari portal

During the meeting with Chief Secretary which was attended by Divisional Commissioner V K Bhiduri, DC Srinagar Aijaz Asad, Commissioner SMC Athar Amir Khan, Director School Education Tassaduq Hussain, Director Health Kashmir Dr Mushtaq Rather and several other senior officers from divisional administration, some activists raised issues related to road projects of PMGSY wherein works were not done properly. The activists from Budgam raised the Chadoora-Susrayar road issue which is not getting completed and information was not provided to RTI applicants like Syed Farhat and Mushtaq Ahmad under RTI.

The Chief Secretary took a strong notice of it and asked the Divisional Commissioner to in-

Patience is a Boon

Mushtaq Hurra

Patience is not just a bulwark to withstand hardships, predicaments and adversities; but it is an ability which capacitates us to fight the odds of life with honour and dignity. It is an attributive ornament which adores our souls and behaviours. It elevates and festoons the stature of those who live with it. If anger is a venom, then patience is its antidote. If anger is an abominable trait of the beastly Kingdom, then patience is the attribute of the angelic dominion. Anger contrives animosity and exasperation, but patience leads to peace, and tranquility.

Patience has been the hallmark of strong people, while the weak and fragile are deprived of this great blessing. Patience ensues gratitude and appreciation, whereas impatience instigates complaining, ungratefulness and grumbling. It is the panacea for human miseries and hardships, because it strengthens our nerves to bear the pangs of pain. Ironically, during modern times, virtue is waning into the thin air. And its complete exhaustion has sunk us deeper into the maelstrom of sorrow and displeasure.

Contemporary times have witnessed a surge in chaos and antagonism, because the great boon of patience is annoyed with the progeny of Adam (AS). Big nations of the world are daggers drawn with each other, because their brains are impregnated with belligerence and anger. Incidences of gruesome murders and assassination attempts are growing, because people want to avenge everything and everyone.

We are ambitious about success both at individual and collective levels. We want everything to happen overnight, without putting in adequate hardwork and investing sufficient time. Consequently; stress, anxiety and depression has become our fate. And when the patience dries up, the ugly vice of anger begins to blemish the immaculate fabric of humanity. Anger ceases our intellectual faculties, and we tend to make hasty and immature decisions, which embarrass us later. The great



Tendency of suicide among young people is growing by big proportions. Though there are a plethora of reasons behind the menace, the lack of patience to embrace a failure or a delay to reach a set goal, is probably the root cause of it

virtue of patience helps us to make adjustments and compromises in life, while impatience gives space to stubbornness and obduracy. Patient people are as soft as marshmallows while impatient people are as rigid as a statue.

Patience is an attribute of great souls. Prophets and apostles were subjected to stiff resistance and opposition, but they neither gave up their missions nor lost their cool, rather exhibited unprecedented patience to conquer their destinies. Hazrat

Ayoub (AS) underwent a hard trial when Allah SWT subjected Him to a dreaded disease, Hazrat Yousuf (AS) went through afflictions and hard trials, but didn't succumb to it; Hazrat Mohammad (SAW) was forced to leave His birthplace (Mekkah), but He (SAW) made complete submission before the will of Allah, and displayed exemplary patience to bear the pangs of separation from His dear ones.

Scientists, scholars and political stalwarts have had the great trait of patience

which helped them to realise their dreams. It took Thomas Alva Edison many years to select the appropriate material for the filament of his electric bulb. I mean, patience is the most important prerequisite to succeed in life. History bears testimony to the fact that great feats were not achieved overnight, rather extensive exhibition of patience has enabled people to create a niche for themselves. Success undoubtedly requires hard work, and the hard work compulsorily demands immense patience,

because only patient people can bear the pangs of toil.

Patience helps people to bear difficulties and miseries happily. Even Allah SWT urged us to exhibit patience. (Ya-ayu Halazeena Aama-Nusta Eenu Bissabri Wasalah, Innallaha Ma-as Saabireen). O believers, seek help through patience and prayer. Indeed, Allah SWT is with the patient (Surah Al-Baqarah, verse 153). Patience is a blessing from Almighty Allah SWT. It liberates us from the clutches of depravity, difficulty and anguish. The quality of patience teaches us to live happily despite turbulent times.

Domestic conflicts and breaches in relationships have widened swiftly, because the spirit of patience is gone. Neither elders nor youngsters have forbearance to tolerate a verbal comment from each other. We instantly react to everything, and accordingly, resort to unfair and indecent responses, which cause vicious bitterness in our kinships and ties. Broken families, marital disputes, ancestral property clashes, sibling rivalries and other petty issues have entangled us in the labyrinth of hatred and jealousy, because we have lost the attribute of patience.

Tendency of suicide among young people is growing by big proportions. Though there are a plethora of reasons behind the menace, the lack of patience to embrace a failure or a delay to reach a set goal, is probably the root cause of it. Denial of a privilege from family or higher ups often infuriates a person, and he/she reacts instantly because the boon of patience has exhausted. Strong people have the power to bear all the embarrassment, because they are equipped with the prophetic trait of patience, while people with scanty or no patience are bereft of the quality to tolerate and endure the unwanted results. The onus is on us to inculcate patience in our young people. Parents and teachers have a vital role to play.

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Is Salt Really A New Culprit In Type 2 Diabetes?

Jo Adetunji

When people think of foods related to type 2 diabetes, they often think of sugar (even though the evidence for that is still not clear). Now, a new study from the US points the finger at salt.

The study, conducted by researchers at Tulane University in New Orleans, used data on about 400,000 adults, taken from the UK Biobank study. The researchers followed the participants for nearly twelve years. In that time, around 13,000 developed type 2 diabetes.

In a press release, the principal investigator on the study said that "taking the saltshaker off the table can help prevent type 2 diabetes". But is it really as simple as that?

For a start, this type of study, called an observational study, cannot prove that one thing causes another, only that one thing is related to another. (There could be other factors at play.) So it is not appropriate to say removing the saltshaker "can help prevent".

My colleague Dan Green and I have previously criticised university press releases such as this as they can lead to misleading news stories. The Tulane study can only suggest an association between salt use and the risk of developing type 2 diabetes – nothing more.

This is before considering the quality of the data itself.

The data used to assess salt use, was based on the simple question: "Do you add salt to your food?" (It specifically excluded salt added in cooking.)

The question the participants in the study answered only had the options: "never/rarely", "sometimes", "usually" or "always". This means it is not possible to estimate from the answers how much salt



might be associated with an increased risk of developing type 2 diabetes.

Processed food is the biggest source. Normal salt intake in countries like the UK is about 8g or two teaspoons a day. But about three-quarters of this comes from processed foods. Most of the rest is added during cooking with very little added at

the table.

The NHS advises that people should limit their daily salt intake to around 6g. Although people in the UK have reduced their salt intake over the last couple of decades, there is still a way to go.

Given that salt reduction is a public health goal, it is important to be able to

quantify intake to see if there is potential for what is known as a "dose-response" effect. The data reported was unable to suggest if consuming 2g of salt a day added at the table increases the risk of developing type 2 diabetes more than consuming, say, 1g a day.

The researchers used other tests of salt

intake, including an estimate of how much salt participants lost in their urine over 24 hours. This is the most accurate way to measure sodium or salt intake.

This approach also suggested that higher sodium in the urine was linked to a higher risk of developing type 2 diabetes. However, what participants ate was not considered at all in this analysis. So it is not clear if salt can be directly implicated in increasing a person's risk of developing type 2 diabetes.

There is some evidence that increasing salt intake, as measured by sodium in urine may be linked to increased levels of the stress hormone cortisol. This has been linked to increased blood pressure and the reduced effectiveness of the hormone insulin.

Insulin normally controls blood glucose levels and is a key part of how type 2 diabetes develops. However, evidence for this mechanism has only been shown in rats.

Reducing salt is still a good idea. What we can be more sure about is that people with type 2 diabetes, who often also have high blood pressure tend to see their blood pressure improve when they consume less salt.

So the take-home message is: using less salt as part of a healthy diet, which is known to reduce the risk of type 2 diabetes, is a good idea.

This study did not show how much we need to reduce our salt intake by, it only suggested a weak association between adding salt to food and risk of developing type 2 diabetes. So it is better to focus on what is known to reduce the risk of developing type 2 diabetes, which is to maintain a healthy weight, be physically active and eat a healthy diet.

By arrangements with The Conversation

Instagram May Be Developing Customisable 'AI Friend' Feature

Meta-owned Instagram might be developing an 'AI friend' feature that will let users create a friend as

per their liking. According to screenshots shared by app researcher Alessandro Paluzzi on X, users will be able to communicate with the AI in order to "answer questions, talk

through any challenges, brainstorm ideas, and much more". "#Instagram is working on the ability to create an #AI friend," he wrote. The development was first spotted by TechCrunch.

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GOVERNMENT OF JAMMU AND KASHMIR Office Of The Superintendent District Jail Anantnag e-TENDER NOTICE FOR SUPPLY OF MEDICINES AND SURGICAL ITEMS ETC FOR DISTRICT JAIL ANANTNAG...

Government of Union Territory Jammu & Kashmir Office Of The Executive Engineer Mechanical And Hospitals Division Handwara Tender Notice Inviting e-Tender e-NIT No: 15 of 2023-24...

Government of Jammu & Kashmir Office Of The Executive Engineer Left River Works Division SMC, Sgr NOTICE INVITING TENDERS (for Road work/bridges/Buildings) TWO COVER SYSTEM...

Union territory of Jammu and Kashmir Office of the Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore NOTICE INVITING TENDER (Short term) e-NIT No. 69 of 2023-24...

J&K Exhibits Its Abundant Culinary Offerings At World Food India 2023, New Delhi

Observer News Service

NEW DELHI: Jammu & Kashmir Trade Promotion Organisation (JKTPO), as part of its endeavors towards facilitating entrepreneurs with vital market linkages and opportunities on both domestic and international fronts, participated in World Food India (WFI) held at Pragati Maidan, New Delhi.

The JKTPO, in an endeavor to actualize the vision of Government of Jammu and Kashmir of providing market linkages to entrepreneurs of the UT, participated as the "Focus State" in the "World Food India 2023" event and facilitated participation of 24 exhibitors from the region. This engagement was aimed at enhancing market exposure and connecting these exhibitors with a diverse audience of international and domestic buyers and customers.

The "World Food India 2023" event, now in its second edition, was inaugurated at Bharat Mandapam, Pragati Maidan, New Delhi, by Prime Minister, Narendra Modi. The event's primary objective was to position India as the 'food basket of the world' and celebrate 2023 as the International Year of Millets. During the ad-

dress, Narendra Modi highlighted the unique agricultural and horticulture products being exported from India, including black garlic from Himachal Pradesh, dragon fruit from Jammu & Kashmir, soya milk powder from Madhya Pradesh, and more.

The exhibitors from J&K showcased wide variety of authentic GI tagged and high quality food products from Jammu and Kashmir before the buyers from different parts of the country and globe. The products displayed by the exhibitors included Apples, Walnuts, Red Chillies, Kidney beans, Honey, Lavender oil, Muskbudji, Lemon grass oil, Saffron, Dragon fruit and other processed food products which are famous not only in India but across the world for their unique selling points.

Jammu and Kashmir also actively participated in knowledge sessions alongside Gujarat, Netherlands, Ministry of Aayush, Punjab and others. The main theme of J&K's sessions centred around 'Women Leadership in J&K,' during which seven women entrepreneurs from the region shared their experiences in their business ventures besides elaborating the role of technology in their entrepreneurial journeys.

DGCA Issues Show Cause Notice To Air India



Press Trust Of India

NEW DELHI: Aviation watchdog DGCA has issued a show cause notice to Air India for non-compliance with norms pertaining to facilities that are required to be provided to passengers.

Last year, the regulator imposed a penalty of Rs 10 lakh on Air India for not complying with the provisions of Civil Aviation Requirement (CAR) on denied boarding of passengers.

In order to ensure compliance of passenger-centric CARs, the Directorate General of Civil Aviation (DGCA) on Tuesday said it has been carrying out inspections of scheduled domestic airlines at various major airports on a continuing basis since May 2023.

"During the inspections of

the airlines, it was observed that Air India was not complying with the provisions of the relevant CAR.

"Accordingly, a show cause notice has been issued to Air India seeking their response for non-compliance to the provisions of the CAR," the DGCA said in a release.

There was no immediate comment from Air India about the show cause notice.

The regulator also said it is imperative to continuously strengthen the rights of the passengers and ensure that the airline operates under harmonised conditions in line with the best global practices.

Domestic air passenger traffic has been rising in India, which is one of the fastest growing civil aviation markets in the world.

Finance Ministry Focuses On Bringing All Business Establishments Under GST Net

Press Trust Of India

VAPI (GUJ)- Finance minister Nirmala Sitharaman on Tuesday said that the finance ministry's focus is not only on increasing GST revenue but also on bringing all the business establishments under its ambit.

She was speaking at a function to open 12 GST Suvidha Kendras in Gujarat from here, which will help business establishments to have flawless GST registration and will help them resolve their issues at such centres.

"GST 'one nation one tax', collection is going up every year, every month. GST has brought tax rates down on many items compared to earlier times. Businessmen know that they are not going to be double taxed under GST which was the case earlier. GST collection is increasing because of it," Sitharaman said.

But many establishments still prefer to remain out of the ambit of GST and are not part of the formal economy, she said.

"Why should they come in the tax net, not because they will pay me tax, but for the true strength of the economy what we capture is only some and not entire and formalization of economy can happen only when everybody is on-



board," she said.

"Staying out of the (formal) economy is neither good for the country nor for those individuals," she said.

"You believe that you benefit by staying out you don't come in the net, you don't get to be noticed, which is not true. Actually you are losing out on potential buyers," she said.

"So from now on I would like equal attention for the collection of tax, numbers of which are going up every year and month.. yes we have to give care and focus to that but equally our focus should be that more and more establishments and businesses are covered. The country should benefit from having a transparent tax regime from which everybody benefits," she said.

At the function, five people who uploaded their paid GST bills on the government portal, were awarded Rs 10 lakh

each based on a draw.

Sitharaman congratulated those winners and said that every consumer should get their bills. "In a way, it has a very big message, and that is the spirit with which the consumer should make sure that they participate in the development of the country.

"I also appreciate those who had uploaded their bill but who did not win in the lottery," she said, adding that every consumer should be encouraged to upload their bills.

GST revenue collection for October 2023 was the second highest ever, next only to April 2023, at Rs 1.72 lakh crore.

Gujarat Finance Minister Kanu Desai and officials of the State GST department were present at the function to open GST Suvidha Kendras in 12 different cities of Gujarat including Ahmedabad, Rajkot and Panchmahals.

Billionaire Flipkart Founder Ready To Launch Stealth AI Startup

Bloomberg

NEW DELHI: Billionaire Binyan Bansal is launching an AI-as-a-service startup that will target global customers, expanding to the fast-growing segment after making a fortune in Indian e-commerce.

Bansal, who co-founded online retailer Flipkart and sold it to Walmart Inc., has hired 15 experts for the venture - mostly artificial intelligence scientists - and plans to quickly add more, according to people familiar with the matter. He wants to offer AI talent, products and services to corporate customers, emulating the business model of outsourcing providers like Tata Consultancy Services Ltd. and Infosys Ltd., the people said, asking to not be named as the effort isn't yet public.



The startup's main operations will be in Bengaluru, and it's headquartered in Singapore, where it's in stealth mode for now and will launch its offerings within months, the people said. It also plans to expand to the US, one of the people said.

Companies the world over are looking to harness AI, encouraged by new tools such as the ChatGPT chatbot from Microsoft Corp.-backed OpenAI Inc. That's resulted in huge demand for AI specialists, and Bansal is looking to tap India's vast English-speaking, youthful population

to train more experts for new types of AI services.

While Bansal is playing his cards close to his vest as to the exact products he plans to offer, he will target the legal and e-commerce industries first, one of the people said. The startup also plans to offer services in the fields of financial services and data science and analytics. It aims to roll out products and services and begin marketing in the second half of 2024.

Bansal, 40, declined to comment.

The billionaire moved to Singapore after selling his Bengaluru-based internet company and now shuttles between the cities. The AI startup will focus on training talent and offering services from India's smaller cities, where the cost of living is lower.



Saffron Harvesting Season: Div Com Kashmir Visits IIKSTC, Reviews It's Functioning

Observer News Service

PULWAMA: In view of saffron harvesting season, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri Tuesday chaired a crucial meeting to review the functioning of India International Saffron Trading Centre (IIKSTC) and take stock of other important issues at the IIKSTC, Pampore.

This meeting witnessed the attendance of key officials and stakeholders, including Deputy Commissioner Pulwama, Dr. Basharat Qayoom; Director Horticulture Kashmir, Director Agriculture Kashmir, Director Horticulture Planning and Marketing J&K, Chief Engineer MED and District officers. Saffron farmers from the region also actively participated, further highlighting the importance of their insights and experiences in the industry's growth.

The meeting threadbare discussed the progress and

achievements of the National Mission on Saffron and the initiatives taken to enhance saffron production, while simultaneously addressing the concerns of saffron growers in the area.

Director Agriculture, Kashmir presented a comprehensive review of the National Mission on Saffron, highlighting its significant role in improving saffron quality and increasing both vertical and horizontal productivity.

During the discussion, important facets highlighted by saffron growers in Pampore were thoroughly examined. The Div Com actively engaged with the farmers, lending a sympathetic ear to their suggestions. While discussing the Mission, the Div Com directed the officers to immediately take over the completed assets and submit a detailed report on further course of action to complete all the components as envisaged in the Mission.

SKUAST-K, KVK Budgam Conclude E-MDP



Observer News Service

BUDGAM: The Krishi Vigyan Kendra (KVK) Budgam Tuesday concluded one week Existing MDP on "Entrepreneurship development through mushroom production technology and its processing" sponsored by Ministry of Micro, Small & Micro Enterprises, Govt of India.

The programme was organized for the rural youth/farm women of village Chayer, Magam District Budgam and was aimed at educating the rural youth/farm women of Magam about the potential career paths in mushroom

production and its processing.

Dr. Bilal A. Lone, Senior Scientist and Head, KVK Budgam, in his address informed the trainees about different schemes available under HADP for Mushroom Production that can augur development of Mushroom based Micro and Small Enterprises in the region. He also highlighted the need of youth empowerment and role of skill development besides providing an overview of MSME programmes.

During the course of the training, a total of 25 trainees participated in the said training.

Amazon India Sees Strong Festive Sales Growth In 2023

Press Trust Of India

KOLKATA: E-commerce major Amazon India on Tuesday said its 2023 festive sale is the best in its 13 years of operations in the country fuelled by a strong demand, a company official said.

Online sales by the e-commerce industry during this festive season are expected to witness 18-20 per cent growth to reach Rs 90,000 crore, according to market research firm Red-seer Strategy Consultants.

The first four days of this year's festive season sales by e-tailers showed a 16 per cent year-on-year growth, reaching a gross merchandise value (GMV) of Rs 29,000 crore.

The government-backed Open Network for Digital Commerce (ONDC) has also reached a new high in respect of retail orders, mostly for food, beverages and groceries during this festive season, reports said.

"This is the best year festive sale in every parameter," Amazon director (consumer electronics, personal computing, and large appliances) Nishant Sardana said.

Amazon did not find any slowdown in rural buying indicating a revival in demand which was facing sluggishness post Covid.

Rural areas and smaller towns in fact showed strong growth with 80 per cent of Amazon's orders coming from tier II, III, and IV markets, Sardana asserted but

did not disclose the GMV of goods sold.

The company has four more days to go before its festive sale ends.

Amazon said it has ramped up its capacity and technology interventions to meet the demand due to the sale.

"Our pursuit has been to remain relevant to each and every individual and be their personal store through continuously improved personalization, lowered latency using the latest AI technology and through new features such as Amazon Live, visual search, and automated product videos," said Kishore Thota, Director of shopping experience, India and emerging markets, Amazon India.

The company said it will have 1000 plus streams as part of Amazon Live through a curated list of over 300 influencers across tech, gaming, fashion, lifestyle, home, sports, and beauty and the concept is doing well.

The role of influencers are gradually, however, coming under the regulators' scanner.

Amazon India has three large fulfillment centers in Bengal with a total storage space of more than 3 million cubic feet.

"We have close to 55,000 sellers from West Bengal selling everything from apparel, sports goods, hosiery items, consumables, and a lot more on the Amazon India platform," Thota said.

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
MECHANICAL AND HOSPITALS
DIVISION SRINAGAR
(Tele-fax No: 019-2496089, e-mail id: xenmhchdk@yahoo.in)
Subject: - Servicing of 02 no screw type air compressors G132v2 Atlas copco make installed at old oxygen plant 1040 LPM of Govt. SMHS Hospital Srinagar
Ref: This office e-NIT No: M&HDS/TS /2023-24/101/e-tendering Dt.21.09.2023
CANCELLATION
In view of minimum number of bidders not qualifying for opening of cover 2", the above referred e-NIT is hereby cancelled and shall be issued afresh shortly.
No: M&HDS/TS/6874-77, Sd/-
Dated: 04-11-2023 Executive Engineer,
DIPK-11680-23 Mechanical & Hospitals Division,
Dt: 06/11/2023 Srinagar

J&K Bank Estates & Engineering Department, Corporate Headquarters, Srinagar, M.A. Road Srinagar, 190 001 & K
On Line Notice of Tender (e-Tender) for
Development of CPC Assets at 3rd floor J&K Bank Zonal Office Jammu by way of SITC of VRV/VRF type HVAC system
Tender Notice along with Complete Tender document outlining the minimum requirements can be downloaded from and Bids can be submitted on the Banks' e-Tendering Portal <https://jkbank.abcpocure.com> w.e.f. November 08, 2023, 16.00 Hrs. Tender Document can also be downloaded from Bank's Official Website www.jkbank.com. Last date for submission of Bids is November 22, 2023, 17.00 Hrs.
e-RFP Ref.No. JKB/EE&ED/Cassettes-AC-ZO-JMU/2023-874
Dated :06-11-2023
Registered office: Corporate Headquarters, M.A.Road, Srinagar, 190001, Kashmir, India
CIN: L65110JK19385GC00048 ; T : +91 (0)194 2481 930-35 ; F : +91 (0)194 248 1928;
E: info@jkbank.com ; W : www.jkbank.com
DIPK-NB-4099-23
Dt: 07/11/2023

Government of Jammu & Kashmir
OFFICE OF THE CHILD DEVELOPMENT PROJECT
OFFICER ICDS SINGHPORA
Email:cdpoicdsinghpora13@gmail.com
Sub: Corrigendum to Advertisement Notice No: No: 03 CDPO-Sing of 2023 Dated: 01-11-2023
CORRIGENDUM NOTIFICATION
Kindly refer this for advertisement No: 03 CDPO-Sing of 2023 Dated:01-11-2023 (Dispatch No: cdpo/Poshan/Adv/2023/416-31 dated:01-11-2023) for engagement of Sahakiyas (Anganwadi Helpers) in Anganwadi centres for Poshan Singhpura. The following modifications are hereby made to advertisement notice:
01. Kindly read Ward no. 04 instead of Ward no. 02 against Sno.10 (Rather Mohalla Hanjiwera Payeen A).
DIPK-11722-23 Child Dev. Project Officer
Dt: 07/11/2023 Poshan Project Singhpura

UNION TERRITORY OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
JAL SHAKTI (PHE) DEPARTMENT
DIVISION QAZIGUND
Email: qazigundpheedivision@gmail.com
(Phone No./Fax No. 01931-295040)
CORRIGENDUM
Please read (No) instead of (Cum) for the work Supplying of Commercial Gas Cylinders for heating purpose for (PHE) Division Qazigund from 15th Nov 2023. to 15th March 2024) vide this office E-NIT No: 24/EE/JSD/Qazigund/2023-24 Dated: 02/11/2023 issued No/PHQ/3975-84 Dated 02/11/2023.
All other terms and conditions are unchanged.
NO/PHEQ/CC/4077-97 Executive Engineer
DATED: DIPK-11782-23 Jal Shakti (PHE) Division
Dt: 07/11/2023 Qazigund

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE OF THE DISTRICT SHEEP HUSBANDRY BARAMULLA
NOORBAGH BARAMULLA
E-mail:dshe.bla@gmail.com
PUBLIC NOTICE
With reference to Public Notice No:-DSHO/BlA/Tech/2023-24/2747-55 dated:-25/10/2023 regarding establishment of Income Generating Shearing Units Under the Scheme "Integrated Sheep Development Scheme"-ISDS for the year 2023-24 wherein the candidates figuring in the selection list were informed to complete the requisite formalities within a week's time. However due to poor response from the selected as well as the applicants figuring in waiting list, it is hereby informed that the remaining pending allotted units under the scheme shall be established on first cum first serve basis. Accordingly all interested persons are informed to approach the office of Undersigned to complete the requisite formalities in order to avail the benefits under the scheme within a week's positively Moreover the applicants who have already applied need not to apply a fresh.
No:-DSHO/Tech/2023-24/2895-2903 Sd/=
Dated:- 6/11/2023 (Dr Showkat Ahmad)
DIPK-11800-23 District Sheep Husbandry officer
Dt: 07/11/2023 Baramulla

General Manager Reviews Performance Of Northern Railway

- Presented Safety Awards For Outstanding Work For Improving Safety-
- Enhancement Of Passenger Amenities At Stations
- Reviews Of Mobility Enhancement, Safety And Infrastructure Work



Observer News Service

New Delhi: Shobhan Chaudhuri, General Manager Northern Railway held a review meeting with the departmental heads and DRMs of Northern Railway.

Deliberations were held on keeping focus on passenger amenities at stations like extension of platforms, increase of level of platforms, washable aprons, provision of 2nd entry, foot over bridges, Escalators, lifts facilities for Divyangjans, improvement of station building including façade etc. He also reviews the progress of mobility enhancement, developmental infrastructure works, Freight loading and safety on tracks.

Apart from performance

review the GM also presented Safety Awards to 5 vigilant employees for their contribution towards maintain high standards for safety and security of passengers and railway property.

He also informed that many stations over Northern railway have been selected for construction of toilets in circulating area through CSR funds. He instructed to maintained good record of punctuality of trains and expedites the works related with mobility enhancement and conducting drives to check the progress.

He reviewed the work done over the zone in improving the maintenance standard of track, welds and removal of scrap

lying near the tracks.

The GM also took stock of the tree cutting activity and removal of vegetation alongside the tracks.

Chaudhuri emphasized upon minimizing the human failure in train operation extensive monitoring of rail fractures and rail welds and said no error should be left. He asked the officers should enhance their inspection to assess the progress of works as well as train operations. He also informed that, loading of food grains & other items have steadily increased with every passing month. Northern Railway is committed to provide safe, smooth and efficient services to its customers.

Slight improvement in Delhi's air quality; SC questions effectiveness of odd-even scheme

Press Trust of India

New Delhi: Delhi's air quality showed a marginal improvement on Tuesday entering from 'severe' to 'very poor' category, even as the AAP government's odd-even car rationing scheme came under scrutiny by the Supreme Court which questioned its effectiveness and termed it "all optics".

Raj Niwas officials said the file on implementation of Graded Response Action Plan (GRAP) stage IV measures sent to Lt Governor V K Saxena by the AAP dispensation states that no decision has been taken on the enforcement of odd-even scheme. The government has already announced its implementation from November 13 to November 20.

Delhi Environment minister Gopal Rai said that decision to implement the scheme to curb air pollution was taken on November 6 and the file was sent for LG's approval on November 4 and alleged officers were "misleading" Saxena. Earlier in the day, Rai said the government will take into account the Supreme Court's directives on pollution while finalising the odd-even scheme.

The apex court, which was hearing a matter relating to debilitating air pollution in the Delhi-National Capital Region (NCR), asked the counsel for the Delhi government whether the odd-even scheme had succeeded when it was implemented earlier.

"These are all optics, this is the problem," a bench of Justices Sanjay Kishan Kaul and Sudhanshu Dhulia observed.

In signs of a fresh tussle between the LG and the Delhi government, Raj Niwas officials accused the AAP government of misleading public on the pollution issue, with Rai hitting back and saying that the proposal to



implement the scheme was approved on November 6 while the file was sent on November 4.

Delhi Transport Minister Kailash Gahlot said polluting vehicles were entering the city freely despite restrictions under GRAP stage IV being in place in view of hazardous air quality and directed officials to ensure proper checking at the borders. In an official directive, he noted that there was no proper checking of polluting vehicles entering Delhi at odd hours from neighbouring states.

Delhi Mayor Shelly Oberoi said they have deployed water sprinklers, anti-smog guns and jetting machines.

"We are carrying out intensive water sprinkling with dust suppressant powder in areas with heavy pollution. The MCD and Delhi government are working together to curb pollution. I urge people to cooperate with us in this fight against pollution," she told reporters.

Amid a spike in pollution levels in Delhi-NCR, the Supreme Court on Tuesday directed Punjab, Haryana, Uttar Pradesh

and Rajasthan to ensure crop residue burning was stopped "forthwith", saying it cannot let "people die" due to pollution.

"I am sorry, this is complete murder of health of people, there is no other phrase I have," said Justice Sanjay Kishan Kaul, who was heading the bench which also comprised Justice Sudhanshu Dhulia.

Taking a stern view of states trying to shift blame to one another for the pollution, the bench observed there cannot be "political battle" all the time.

Even as the matter of the deteriorating air quality drew the attention of the apex court, pollution levels in Delhi marginally dipped and were recorded in the 'very poor' category after five consecutive days of 'severe' air quality, according to monitoring agencies.

According to data from the Central Pollution Control Board (CPCB), Delhi's 24-hour average Air Quality Index (AQI) stood at 395 on Tuesday, bringing a marginal improvement from the 421 recorded on Monday.

An AQI between zero and 50 is considered 'good', 51 and

100 'satisfactory', 101 and 200 'moderate', 201 and 300 'poor', 301 and 400 'very poor', and 401 and 500 'severe'.

The respite is going to be short-lived, as according to the Ministry of Earth Science's Air Quality Early Warning System for the Delhi-NCR, the air quality is likely to deteriorate and reach the 'severe' category on November 8. It is expected to be in the 'very poor' category on November 9 and November 10.

The region is likely to experience 'very poor' to 'severe' air quality for another five to six days, the Air Quality Early Warning System said.

A political blame game continued over the pollution situation in Delhi with former environment minister and senior Congress leader Jairam Ramesh on Tuesday saying both the Centre and the states have been complicit in their "inaction", in the wake of SC's observations.

The BJP said the apex court's directive on pollution is a slap on the face of Delhi Chief Minister Arvind Kejriwal and demanded that he apologise for turning the national capital into a gas chamber.

The chorus for having long-term measures to curb pollution grew louder with parents asking the government to find a permanent solution to the problem rather than asking schools to go for online classes.

As the air quality in Delhi remains multiple times above the government-prescribed safe limit, old age homes in the national capital are taking slew of measures to protect the elderly population from the harmful effects of air pollution.

From installing air purifiers to keeping stock of oxygen cylinder, the old age homes here have ramped up measures to safeguard their elderly residents.

CONTD. FROM FRONT PAGE

V K Birdhi Is New

the officer shall also hold the charge of the post of IGP Armed Kashmir till further orders.

Kumar, a 1997-batch officer of the Arunachal Pradesh-Goa-Mizoram and Union Territory (AGMUT) 1997 cadre who is currently the ADGP Kashmir, is transferred and posted as ADGP (Law and Order), J&K.

A post in the rank of ADGP viz. ADGP (Law & Order), J&K, is temporarily added to the J&K Segment of AGMUT Cadre, in terms of second proviso to sub-rule (2) of Rule 4 of the Indian Police Service (Cadre) Rules, 1954, for a period of two years or till the post is held by said officer, whichever is earlier, the order read.

The government ordered that the Zonal IGP of Kashmir and Jammu shall report to ADGP (Law & Order), J&K, under the overall command and control of DGP J&K.

Mobile Internet

data services being misused by anti-national elements, which may cause deterioration in public order, the officials added.

The Telecom Service Providers were directed to suspend mobile data within three km radius of these areas from 7 pm on November 5 till 7 pm on November 8, the officials said.

SC Asks Centre

needed some time to prepare for it.

He said there are individuals who are serial offenders or anti-national elements who may conceal material data and therefore, some balance was required.

"The problem is, these are media professionals. They will have their own sources and other aspects. This is a serious matter," the bench said, adding, "Now, if you just take everything away, there is a problem".

"There must be some guidelines," the court said.

Raju said there were several legal issues involved in the matter and he would examine these aspects.

"I think it is time for you people to do it yourself to ensure that it is not misused. It can't be a state which runs only through its agencies. It cannot be done," the bench said.

The bench told Raju the government must analyse what kind of guidelines are necessary to protect the interest of both sides and they cannot be adversarial in that sense.

The petitioner's counsel raised the issue about the state's power and an individual's rights, including the right to privacy. He said nowadays, probe agencies can compel individuals to provide their biometric information, a practice adopted by all political dispensations.

The bench noted that Raju has requested for some time to better examine the matter so he can make submissions.

"We have, however, put to the ASG that there has to be a balancing of interest and proper guidelines need to be in place to protect the interests of the media professionals. We would like the ASG to work on this and come back to us on this issue," the bench said, while posting the matter for further hearing in December.

Govt To Conduct

are in Jammu & Kashmir.

As many as 5294 industrial units are functioning in these industrial estates spread over 37,341 kanals of land. Apart from this, 42 new industrial estates are being developed in the UT-(KNO)

Power Woes

electricity is most needed.

"Even our children can't focus on their studies when electricity plays a hide and seek game. There seems to be no end to our misery," he said.

Saqib Shabir, a student from Bandipora district had a similar complaint.

Speaking to Kashmir Observer, Shabir said that the student community has to face a lot of difficulties amid the pesky power cuts.

"A number of competitive exams are on cards and thousands of aspirants are preparing for them. However, the unstoppable power cuts are forcing us to study before candle light" he added

Notably, the Kashmir Chamber of Commerce and Industry (KCC&I) in a recently held press conference lashed out at the government and Kashmir Power Distribution Corporation Limited (KPDCL) for failing to meet the electricity demands of the people.

An official from KPDCL told Kashmir Observer that currently the demand of the electricity in the Valley is 1600 Megawatts but the department is able to produce only 1100 MW. He termed rainfall deficit and the melting of glaciers as two major reasons for less generation of electricity.

"The current curtailment schedule for metered areas is 4:30 hours while non-meters face a six hour power cut. However, in some areas the curtailment goes beyond that schedule depending on the availability of electricity," he added.

Principal Secretary of Power Development Department (PDD) H Rajesh Prasad told Kashmir Observer that the department is getting the electricity according to the availability.

"Currently we get around 150-250 MWs of electricity from Uttar Pradesh. We purchase electricity according to the availability of the UP government," Prasad said.

While responding to the allegations of the KCCI, Prasad said the business community should clear the pending dues of the department.

"How will the department run if they don't pay the electricity fee? We are running into losses. We can't provide electricity free of cost," Prasad said, adding "For additional power supply, we need addition funds, which are not available"

Prasad also rubbished reports of power outage. "There might be issue in some areas, we will look into it," he added

Lal Singh's Anticipatory

had conducted searches in Jammu and its adjoining areas as part of the money laundering probe against the educational trust of Andotra and a former government official in connection with alleged irregularities in land purchase to set up the trust.

The federal agency had raided about eight premises in Jammu, Kathua and Punjab's

Pathankot on October 17 in the case against RB Educational Trust, its chairperson and Ravinder S, a former revenue official.

The money laundering case stems from an October 2021 charge sheet filed by the CBI in this case which alleged criminal connivance in the issuance of land between January 4 and January 7, 2011, without mentioning details in respect of violation of the ceiling limit of 100 standard kanals imposed under Section 14 of the Jammu and Kashmir Agrarian Reforms Act, 1976, thereby giving undue pecuniary advantage to trust.

Based on this, the trust acquired multiple pieces of land of about 329 kanals vide three gift deeds executed on January 5 and January 7, 2011, the CBI charge sheet claimed.

Agreeing with the arguments of SPP Khujuria, the judge said, "Having heard and regard to the nature of allegations and gravity of the accusation and stage of investigation, to my mind the investigating agency must be given sufficient time in conducting an analyzed and effective investigation." "Thus in view of the above, said applicant/petitioner (Lal Singh) is no more entitled to concession of bail at this stage as the same would hamper the ongoing investigation. It must be reminded that pre-arrest bail was granted to the applicant for a limited period on certain conditions including extension of co-operation to the investigating agency," the 10-page order read.

The court said the PMLA gives unfettered powers to the ED for search, seizure and investigation as "evil of money laundering is a curse and has its diverse impact on the society and its citizens. Money laundering is a serious threat not only to the financial system of our country but also to the global economy at large which is required to be dealt sternly." Dismissing the bail application of the former minister, the judge said the allegations being grave and serious in nature against the petitioner, this court is not inclined to grant privilege of bail which stands rejected being devoid of any legal force at this stage.

With regard to the application moved by Andotra, a former legislator, the court said the petitioner already is on absolute bail in the CBI charge sheet which is the fountainhead of the predicate offence.

"Besides PMLA terms can be eased for illness and for women...the (interim) bail is extended till November 30 as investigation is still going on and petitioner is directed to co-operate with the investigating agency without any fail," the order said.

Similarly, the court extended the interim bail of their daughter Kranti Singh, one of the trustees of the educational trust, till November 30 with directions not to flout conditions of the bail that included cooperating with the investigating agency without any fail.

Police Announces

of the attacker can be shared with any police officer you trust including SSP Baramulla, SSP Srinagar or SSP Pulwama," the police said in the notice.

The police said the information can also be emailed directly to J-K DGP R R Swain at rswainips@jkpolice.gov.in.

The identification of persons providing credible information shall be kept fully confidential and the informer shall be provided legal and security cover, the notice added.

Govt Starts

said it was informed that the government had been vigorously working to promote both preventive and participatory vigilance for bringing transparency and accountability in governance.

He said that the Commissioner Secretary, General Administration Department informed the Chief Secretary that following the government's resolve to make government-to-citizen interactions more transparent and accessible through 1075 e-services which is highest in the country, along with related IT initiatives such as MobileDost, Rapid Assessment System, DigiDost for doorstep delivery of e-services, linking of services with DigiLocker, there has been immense progress in mitigating corruption.

"The latest data indicates that more than 52 lac applications have been processed for availing various services in the online mode of which more than 42 lac have been disposed off," he said.

To ensure time-bound delivery of online services, he said, e-services are progressively being covered under the Public Services Guarantee Act (PSGA) with linkage to Auto-Appeal System (AAS) which escalates breach of timeline cases to the next authority for action against defaulting officer.

"As of now, around 64000 appeals have been generated with 32000 appeals disposed off. Besides, penalty proceedings have been initiated against 55 officers who have delayed delivery of various services in the Revenue Department," the Commissioner Secretary added.

"To address complaints of frivolous reverts in the online mode, the government has started analyzing such reverts and unjustifiable reverts shall be inquired and defaulting officers penalized," he added.

Mehta, the spokesperson said, stressed upon measures to promote participatory vigilance and mentioned initiatives such as Janbhagidari online portal which allows citizens to oversee and review all developmental works being executed in the region.

This exclusive portal, he said, has been designed to facilitate easy access to information related to developmental works and ensure transparency in the execution of such projects.

The Chief Secretary, he said, emphasized the importance of financial discipline in checking the abuse of discretionary authority, and highlighted the functioning of BEAMS and PaySys linked digital payments have further streamlined the disbursement of timelines.

"In tandem with these initiatives, the Government has achieved 100 per cent disbursement of financial assistance under 55 flagship schemes in the UT exclusively through DBT mode," he said.

He said that strict enforcement of e-tendering mandatory, prior Technical and Administrative sanction has led to fiscal prudence with more than 92000 works completed

during the financial year 2022-23 which is highest ever.

LG Unveils Maratha

inspiration for people and the bravehearts of the army.

Paying homage to the great warrior and founder of Swarajya, Sinha said, Shivaji was a born leader, who scripted a new history of India through his mesmerizing victory against the enemy.

"By unleashing his military genius and moral force, Shivaji mobilized millions of Indians and achieved sovereignty for the Maratha empire. His universal and eternal values continue to be relevant today and guide us on the path of social equality and peaceful co-existence," he added.

Sinha further called for celebrating the Chhatrapati Shivaji Maharaj festival in Kupwara on 7th of November every year.

Ekhnath Shinde, Chief Minister of Maharashtra said Chhatrapati Shivaji Maharaj is an inspiration for every Indian.

"Maharashtra has a great tradition of sacrifice and bravery. It is indeed commendable that this statue is being erected at Kupwara in the same year as the 350th anniversary of the coronation of Chhatrapati Shivaji," he added.

Sudhir Mungantiwar said the unveiling of Shivaji's statue is the proudest moment of his life.

Major General Girish Kalia, GOC, Vajir Division presented the National Flags handmade by women of Kupwara to the dignitaries.

Earlier, the LG paid tributes to the bravehearts of the Indian Army and laid a wreath at Vajir War Memorial, HQ 28 Infantry Division in Kupwara.

Security Beefed

has gone up.

Deputy Commissioner of Police Devesh Kumar said the security has been enhanced due to the general threat alerts during the festive season.

Charge Sheet

Chouhan was arrested on May 27 with a Chinese grenade in the Cherji area of Kishtwar. His associate, Mohammad Amin, was arrested later, police said.

Senior Superintendent of Police, Kishtwar, Khalil Poswal said police have diligently investigated the matter and gathered substantial evidence to support the charges brought forth in the case.

Lion Couple

one pair of Lion to Jammu Zoo.

The pair will be housed in a dedicated Lion enclosure having a space of more than 5500 square meter as per the CZA norms with heating and ventilation facility for extreme weather condition. They will remain under quarantine for a weeks time and thereafter will be released in the enclosure for public exhibition.

On this special day, the department has expressed gratitude to Lieutenant Governor and Government of Gujarat for the guidance and encouragement in sourcing Lion which will bring joy to the people of J&K and Wildlife enthusiasts.



Maxwell's 201* Takes Australia Past Afghans

Agencies

MUMBAI: Glenn Maxwell pulled off one of the greatest comebacks in the history of cricket. His magical innings of 201 from 128 balls, which included 10 sixes and 21 fours, took Australia past Afghanistan by three wickets in the ICC World Cup match in Mumbai on Tuesday.

It was the highest score by an Australian in ODIs as Australia became third team to secure a semi-finals berth.

He was involved in a match-winning 202-run stand for the eighth wicket with Pat Cummins, who scored 12 runs in that partnership.

His knock will rank as one of the greatest comebacks in the history of 50-overs cricket as Australia bounced back from 91/7 in the 19th over.

Despite struggling with cramps, Maxwell smashed his way to 142

from 99 balls, hitting 15 fours and five sixes. He has put on 141 runs from 129 balls for the eighth wicket with Cummins, who is playing a watchful knock of 11 from 55 balls.

Earlier, Opening batsman Ibrahim Zadran struck Afghanistan's maiden World Cup hundred to help his team post 291 for five wickets.

Five-times champions Australia made a slow start to their campaign in the 50-overs showpiece event with defeats in their opening two games but a win over Afghanistan has cemented their spot in the semi-finals.

Three consecutive victories had also put the Afghans in contention for a spot in the knockout stages and victories in their remaining two fixtures would have guaranteed them a semi-final place.

India and South Africa have already booked their spots in the semi-finals.

Out Of WC, England, Netherlands Eye Champions Trophy Spot



Press Trust of India

PUNE: Casting aside their shattered title defence dream, England will now set sights on restoring their pride and secure a berth in the 2025 Champions Trophy when they face a plucky Netherlands in the World Cup in Pune on Wednesday.

Both teams are out of the reckoning for a semi-final spot. The 33-run loss to arch rivals Australia on Saturday was the final nail in the coffin for England. While the Dutch

are also officially out of the race.

England have cut a sorry figure, managing just one win from seven matches in the World Cup to slip to the bottom of the 10-team table. The Netherlands are a tad better on ninth with two wins and four points.

But with ICC announcing that the top seven teams and hosts Pakistan will qualify for the 2025 Champions Trophy, there has been a scramble for the last few spots.

Champions four years ago, England have hit rock-bottom in this edition. No England team has ever

lost so many games at a World Cup. Whatever could go wrong has gone wrong for the Three Lions and they are no longer favourites even against minnows Netherlands.

To avoid the ignominy of missing the cut for the prestigious Champions Trophy, England must win their remaining two fixtures against the Netherlands and Pakistan.

But that's easier said than done as both confidence and form has deserted the ageing England side, which looked extremely dangerous on paper.

Nazir Ahmad Bhat Named Referee Development Officer

Observer News Service

SRINAGAR: J&K's premier referee Nazir Ahmad Bhat has been appointed as the Zonal Referee Development Officer for North Zone by the All India Football Federation.

The AIFF only appoints five ZRDOs across India. As such, Nazir Ahmad Bhat will oversee the following associations of North Zone: Jammu & Kashmir Football Association, Ladakh Football Association, Punjab Football Association, Himachal Pradesh Football Association, Haryana Football Association, Uttar Pradesh Football Sangh, Chandigarh Football Association, Uttarakhand State Football Association and Football Delhi.

Nazir Ahmad Bhat's immediate priorities as the ZRDO are to drive initiatives aimed at enabling Member Associations to become self-sufficient in all refereeing matters, aligning with AIFF Vision 2047's strategic targets. Specifically, these initiatives will focus on ensuring that every Member Association has an ample number of AIFF Accredited Referee Instructors and providing support in implementing the "Regulations of Referees within the Member Associations".

"We wish Mr. Bhat all the best in his new role and look forward to the positive impact he will make in the North Zone," the JKFA said in a statement.



Real Kashmir Play Churchill Brothers At TRC Today



Observer News Service

SRINAGAR: Playing their third straight home game of the 2023-24 season, Real Kashmir FC will take on Churchill Brothers FC at Synthetic Turf TRC today. The match will kick off at 2:00 PM.

Real Kashmir are on a two-game winning streak after beating Rajasthan United FC 2-0 in the opener and then following it with a 1-0 win over Manipur-based side TRAU FC. The Snow Leopards will

face off against the Goan club, Churchill Brothers, who have won the I-League twice in their history.

Churchill Brothers played a goalless draw Namdhari FC in the opener, while their second game, against Aizawl FC, was postponed.

Real Kashmir head into Wednesday's matchup with momentum on their side. The team is playing under new head coach Ishfaq Ahmad and have so far given the home support a lot to cheer for.

Coach Ishfaq has ensured

homegrown talent gets a place in the starting eleven of Real Kashmir as they compete in the second-tier of Indian professional football.

The match will be broadcast live on Eurosport on TV and live streamed on FanCode.

Real Kashmir Potential XI: Muheet Shabir, Muhammad Hammad (C), Zahid Yousif, Dion Menezes, Carlos Alberto Silva Lomba, Wayne Vaz, Jeremy Lalduipuia, Lalramdinsanga Ralte, Mohammad Inam, Ahteeb Ahmad Dar, Gnohere Krizo

Maharashtra Crosses 200 Medals Mark In National Games

Press Trust of India

PANAJI: Top shooter Mehuli Ghosh of West Bengal clinched a gold in the women's 10m air rifle event in an impressive show even as Maharashtra crossed the double century medal mark to consolidate its top position in the National Games here on Tuesday.

Mehuli, one of the 13 shooters who have so far bagged 2024 Paris Olympics quota place for India, shot an impressive 253.7 to take the top spot. Haryana's Nancy Mandhotra (251.0)

won the silver while Swati Chowdhury of West Bengal won the bronze.

Meanwhile, Maharashtra continued to be at the top spot in the medal standings with just two days to go in the Games.

The 200th medal for Maharashtra came in triathlon mixed relay at the Miramar Beach when women's individual winner Mansi Mohite covered a deficit of almost two minutes in the anchor leg to help her team get the better of defending champions Tamil Nadu with a time of 1:51.19 seconds.

Bellingham Available For Real Madrid In CL Against Braga

The Associated Press

MADRID: Real Madrid will have Jude Bellingham available for the Champions League match against Braga on Wednesday, when it will go for its fourth straight win in Group C.

Bellingham has been nursing an injury to his left shoulder sustained in the Spanish league match against Rayo Vallecano on Sunday, but he trained on Tuesday.

Madrid leads the group with nine points, three more than Napoli and six more than Braga. Napoli hosts winless Union Berlin

in the other group match on Wednesday. Madrid has qualified for the knockout rounds in all 27 of its previous campaigns.

When Bellingham trained with the rest of his teammates, he showed no apparent sign of pain. Madrid coach Carlo Ancelotti said the midfielder player was taken out for parts of the practice session to avoid any knocks on the shoulder.

"I don't know if he will play, but he recovered well and didn't show any problems today," Ancelotti said. "It's probable that he plays, but he will be evaluated again tomorrow."

Mathews Demands 'Justice' After Controversial Time Out Dismissal

Reuters

NEW DELHI: Sri Lanka batsman Angelo Mathews demanded "justice" from the ICC and branded Bangladesh captain Shakib Al Hasan "a cheat" on social media after becoming the first player to be 'timed out' in international cricket at the World Cup on Monday.

Mathews had already made his feelings clear in the press conference after the defeat that ended Sri Lanka's hopes of progressing at the World Cup, saying Shakib's appeal for the controversial dismissal had been "disgraceful".

The 36-year-old had breached

the World Cup rule that a new batter must be ready to face a delivery within two minutes of a wicket falling. Mathews said in a post on X, formally known as Twitter, that he had been in place with seconds to spare before the chinstrap on his helmet broke requiring a new one to be brought out, backing up his position with time-stamped video screenshots.

"Video evidence shows I still had five more seconds even after the helmet gave away!" he wrote. "Can the fourth umpire rectify this please? I mean safety is paramount as I just couldn't face the bowler without a helmet."



"This is clear cheating. I want justice," he added in another post.

That directly contradicted fourth umpire Adrian Holdstock.

"In the incident this afternoon, the batter wasn't ready to receive the ball within those two minutes even before the strap became an issue for him," he said in an on-pitch interview after the game at Arun Jaitley Stadium.

"As a batsman, I think you need to make sure you have all your equipment in place... because you actually have to be ready to receive the ball within two minutes, not ready to prepare or take your guard."

'SPIRIT OF CRICKET'

There was plenty of support for Mathews, with former South Africa bowler Dale Steyn saying the incident "wasn't cool", Australia's Usman Khawaja calling it "ridiculous", and former India captain Gautam Gambhir branding it "pathetic". "I didn't enjoy what I saw out there," Pakistan great Waqar Younis said in a TV broadcast.

"That wasn't good for the spirit of cricket. I am old school and I think that was a lot of drama to get Angelo Mathews out." Shakib had defended his decision in his post-match press conference, saying his actions were within the rules and he had no regrets.

Government of Jammu and Kashmir
OFFICE OF THE CHIEF ACCOUNTS OFFICER, DISTRICT FUND OFFICE BARAMULLA
1ST FLOOR, MINI SECRETARIAT BUILDING, SANGRI ROAD, BARAMULLA, JAMMU AND KASHMIR -193101
Phone / Fax: 01952-234578 | email: districtfundoffice@gmail.com | fundsoff-baramulla@jk.gov.in

No: CAO/DFO/Bla/3288-92 Date: 07/11/2023
Subject: Grievance Redressal-cum-Awareness Camp (16-Nov-23 to 18-Nov-23).

NOTICE

J&K Funds Organization is organizing "Grievance Redressal-cum-Awareness Camp" through District Fund Office Baramulla, which is scheduled to be held with effect from 16th of November 2023 to 18th of November 2023 with the aim to redress the grievance of the GP Fund Subscribers and SLI Insurants and to sensitize the subscribers/insurants about the various services/E-services being provided by the District Fund Office Baramulla.

Through the medium of this Notice, all esteemed Subscribers/Ex. Subscribers and SLI Insurants who have their account maintained with District Fund Office Baramulla are hereby informed that they may visit the office of the undersigned during working office hours for on spot registration of their grievances and redressal thereof under relevant rules. Concerned subscribers/Insurants may register their grievances on our office email id: districtfundoffice@gmail.com. A dedicated cell of the below mentioned officials have been constituted who shall remain available in the camp during the working office hours for settlement purpose.

Name of the Official	Designation	Mobile No.
Ab Hamid Sheikh	Examiner	9469409932
Ab Rashid Shah	Sr. Compiler	7889847196

Further DDO's operating upon this office through all the Treasuries of District Baramulla are also requested to intimate all the employees working on their establishment about the forthcoming Grievance Redressal-cum-Awareness Camp.

Accounts Officer
District Fund Officer
Baramulla

DIPK-11717-23
DT: 07/11/2023

GOVT. POLYTECHNIC COLLEGE GANDERBAL
HATBURA, GANDERBAL KASHMIR, J&K. PIN 191131.
(AICTE Approved Polytechnic College)
Email-Id's: poptpolyganderbal@gmail.com/Govtpoly-ganderbal@jk.gov.in

Subject:- Submission of sealed quotations for supply of LPG refills (19 KG Capacity) cylinders to Govt. Polytechnic College Hatbura Ganderbal for winter season 2023-24

Sealed quotations/bids affixed with Rs 5/- revenue stamp are invited from authorized/ registered LPG dealers for supply of LPG refills (19 KG Capacity) cylinders to Govt. Polytechnic College Hatbura Ganderbal as per requirements from time to time during winter session of 2023-24 (Starting from 15th Nov -2023 to 15 March 2024) on the following terms and conditions.

- The quotations/ bids should indicate the rates of LPG per cylinder of 19 Kgs capacity including all tax and charges and F.O.R Govt. Polytechnic College Hatbura Ganderbal.
- Quoters/ Bidders should also clearly indicate percentage of maximum discounts on govt. approved rates for supply of said LPG refills.
- Payment is subject to successful inspection and verification of quality & quantity of LPG
- Sealed quotations/bids dully super scribed as Discount offer for supply of LPG refills (19 KG Capacity)cylinders along with authorization letter oil company and should reach the office of the Principal Govt. Polytechnic College Hatbura Ganderbal latest by or before 10th Nov-2023.
- The sealed quotations/bids will be open on 11-11-2023 at 12:00 pm in the office chamber of the Principal Govt. Polytechnic College Hatbura Ganderbal.

No:- GPCG/Estt/2023/704-705
Dated: 04-11-2023

DIPK-11719-23
DT: 07/11/2023

Principal
Govt. Polytechnic College
Ganderbal

Sweden Set To Become Europe's First Smoke-Free Nation As Use Of Snus Rises

Agenceis

Gothenburg, Sweden: Sweden is poised to become Europe's first smoke-free country largely thanks to the popularity of snus, a kind of moist snuff which is placed under the upper lip. But some are worried the tobacco industry is peddling a "fairytale" that is too good to be true.

Used by one in seven Swedes, snus has, according to the government, helped slash the number of smokers from 15 percent of the population in 2005 to 5.2 percent last year, a record low in Europe.

A country is considered smoke-free when less than five percent of its population are daily smokers. Snus has been banned in the European Union since 1992. But Sweden negotiated an exemption when it joined the bloc three years later.

At the Swedish Match factory in the western city of Gothenburg, thousands of doses of snus wend their way through a complex web of machinery producing

the sachets.

The company sold 277 million boxes of snus in Sweden and Norway in 2021.

"We have used it for 200 years in Sweden. (It's) part of the Swedish culture, just like many other European countries have their wine culture," Swedish Match spokesman Patrik Hildingsson told AFP.

Clad in a white lab coat, he described the manufacturing process. "Tobacco comes from India or the United States. It goes through this silo and is then packed inside the pouches like tea bags and then into these boxes."

There are two types: traditional brown snus, which contains tobacco, and white snus, which is made of synthetic nicotine and often flavoured.

Conquering the young Traditional snus is mostly sold in Sweden, Norway and the US.

White snus, introduced about 15 years ago, falls into a legal void in the EU since it doesn't contain tobacco. It was banned this year in both Belgium and the Netherlands.

Techie Stole 133 Laptops, 19 Phones, Other Gadgets From Paying Guesthouses, Arrested

Agenceis

Bengaluru: A man has been arrested for allegedly stealing 133 laptops, 19 mobile phones, and four tablets worth 75 lakh from paying guest accommodations for tech employees in Bengaluru, the city's top cop B Dayananda said. The accused has a degree in computer science.

The accused, who earlier worked at an IT company, used to visit paying guest and bachelor accommodations and steal laptops and mobile phones from there.

Along with him, two others who used to get these stolen electronic items from him and sell them have been arrested.

"All the three have been arrested and are in judicial custody. Nearly eight cases of central divi-



sion have been detected. We are also verifying from other police stations about all the places from where he stole," B Dayananda said.

He also said the Central Crime Branch of Bengaluru busted a major betting racket by raiding 11 places and arresting 13 people involved in it.

In this connection, 11 cases have been registered by the police, who have recovered over 10 lakh from them.

Study Suggests Oral Contraceptive Pills May Impact Fear Regulation In Women's Brains



Agenceis

Synthetic hormones in oral contraceptive pills may be impairing fear-regulating processes in women's brains, scientists have found in a study.

The researchers from Canada-based universities investigated the short- and long-term effects of using combined oral contraceptives (COCs), which contain synthetic hormones, on fear-related brain regions and the neural circuitry which processes fear.

Oral contraceptives are pills that contain female sex hormones, such as oestrogen and progestin, to inhibit ovulation and thus, prevent conception.

The researchers found that compared to men, healthy women currently using COCs had a thinner ventromedial prefrontal cortex, which is a brain region thought to sustain emotion regulation, such as decreasing fear signals when one is in a safe situation.

The prefrontal cortex in the brain lies right behind the forehead and has been studied to play a role in activities such as planning and decision-making.

"Our result may represent a mechanism by which COCs could impair emotion regulation in women," said Alexandra Brouillard, a researcher at the Université du Québec à Montréal and first author of the study published in the journal Frontiers in Endocrinology.

"(It) suggests that COCs may confer a risk factor for emotion regulation deficits during their current use," said Brouillard.

The researchers said, however, that the impacts of COC use may be reversible once intake is discontinued.

They said they thought so because their findings of the effects of COCs on the ventromedial prefrontal cortex were not observed in past users. Thus, they said, the findings would need further corroboration in future studies.

For the study, the researchers recruited 180 participants, aged 23-35 years, in four groups - women currently using COCs; women who used COCs previously but not at the time of the study; women who never used any form of hormonal contraception; and men.

When being prescribed COCs,

girls and women are informed of various possible physical side effects such as how the sex hormones could affect their menstrual cycles and ovulation.

However, the effects of these sex hormones on brain development, which can continue into early adulthood, are rarely addressed, the researchers said.

Therefore, they said, given the widespread use of COCs, it was important to better understand their current and long-term effects on brain anatomy and emotional regulation.

Regarding this study, the scientists said that no causal relationship can be implied between COC use and structural changes in the brain and thus, their findings could not be generalised to a wider population just yet.

They also cautioned that drawing conclusions from anatomical findings to behavioural and psychological impacts was not possible at this point.

"Our aim is to increase scientific interest in women's health and raise awareness about early prescription of COCs and brain development, a highly unknown topic," said Brouillard.

Daniel Bass, of Southgate,

Mind-Altering Ketamine Becomes Latest Pain Treatment, Despite Little Research Or Regulation

Agenceis

As US doctors scale back their use of opioid painkillers, a new option for hard-to-treat pain is taking root: ketamine, the decades-old surgical drug that is now a trendy psychedelic therapy.

Prescriptions for ketamine have soared in recent years, driven by for-profit clinics and telehealth services offering the medication as a treatment for pain, depression, anxiety and other conditions. The generic drug can be purchased cheaply and prescribed by most physicians and some nurses, regardless of their training.

With limited research on its effectiveness against pain, some experts worry the US may be repeating mistakes that gave rise to the opioid crisis: overprescribing a questionable drug that carries significant safety and abuse risks.

There's a paucity of options for pain and so there's a tendency to just grab the next thing that can make a difference, said Dr. Padma Gulur, a Duke University pain specialist who is studying ketamine's use. A medical journal will publish a few papers saying, 'Oh, look, this is doing good things,' and then there's rampant off-label use, without necessarily the science behind it.

When Gulur and her colleagues tracked 300 patients receiving ketamine at Duke, more than a third of them reported significant side effects that required professional attention, such as hallucinations, troubling thoughts and visual disturbances.

Ketamine also didn't result in lower rates of opioid prescribing in the months following treatment, a common goal of therapy, according to Gulur. Her research is under review for medical journal publication.

Ketamine was approved more than 50 years ago as a powerful anesthetic for patients undergoing surgery. At lower doses, it can produce psychedelic, out-of-body experiences, which made it a popular club drug in the 1990s. With its recent adoption for pain, patients are increasingly encountering those same effects.

Daniel Bass, of Southgate,

Kentucky, found the visual disturbances horrifying. His doctors prescribed four- to six-hour IV infusions of ketamine for pain related to a rare bone and joint disorder. Seated in a bare hospital room with no stimulation or guidance on the drug's psychological effects, Bass says he felt "like a lab rat."

Still, he credits ketamine with reducing his pain during the year that he received twice-a-month infusions.

No matter how horrific an experience is, if it allows me to be more functional, I will do it, Bass said.

Ketamine targets a brain chemical messenger called glutamate, which is thought to play a role in both pain and depression. It's unclear whether the psychedelic experience is part of the drug's therapeutic effect, though some practitioners consider it essential.

We want patients to disassociate or feel separate from their pain, depression or anxiety, said Dr. David Mahjoubi, owner of Ketamine Healing Clinic in Los Angeles. If they feel like they're just sitting in the chair the whole time, we actually feel them more.

Mahjoubi's practice is typical of the burgeoning industry: He offers IV ketamine for alcohol addiction, chronic pain, anxiety and post-traumatic stress disorder. The ketamine doses for those indications are well below those used for surgery, but Mahjoubi favors higher doses for pain than for psychiatric conditions.

Patients pay cash because most insurers don't cover non-surgical uses of ketamine, none of which are approved by the Food and Drug Administration. Mahjoubi's background is in anesthesiology, not psychiatry or addiction.

Patients can pay extra for ketamine nasal sprays and tablets to use between infusions. Those formulations are also not FDA approved and are compounded by specialty pharmacies.

Sending ketamine through the mail has become its own profitable business for telehealth services, such as MindBloom, which jumped into the space after regulators relaxed online prescribing rules during COVID-19.

Quick eats for busy people

Bun Masaka

Chicken Crispy Burger

JK BANK LAWNS, NEAR GHAT 6, BOULEVARD-SRINAGAR